

Antarctica Packing list

Item	Notes
Moisturizer	
Sunscreen	
Spf30 lip balm	
Nightshirts/underwear	
Togs	
Laundry strips and line	<i>(there was a line in our bathroom)</i>
Ear plugs	
Good grip shoes for on boat	
Waterproof over pants	<i>(light was fine)</i>
Warm tight-fitting hat	
Neck warm buff	
Sunglasses	<i>x2 as back up as they are essential</i>
Seasick medication	<i>(if possible, test before you go, mine didn't work for me but Dads did on the way back)</i>
Medicines	
Small drybag backpack for gear on zodiac	<i>(we had mostly good weather, but it will get wet)</i>
Book, puzzles etc	<i>(there is a small library onboard)</i>
Binoculars	<i>(Dad found these good, I had my camera)</i>
Power pack	<i>(didn't need my batteries lasted)</i>
Camera gear: Bodies, lenses, uv filters, polarisers, batteries, lens hoods, cleaning cloths	<i>Never used the polariser, blog has more detail</i>
Microfibre towel	
Camera rain cover	
Light drybag for camera gear	<i>Often put these inside backpack drybag</i>
Chargers and cables	
European plug	
Hard drives and back up	
Merino base layer tops	<i>X2</i>
Merino long johns	<i>X2 (1 would be ok but we didn't get wet)</i>
Socks – light and warm x3 of each	<i>X3</i>
Warm gloves, polyprop/merino thin gloves and waterproof layer	<i>X2</i>
Shirts – on boat and over merino base layer	<i>X2</i>
Warm jersey or fleece	
Long trousers	<i>X2 Again one might be ok</i>
Light set of clothes for on board	<i>I didn't take enough for just inside the boat</i>
Light puffer jacket / light raincoat	<i>Didn't need puffer as they gave us one – did use raincoat</i>
Drink bottle	

They provided – puffer jacket, over jacket and boots, walking poles. Generally left your over jacket and boots in mudroom so an extra rain coat was handy.