

USEFUL TIPS

Suggested clothing The average temperature in the Antarctic Peninsula area ranges round about 0°C (32°F), although sometimes it may get a little lower because of the chill factor caused by the wind.

For this reason, it is best to wear several layers of light, warm clothing, with a windproof and waterproof jacket and pants as outside layer. The suggest clothing for Antarctica is very similar to skiing equipment.



- Thermal socks
- Thermal underwear, including sweatshirts and turtlenecks.
- Fleece jacket and trousers
- Waterproof hooded parka
- Insulated waterproof trousers
- Thermal gloves or mittens.
- Polar cap, hat or balaclava hood
- Swimsuit (for possible hot spring dips)
- Comfortable cloths to wear on board (temperature 20°-22°C or 68-72F)
- Comfortable rubber-soled shoes to wear on board.

Waterproof boots As most landings in Antarctica are “wet landings”, the best footwear is knee-high waterproof boots. You will not need to carry them with you since ANTARCTICA XXI will provide you with a pair of thermal rubber boots before arriving in Antarctica.

Face protection Good quality UV filtering sunglasses are essential. Glacier glasses have leather flaps at the sides to stop the light from passing through. Due to the high reflectance of UV radiation, you will also need good sun block lotion for your face (protection factor 30 and above) and lip balm.

Photography To see the wildlife, you should have a good pair of lightweight binoculars (best degree of magnification 7 or 8X30). If you are passionate about photography, do not forget a good zoom lens to shoot wildlife and which avoids close approaches, and take with you a good supply of film rolls or memory sticks.

Do not forget to take with you spare batteries since cold temperatures can reduce their life span.

And furthermore... Do not forget to take with you:

- Personal medications
- Backpack to carry your belongings during shore excursions.

As well, do forget to inform us about your dietary restrictions, if any.