

ANTARCTICA PACKING LIST

Luggage

- Soft Duffel bag
- Dry Bag

Clothing

- Waterproof pants
- Windproof & Waterproof jacket
- Fleece jacket
- Thermal underwear
- T-shirts
- Long sleeve shirts
- Sweaters/fleece jackets
- Comfortable outdoor trousers
- Hat
- Scarf
- Waterproof ski gloves
- Glove liners
- Buffs
- Swimwear

Footwear

- Merino wool socks (lots)
- 1 x Pair of comfortable shoes

Electronics & Camera Gear

- Go Pro
- Laptop or tablet
- Camera
- Zoom lens
- Wide angle lens
- Spare camera batteries
- Spare memory cards
- Battery charger
- Tripod or Monopod

Miscellaneous

- Binoculars
- Toiletries
- Sunglasses
- Sunscreen lotion
(SPF 30 or higher)
- Lip balm with
SPF 15 or higher