

# ANTARCTICA PACKING CHECKLIST



## BASICS

- Underwear
- Socks
- Pyjamas
- Gym clothing

## TOILETRIES/ MEDICATION

- Toothbrush, paste & floss
- Shampoo & conditioner
- Nailcare kit
- Shaving essentials
- Band-aids
- Pocket tissues
- Deodorant
- Hairbrush & hair bands
- Eye drops
- Face & hand cream
- Lip balm with SPF
- Sunscreen SPF50+
- Antiseptic cream
- Seasickness medication
- Painkillers
- Imodium & rehydration salts
- Prescription medication

## TO WEAR ONBOARD

- T-shirts
- Long sleeve t-shirts
- Jumpers
- Nice shirt for casual dinners
- Swimsuit
- Jeans
- Jacket

## TO WEAR ON LANDINGS

- Thermal socks
- Base layers/leggings/thermals
- Insulating layers polar fleece/puffy vest
- Waterproof trousers
- Waterproof ski gloves
- Beanie/fleece headband
- Buff/neckwarmer/snood

## ACCESSORIES

- Waterproof rucksack/drybag
- Spare glasses/contacts
- Ski goggles/polarised sunglasses/prescription sunglasses & cord
- Walking poles
- Travel journal & pens
- Travel pillow
- Reusable water bottle

## TECHNOLOGY

- Laptop or iPad & charger
- External hard drive
- GoPro & charger & batteries
- Mini tripod
- Camera & waterproof housing
- Phone & charger
- Binoculars
- Headphones
- Voltage adapters
- Multiplug powerboard



## OPTIONAL ITEMS

- Ziplock bags
- Travelling snacks
- Kindle & charger
- Tablet & charger
- Sleep eye mask
- Waterproof phone case
- Ugg boots/Slippers
- Binoculars
- Body moisturiser