

How-To <http://www.ottsworld.com/blogs/how-to-cruise-to-antarctica/>

Clothing (Antarctica XXI agent) <http://store.newheadings.com/>

Clothing <http://dawninantarctica.blogspot.com/p/field-tips.html>

Clothing <http://2041.com/wp-content/uploads/IAE-2013-Equipment-List.pdf>

Clothing <http://www.necessarygear.com/>

Clothing <http://www.shiptoshoretraveler.com/resources/pack2011-ant/>

Expedition Company <http://www.antarcticaxxi.com/>

Expedition Company <http://www.southernexplorations.com/>

Expedition Company <http://www.expeditiontrips.com/>

Expedition Company <https://www.polar-latitudes.com/>

Expedition Company <http://www.quarkexpeditions.com/>

Weather

The weather in the Antarctica is known for its extreme variability. Although heavy rainfall is unusual, strong winds are fairly common and can greatly affect your comfort during shore landings. Average temperatures on the Antarctic Peninsula during the summer months range approximately: 23°-41°F.

Packing Tips

- I have used both Patagucci merino, I found the *capilene felt warmer* by the end of a vigorous "big pack up the ice fall" day, mainly because it wasn't damp. The *merino held the moisture and took most of the following rest day to dry*, despite the extremely low humidity conditions.
- We have been back from our **Ocean Nova** cruise in December for a couple of weeks now! Christmas and New Year's have taken up time so I have not been able to sit down and do a report. But for those that are heading out soon- some packing tips.
 1. **Power strip**- someone here or on Trip Advisor recommended this and we used ours a lot! It was great to be able to charge camera batteries, kindles, and computers all at once!
 2. **Dishwashing gloves**- this was one I had heard of before as well. Most of our expedition leaders were using them for the zodiacs. They are waterproof after all!! Buy big so you can fit your glove liners or smaller gloves inside.
 3. **Ski goggles**- we just had our sunglasses and there were quite a few times when it was blowing snow and rain and ski goggles would have been a much better bet. Not to mention they would have worked better for the light conditions. The sunglasses allowed the blowing snow to come in around the edges and you end up closing your eyes! Also, goggles cover a bit more of the face when it is cold!
 4. **Batteries & more batteries**
 5. **Sunglass Strap**

Antarctica “What to Pack” List

Pack comfortable and casual clothing in quick-drying, "breathable" fabrics (waterproof breathable where appropriate) — the secret to keeping warm is to stay dry. Choose versatile styles that can be easily layered as you "heat up" and "cool down."

- A pair of knee-high, well insulated, waterproof boots (approx. 20 inches high) with high traction soles:
[Arctic Sport Boot](#)
- Waterproof Pants:
[Rampart Waterproof Pants](#)
- 2 or 3 pairs of warm, casual trousers to fit under your waterproof pants. It is recommended that at least one pair be made of "expedition-weight" polyester/spandex blend material as this is the fabric that is best at providing warmth while also being breathable. Wool or DWR-treated nylon are also recommended, as are ski pants, if you have them:
 - Men's: [Microfleece Lined Explorer Pants](#)
 - Ladies': [Microfleece Lined Explorer Pants](#)
- 2 or 3 warm, woolen sweaters or a medium-weight polar fleece jacket (preferably windproof):
 - Men's: [Guide Jacket](#)
 - Ladies': [Guide Jacket](#)
- 2 or 3 warm turtlenecks or long-sleeved shirts (wool and/or flannel suggested):
 - Men's: [Stay Dri Zip Mock Turtleneck](#)
 - Ladies': [Stay Dri Zip Mock Turtleneck](#)
- 1 full set of thermal or silk long underwear:
 - [Midweight Thermal Top](#)
 - [Midweight Thermal Pants](#)
- 3 or 4 pairs of tall warm wool or wool-blend socks:
[Expedition & Walking Socks by Tilley \(Men's & Ladies' sizes\)](#)
- 3-4 pairs of thin socks (such as silk or polypropylene sock liners) to wear with them (these are unnecessary if you purchase and use a pair of the Arctic Sport Boots detailed above):
[Hydroskin Wetsocks \(Men's & Ladies' sizes\)](#)
- 2 pairs of waterproof ski mittens or ski gloves. If you also bring a pair of thin glove liners, you can take your mittens (or gloves) off to photograph without exposing your hands to the elements. Clips to keep your mittens or gloves attached to your parka are also recommended:
 - [Meteor Flip Finger Mitten Set](#)
 - [Double Layer Fleece Gripper Glove Liners \(Men's & Ladies'\)](#)
 - [Hydroskin Photography Gloves \(Unisex Sizing\)](#)
 - [Zenith 3-in-1 Waterproof Mittens: "a little extra something" \(Men's & Ladies'\)](#)

- 1 polypropylene, fleece, or wool ski cap to protect your ears. (If it's not long enough to pull down to protect your neck, pack a scarf too):
 - [Rando Cap](#)
 - [Fleece Toque](#)
- A pair and a spare (two pair) of sturdy polarized sunglasses or goggles with 100% UV protection:
 - [Sunglasses — exceed UV and IR requirements — Econo Everest Glasses](#)
 - [Turbo Fan Goggles by SMITH Optics](#)
- Sunblock (with SPF 30 or higher is recommended) for lips hands and face:
 - [Aqua Sport SPF 30 Sunscreen w/ Zinc](#)
 - [SPF 25 Lip Balm by All Terrain](#)
- (optional) A lightweight, collapsible, walking stick (trekking pole):
[Ultra Lite Ti Trekking Staff by LEKI](#)
- (optional) A swimsuit (**full coverage**) and an old pair of canvas tennis shoes:
 - Men's & Ladies' Tops: [Hydrosilk UPF Rash Guard](#)
 - Men's Shorts: [Bay Island Shorts](#)
 - Ladies' Shorts: [Bay Island Shorts](#)
 - [Zippered Wetshoes](#) (better than sneakers for the hot springs)
- Back Pack / Day Pack (waterproof is preferred):
[Dry Peak Ultralite Waterproof Day Pack](#)
- (optional) Heat-treated foot warming insoles and hand warmers:
 - [Coghlans Disposable Foot Warmers](#)
 - [Coghlans Disposable Hand Warmers](#)
- (optional) Heavy-duty, zip-close plastic bags for storing your camera, film, binoculars, etc., in your backpack.
 - [Waterproof Camera Case](#)
 - [Waterproof Whanganui Sack](#)
- A waterproof rain jacket or poncho:
 - [Waterproof Rain Poncho](#)