

# Antarctica Packing List



# Practical information for your journey

Once you've booked your polar expedition, it's time to start thinking about what to pack to be ready for anything throughout your trip!

When embarking on an Antarctica expedition, you should be prepared for changing weather conditions – sun, wind, rain, snow, and fog – swiftly alternating. Polar summer's extended daylight may bring temperatures soaring above freezing, creating moments that feel warm in sheltered spots. Yet, sudden temperature drops, especially accompanied by brisk winds, can introduce a noticeable chill, often lingering around or below freezing, especially at night or on the fringes of the season.

The list below has been curated by our Expedition Experts to help you prepare the right gear, which is essential for your polar adventure.



# What to pack

## LIFE ONBOARD

Experience the ultimate luxury expedition vacation onboard our expedition ships, shipboard attire is always casual.

During the day, casual wear, similar to five-star resort sportswear, is suitable for daytime activities. Shoes should be non-skid, flat, or low-heeled for deck activities.

Evening attire falls into two categories: **Casual**: open-neck shirts, trousers, and sports outfits are appropriate, with the exception that jeans and shorts are not permitted in The Restaurant. **Informal**: On informal evenings, ladies may choose to wear a dress or pantsuit, while gentlemen must wear a jacket in indoor spaces. A tie is optional.

## ESSENTIAL CLOTHING ITEMS

When travelling on an Expedition Voyage, many of the experiences will involve Zodiac® cruising and remote areas ashore. It's important to be prepared with the proper clothing and gear. It's important to be prepared with the proper clothing and gear. For additional expedition gear visit [Ship to Shore](#).

Here are the most important items to have with you:

- **Parka:** When sailing aboard Antarctica voyages, a parka is provided onboard with our compliments. Please make sure to select the right size of complimentary parka online, large enough to fit over layers. [Go to Silversea Expeditions Gear Shop](#)
- **Backpack:** Lightweight and water resistant: We provide complimentary water-resistant backpacks for carrying personal items ashore and keeping your arms free for embarking and disembarking the Zodiacs.
- **Rubber boots (wellies):** Waterproof, flexible, pull-on boots with non-slip soles. As Zodiac landings might require stepping into icy water, boots are essential and must be at least mid-calf (12-15 inches / 30.5-38 cm in height) and one or two sizes bigger than actual shoe size (this allows you to freely move your toe and create heat in the boot)
- **Rain jacket** – Waterproof and breathable for embarkation day.
- **Waterproof trousers** – Waterproof, breathable and wide enough to fit over boots. Knee-high side zippers are preferred to get your boots on and off easily. We recommend these are larger than your base layer to ensure comfortable sitting in the Zodiac with one or two layers under the trousers.

**To help you be prepared, Silversea is pleased to include a set of complimentary gear items, as follows:**

- **All our Antarctica expedition voyages** include a complimentary parka, backpack and water bottle.
- Additionally, **Antarctica Bridge includes** the complimentary use of waterproof boots and trousers.

For voyages that embark in **Puerto Williams** or **Punta Arenas** you'll receive your expedition gear onboard. Because the temperature in Santiago will be much warmer than in Southern Chile, please be prepared upon arrival for cooler and windier conditions. Therefore, we recommend bringing layered clothing and a wind/water resistant jacket in your carry on luggage.

For **Antarctica Bridge – Fly & Cruise voyages**: The complimentary parka and backpack will be delivered to the hotel prior to the Antarctic Bridge flight.

## ADDITIONAL CLOTHING ITEMS

**Important note:** Wind chills can be a significant feature of a polar expedition. When the wind is constant, it's easy to be robbed of body heat quickly. Adequate wind and rain gear is vital. Cotton is ideal in warm weather. However, once it becomes wet, it will drain body heat.

### Base layer

- **Long underwear:** Breathable, lightweight tops and bottoms provide warmth without bulk. Wool or synthetics such as Capilene, MTS and Thermal dry quickly and retain body warmth well. We suggest two sets.

### Insulation layer

- **Expedition stretch top and bottoms:** This lightweight layer is worn over the base layer and under the waterproof outer layer. Warmth and flexibility are important for comfort when sitting in Zodiacs. Expedition stretch tops and bottoms are flexible. The legs taper to fit into boots and the tops have articulated sleeves that fit easily over the base layer.
- **Loft jacket, pullover or vest:** The loft traps heat with remarkable efficiency, even when wet. It's feather-light and compact for easy packing. Loft garments are water-repellent and windproof and double as outerwear in mild weather. Fleece is also an insulation layer option, but it tends to bunch up when worn with layers.

### Footwear

- **Boots:** Flexible, pull-on boots with sturdy soles.
- **Socks:** Extra heavyweight socks made of wool or wool blend.
- **Sock liners:** Thin sock liners, worn under your socks for extra warmth. Pack as many liners as you have socks.

## Hats & gloves

- **Hat:** Fleece is excellent because it's lightweight and extremely warm. Wool is also recommended.
- **Neck gaiter:** A practical and stylish way to protect your neck. Neck gaiters are more flexible than balaclavas and don't fly around like scarves. For added warmth, wear two and pull one over your face to protect your mouth and nose.
- **Glove liners:** These are recommended as they provide extra warmth on cold days. Some glove liners are wind-resistant and will protect your hands when you slip off your glove to take photos.

## ACCESSORIES

- **Trekking poles:** A lightweight, collapsible walking staff (also called a trekking pole) provides a sense of security, and increases balance and confidence when walking on ice, snow or rugged terrain.
- **Seal-proof waterproof bags:** Heavy-duty plastic used to store camera, binoculars, phone and more in the backpack.
- **Binoculars:** For spotting birds and other wildlife. These are an essential part of your field gear and will enhance your experience.
- **Foot/Hand warmers:** To put between your feet and socks or slip over hands for extra warmth.

## ALSO RECOMMENDED

- A pair of good sunglasses or goggles with UV filter protection.
- Protective lotion for lips, hands and face.
- Camera, film, memory cards and extra batteries. Bring extra film and/or memory cards. Certain film types will be difficult to purchase or unavailable once the trip begins. Test your camera before leaving home to ensure it's working properly, and pack the manual for reference should unexpected problems arise.
- Consider bringing a camera beanbag to support a 300mm+ lens to help stabilise your shots.
- Motion sickness remedies.
- Spare contact lenses or glasses.
- Reading and writing materials.

## OTHER ITEMS TO PACK

Some toiletries are available in the Boutique onboard, as well as limited quantities and varieties of film and batteries for your camera. However, we do suggest to pack a substantial supply of essential items since they may be unavailable in foreign ports and remote destinations.

Also, be sure to bring an ample supply of over-the-counter medications and prescription drugs in your carry-on hand luggage.

## PLEASE NOTE:

Prior to packing your gear for the Antarctic, it's very important to thoroughly clean all equipment (hiking gear, trousers, boots, fleece, Velcro closures, etc.) to avoid accidentally bringing in foreign seeds, grasses or bacteria. Boots and clothes can carry seeds to the Antarctic and introduce species from all over the world. We recommend to flip all pockets inside out and remove any residue, to help us protect this pristine environment.