

Antarctica Packing List

Packing for a trip to Antarctica can seem daunting, especially given its reputation as one of the coldest and windiest places on Earth. This guide will assist you in navigating what to pack for this unique adventure, ensuring you stay warm, comfortable, and prepared for the extraordinary conditions of the Antarctic.

ESSENTIAL ITEMS:

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| <input type="checkbox"/> Woolen base layers | <input type="checkbox"/> Reusable water bottle
Provided by HX Expeditions |
| <input type="checkbox"/> Fleece sweater or jumper | <input type="checkbox"/> Footwear for onboard the ship |
| <input type="checkbox"/> Down jacket | <input type="checkbox"/> Expedition boots
Provided by HX Expeditions |
| <input type="checkbox"/> Wind and waterproof jacket
Provided by HX Expeditions | <input type="checkbox"/> UV Sunglasses |
| <input type="checkbox"/> Wind and waterproof pants | <input type="checkbox"/> Sunscreen
(Factor 50 recommended) |
| <input type="checkbox"/> Waterproof gloves | <input type="checkbox"/> Lip balm and skin moisturizer |
| <input type="checkbox"/> (Woolen) hat | <input type="checkbox"/> Personal medication
Stored in your carry-on |
| <input type="checkbox"/> Woolen socks | <input type="checkbox"/> Travel adapter for power outlets |

OPTIONAL ITEMS:

- | | |
|--|--|
| <input type="checkbox"/> Binoculars | <input type="checkbox"/> Handwarmers |
| <input type="checkbox"/> Extra memory card(s) | <input type="checkbox"/> Swimwear |
| <input type="checkbox"/> Spare camera batteries | <input type="checkbox"/> Ski goggles for zodiac rides |

Check out www.tourguidebob.ca for more information to help you prepare for your expedition to Antarctica, and be sure to follow Tour Guide Bob on Facebook and Instagram for regular updates!