



POLAR LATITUDES
EXPEDITIONS

Gearing Up for Your Antarctic Expedition



The Antarctic summer is cold, crisp, and highly changeable. Expect a mix of sunshine, cloud, wind, snow flurries, and occasional rain, with temperatures typically ranging from around -2°C to 8°C (28–46°F), though conditions can feel significantly colder due to wind exposure and damp conditions.

Conditions often feel colder on the water, during Zodiac cruises, and while ashore on exposed landings. Wind chill can make temperatures feel much lower, particularly during longer periods spent outside observing wildlife or exploring ashore. Fog, snow, and rapidly changing weather conditions are all part of the Antarctic experience, and conditions can shift quickly within a single day.

Even during summer, Antarctica remains a true polar environment, and dressing in warm, waterproof layers is essential to staying comfortable throughout your expedition.

Our ships are comfortable, and with a few key clothing choices, you'll be well prepared when heading out to explore. Dressing for polar conditions is like packing for a ski holiday, with a few additional considerations to help you stay warm, dry, and comfortable as conditions change throughout the day.

NEED TO KNOW

- ✓ **Layering is key** - thermal base, mid layers, and waterproof, windproof outer shell.
- ✓ **Waterproof trousers** (bring your own) are mandatory for all off-ship excursions.
- ✓ We provide an **expedition jacket** and **muck boots** for all off-ship excursions.

Please review our suggested packing list below for detailed information on clothing, footwear, and sun protection to ensure you are well prepared.



WHEN PLANNING WHAT TO WEAR FOR EXCURSIONS, LAYERING IS KEY

The most effective way to dress for the conditions during excursions is with a layered clothing system, finished with a waterproof and windproof outer layer. Weather can change quickly, and layering allows you to adapt throughout the day to stay warm, dry, and comfortable in varying conditions.

- ✓ **Base layer** – Thermal underwear (top and bottom) and socks. We recommend warm, moisture-wicking base layers (such as merino wool or synthetic) to help regulate body temperature and wick moisture during excursions.
- ✓ **Mid layers** – Comfortable, insulating layers such as fleece or wool trousers, a wool sweater, and/or a midweight fleece or jacket worn beneath your waterproof outer layer. These layers provide essential warmth and can be adjusted to stay comfortable as conditions change.
- ✓ **Outer layers** – Waterproof trousers* (bring your own) are required for all off-ship excursions, along with the waterproof, windproof expedition jacket and muck boots, we provide. Complete your outer layer with a warm hat/beanie and waterproof gloves. Sun protection (sunglasses, sunscreen, SPF lip balm) is also essential.

Provided Expedition Gear

To make the most of your voyage, versatile, comfortable, and weather-appropriate expedition gear will ensure you are prepared for changing conditions.

A CUSTOM-DESIGNED EXPEDITION JACKET

Yours to Keep

Our custom expedition jackets are designed with the polar regions in mind. These outer shell jackets are windproof and waterproof, offering reliable protection in challenging conditions.

Designed for comfort and performance, they are breathable and feature a high collar and extended length to help keep out the chill, sea mist, and spray. Waterproof interior pockets ensure your personal items stay dry and secure.



INSULATED PUFFER JACKET

Yours to Keep

Created exclusively for us, this versatile, lightweight mid-layer puffer coat combines high functionality and everyday stylishness.

MUCK-STYLE BOOTS

Provided on Loan

Specifically engineered to deliver grip and performance on snow and ice while keeping your feet warm and dry.



IMPORTANT

We collect your provided expedition gear sizing through your Guest Forms. While we do our best to provide suitable gear, if our supplied items do not provide an ideal fit, you will need to bring your own. Your booking agent can provide more information.

Images of expedition gear are provided as a guide only. Specific items may vary and may be substituted with gear of similar specification and quality.

Suggested Packing List

IMPORTANT

Waterproof Trousers (required)

Lightweight or disposable rain/ski gear is not suitable and will not withstand repeated wet landings. Bring durable high-quality waterproof trousers designed for sustained wet and windy conditions (minimum 10,000 mm rating recommended).

CLOTHING

- ✓ **Muck-style boots** – provided on loan
- ✓ **Boot liners or insoles** (optional) – to improve comfort and fit
- ✓ **Outer shell expedition jacket** – yours to keep
- ✓ **Waterproof trousers** (required for all off-ship excursions) – see note
- ✓ **Heavyweight wool sweater** or fleece to layer under your expedition jacket, or wear your provided insulated puffer jacket
- ✓ **Thermal underwear** base layers (top and bottom), at least two sets
- ✓ **Thermal socks** – three pairs in varying thicknesses
- ✓ **Warm hat/beanie** that cover your ears – two in case one gets wet, plus a neck gaiter or buff, ensure non-shedding material; see note
- ✓ **Sun hat with visor** for sunny days – ensure it can be worn under your warm hat/beanie
- ✓ **Waterproof gloves** (dishwashing or work gloves work well) – two pairs in case one gets wet
- ✓ **Glove liners or mittens** (wool or insulated materials recommended) – to wear under your waterproof layer; two pairs in case one gets wet
- ✓ **Casual and insulating layers** – jeans, hiking pants, khakis, fleece, shirts, and other insulating layers (bring several). These can be layered under your waterproof outer shell during excursions and worn onboard
- ✓ **Footwear:** walking shoes or sneakers with good grip are suitable for onboard. Open-toed shoes, sandals, and flip-flops are not permitted in public areas.

OTHER ESSENTIALS

- ✓ **Sunglasses** – polarized, UV400, and close-fitting are best (ski goggles optional for windy conditions)
- ✓ **SPF 50+ sunscreen and SPF lip balm** – essential for every excursion
- ✓ **Daypack, backpack, or dry bag** (roll-top waterproof recommended, or line with plastic bags)
- ✓ **Water bottle**, provided and yours to keep
- ✓ **Walking poles** – limited supply onboard; bring your own if required
- ✓ **Bathing suit (optional)** – for hot tubs/sauna (ship dependent) and the polar plunge
- ✓ **Binoculars**
- ✓ **Strap** to secure your camera or device
- ✓ **Camera, extra batteries, charger, and memory cards**
- ✓ **Plastic zip-lock bags** – useful for keeping items dry
- ✓ **Travel adapters and chargers** (refer to your Ship Booklet for outlet details)
- ✓ **Medications** – bring enough for your trip plus two additional weeks; include copies of prescriptions
- ✓ **Spare glasses or contact lenses**
- ✓ **Seasickness medication** (see below)
- ✓ **Physical payment card** (mobile payments may not always be accepted)
- ✓ **Note:** Insects are not considered a major issue, however, if you are particularly sensitive to bites, we suggest packing small insect repellent and lightweight long sleeves for comfort during shore excursions.
- ✓ **Optional adventure activities** – if you are participating, please refer to the Adventure Option Info document for details on activity specific packing information



IMPORTANT NOTES

Non-shedding outer clothing – Avoid items that may shed fibres (e.g. fluffy hats, loose knits, pom-poms), as these pose a biosecurity risk and may not be permitted during landings

- ✓ **Dress code** – Onboard attire is casual and informal, though you are welcome to dress up for the Captain's Cocktail parties
- ✓ **Laundry service** – Available onboard for a small fee, with a turnaround time of up to 48 hours
- ✓ **Please note:** The use of personal recreational equipment (including drones) and personal Starlink or similar satellite communication equipment is not permitted without explicit prior written authorization. Please contact your booking agent for more information

OPTIONAL – FOR ADDED COMFORT

- ✓ **Sleep mask** – helpful for sleeping during extended daylight hours
- ✓ **Moisturizer and nasal saline spray** – both the ship and the outside environment can be dry

PREVENTING MOTION SICKNESS

Conditions at sea can vary, and individual responses to seasickness differ. We recommend bringing medication that works best for you. Some options may cause drowsiness, so it's a good idea to test this in advance where possible.

Consult your doctor for advice on the most suitable option and bring your own supply, as the ship's stock is limited.

