

# 2041 CLOTHING AND GEAR LIST

## CLIMATE

Our expedition to Antarctica takes place during the Austral summer. Although it can be sunny, expect rain, snow, fog and a high wind-chill factor. During March and early April, the temperature in the Antarctic Peninsula generally doesn't go much below freezing. The average temperature range is between -5°C and 14°C (22°F to 56°F).

## LUGGAGE & CLOTHING NOTES

- Antarctic luggage is a challenge. You need to carry adequate cold weather gear, which is bulky and often heavy. Luggage should be easy to carry, preferably a large soft duffel bag. This will accommodate bulky boots, etc.
- Check with your airline for the luggage allowance between your departure airport and Buenos Aires. Checked baggage allowance on the flight between Buenos Aires and Ushuaia is **15kg (33lbs) on Aerolineas Argentina, 20 kg (44 lbs) on LAN**. If you want to exceed this weight it is entirely **at your own cost and risk**.
- Please bring a backpack for day trips ashore, preferably one that is **saltwater spray proof** and is large enough to carry spare clothing, cameras, water, snacks, notebooks etc. Take lots of **plastic zip-loc bags** to ensure your gear stays dry. You can also line your daypack with a large garbage bag to keep things dry.
- You know your body; adjust our equipment list accordingly if your extremities (hands, feet, ears) get cold easily. Concentrate on quick-drying, lightweight clothing. Fleece (and other synthetic materials) dry quickly and have good insulating properties, even when wet. On the other hand cotton when wet is cold, and takes a long time to dry.



**EQUIPMENT & CLOTHING LIST DESCRIPTION**

**Layering of clothing is the solution to maintaining comfortable and safe temperatures for the body in Antarctica.** This includes building up layers when cold – thermal underwear, fleece/warm shirt, fleece jacket, windproof top, etc. — and also stripping down clothing to avoid sweating when you start getting hot. Below are some examples on how to layer for shore landings in the Antarctic, with accompanying brand recommendations:

**1st Layer:** Thermal underwear top & bottom. Examples include Patagonia, North Face, Helly Hanson.



*Thermal top*



*Thermal bottoms*



*Pullover fleece*

*Water proof pants*



**2nd Layer:** Fleece or long sleeve shirt on top, water resistant ski or snowboard pants work well on bottom.

**3rd layer:** Wind resistant & **water proof** jacket that covers your hips, with gaiters over your calves. Most ski and snowboard-type jackets are great for Antarctic conditions. Ski goggles prevent the harsh wind and snow from blinding you.



*Ski goggles*



*Water proof jacket*

### **BOOTS & GAITERS**

- **Boots** - You'll want to bring hiking boots for our glacier hike and shore excursions. We will provide rubber boots for your use on the ship.
- **Gaiters** - A waterproof covering for the lower leg to avoid snow and water from getting inside your boots. We recommend up to the knee height.



### **FOUL WEATHER GEAR**

Jacket / Pants made of GORE-TEX® or other water-proof materials. GORE-TEX® or similar fabrics are excellent for keeping out wind and water without trapping excess heat. Rain gear and GORE-TEX® products can be found in any outdoor sport clothing store. You will be provided with a waterproof jacket.



### **GLOVES**

To keep your hands warm and dry, pack a minimum of two pairs of gloves: a pair of thin polypropylene gloves to be worn underneath warm outer gloves. We strongly recommend that you bring more than one set of gloves, in case one pair gets wet or lost.

### **TECHNICAL EQUIPMENT**

- **Laptops** - This is an optional item, although they can come in handy for taking notes during presentations, etc. You will need a 220v/110v plug adaptor to plug into the European-style outlets on board. Memory sticks have proven extremely useful to download photos, 1 GB minimum is recommended.
- **Cover for equipment** - Waterproof covering to protect from spray while in zodiacs.

**CLOTHING AND GEAR CHECKLIST**

**REQUIRED EQUIPMENT**

- (2) Two polyester or wool/synthetic blend Thermal underwear tops, mid-weight
- (2) Two polyester or wool/synthetic blend Thermal underwear bottoms, mid-weight
- Regular underwear (enough for 12 days)
- (5) Five pairs of socks: quick-dry, thin socks
- (3) Three pairs of socks: thick wool/poly blend socks
- (5) Five t-Shirts/tops in polypropylene/wicking breathable fabrics
- Fleece trousers to wear under your waterproof pants
- (1) Two fleece top or jacket
- Waterproof jacket: Gore-Tex or similar (BP Participants this is your team jacket which is provided)
- Waterproof pants: Gore-Tex or similar. Must be able to go over your pants or fleece trousers .
- Travel wear for Argentina and onboard the boat. Enough clothing to see you through your 2 week trip. On board it will be warm so bring comfortable clothing: jeans, t-shirts, sweaters, etc for everyday use. **Very important for staying comfortable!**



*Thermal underwear top*

- Team jacket
- Balaclava or warm hat with ear protection
- Neck warmer
- (1) Two pair of gloves, waterproof
- Toilet kit (toothbrush, shampoo, moisturizer, etc.)
- Pair of sneakers or non-slip sole shoes for while onboard



*Balaclava*

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- Hiking boots, waterproof, (rubber boots are provided on the ship for wet water landings)
- Watch
- Sunglasses: polarized (recommended) with side protection
- Spare reading glasses/contacts (if you wear them normally)
- Personal medical kit: Small medical kit containing prescription medicines and over-the counter medication for basic ailments such as stomach upsets, allergies, headaches.
- Sun block (factor 50 or higher is recommended)
- Lip protection (with SPF sun block)
- Sea sickness pills/patches (very important, please seek advice from your doctor )
- Headlamp
- Water bottle

*Headlamp*



### **OPTIONAL GEAR**

- Swimsuit or swim shorts (for possible polar plunge)
- Ski goggles
- Personal photographic equipment (Stills/video)
- Extra camera batteries and twice the amount of film/memory cards you think you may need, see photo section for more information.
- Diary or journal
- Biodegradable laundry soap for hand washing (laundry service available for a cost on board)

*Glove liners*



## CLOTHING AND GEAR LIST 2009

- Costume – for our parties on board. Masks, hats, accessories. More details to come.
- Glove liners
- Ear Plugs - for your sleeping comfort
- Eye shades for sleeping
- Walking/ski poles – collapsible
- Heated hand warmers (for use inside of gloves)
- Memory stick (USB) to share photos
- Binoculars—there are some onboard
- Mp3 player/Ipod
- Laptop computer—there is no internet available. Computers are not mandatory, but they are very useful for downloading and sharing photos as well as writing onboard.
- 220v/110v electrical converter with adapter plug set (European-style, round two-pin)
- Personal snacks (if you have savory and sweet favorites)
- Dry bag for transporting camera and equipment on zodiacs. Ziploc plastic bags also work well.
- Alarm clock for early wake ups



*Binoculars*



*Dry bags*