

Packing List for Polar Adventures - Antarctic and Arctic

Outer Layer

Waterproof Jacket - with or without extra insulation.

Waterproof Over Pants - lightweight, long leg zips allow easy on-off.

Warm Hat - beanie type allows a hood to be pulled over the top.

Neck Gaiter.

Gloves - thin inner touch-screen sensitive and a thicker waterproof pair.

Insulating Layer

Warm Pants - thick winter-weight material, not tight, not jeans.

Shirt - winter-weight flannel shirts are good if this is your style.

Sweater - all wool is warmest for the bulk, again if this is your style.

Fleece / Soft-shell / Lightweight insulated jacket.

Base Layer

Thermal Top - optional, can be used as a comfortable shirt around the ship.

Thermal Bottoms / Leggings – optional. Very useful on extended zodiac cruises or kayaking.

Underwear - as normal.

Socks - mid or heavy-weight hiking socks with sock liners if necessary.

Other

Sunglasses - high uv protection and preferably polarized.

Sunscreen - high factor, a small bottle will do.

Swimwear - for that Polar Plunge.

Skin Cream - if your skin is prone to drying out in the cold.

Lip Balm - your lips may surprise you and dry out even if they don't usually.

Earplugs - just in case, especially if cabin sharing.



Daysack - for shore trips, around 1200-2000 cu. in. / 20-30L.

Small Notebook and Pen - for a diary, notes, memos etc. to remember your trip better.

Telescopic Walking Poles - if you use these.

Binoculars - 10x25 or thereabouts.

Camera - spare battery and memory cards, charger.

Worldwide Adaptor / Powerstrip - with mains and USB sockets to power your gadgets.

