



Polar Packing Checklist

You will receive a complimentary Aurora Expeditions polar expedition jacket at the start of your expedition. However, you are welcome to bring and wear your own jacket if you wish. We offer complimentary loan of Muck boots during the voyage. We recommend that if you have difficult sizing requirements to please speak with our expedition experts prior to your voyage to ensure we can accommodate your needs.

To Wear On Landings

- Base-layer wool or synthetic top
- Base-layer wool or synthetic bottom
- Mid-layer warm or fleece top
- Mid-layer warm or fleece bottom
- Socks: Bring a mixture of thick and thin socks to test for the best combination to keep your feet warm.
- Gloves & Mittens: A pair of polypropylene or woollen gloves covered with a waterproof glove such as ski gloves or industrial fleece-lined rubber gloves. We recommend you take two pairs.
- Headwear: Please bring your preferred choice of headwear to keep your head warm. We recommend a beanie or a cap with earflaps.
- Scarf, buff, neck warmer is also essential for protecting your neck and face.
- Waterproof Trousers: A light pair of waterproof nylon trousers is critical for keeping you warm in wind, and dry on the Zodiac.
- Woollen Jumper: Ideal to wear as an added layer over your polypropylene thermals.

- Sunglasses/Ski Goggles: Are essential to protect your eyes from UV rays. We recommend you take two pairs of sunglasses in case of breakage or if a pair is misplaced, and attach sunglass strings to keep them secure. Ski goggles are useful if you have them but are not essential.
- Sunscreen
- Lip Balm
- Fly/Sail & Fly/Fly Voyages: If your voyage commences with a charter flight from Punta Arenas to Antarctica, it is important that you have a waterproof/windproof jacket to get to the ship after disembarking the flight in King George Island.

To Wear Onboard

- Comfortable casual clothing like lighter shirt, pants or jeans etc for onboard the ship.
- Footwear: Warm comfortable shoes for onboard the ship. Make sure they have good grip for the outside decks. Slip on shoes or moccasins are ideal for indoors. For health and safety reasons, please wear enclosed shoes in public areas while onboard the ship.

View your
Polar
Essentials
Guide

Other Recommended Items

- Waterproof daypack for landings
- Dry bag or plastic bag for camera
- Binoculars: to get the most out of the incredible wildlife viewing opportunities during the voyage. Please bring your own binoculars. You are welcome to use Aurora Expeditions' supply of binoculars on board the ship, but they are limited to use on the Observation Deck
- Camera and accessories
- Spare batteries and memory cards for camera
- We suggest you bring a laptop for image processing; there are limited public computers to use
- External hard drive for storing downloaded images and other data
- USB stick to share photos with fellow passengers
- Collapsible hiking poles, depending on individual needs
- Sunscreen and chap stick
- Moisturiser for wind and / or sunburn
- Glasses cord for prescription glasses and sunglasses
- Extra prescription glasses or contact lenses
- Ear plugs (especially if you are sharing a cabin)
- Sleep eye mask (great for plane travel and for ice camping)
- Watch – to keep track of landing return times
- Swimsuit (for sauna, jacuzzis/plunge pools and Polar Plunge)
- Double-adapter for multi-charging
- Personal toiletries (Bodywash, shampoo, conditioner, and handsoap is provided in each cabin and refilled throughout the voyage)
- Sea sickness medication
- Personal medication – we recommend carrying this in your hand luggage at all times
- Personal first aid kit. An onboard medical clinic is available whenever you need it
- Small flashlight
- Pocket-sized notebook and pen
- Pack of playing cards or other travel games

Prepare For Your Expedition

Dressing in the Polar Regions

Your choice of clothing during the voyage will largely depend on your tolerance to cold climates.

Polar temperatures in summer are similar to most ski fields in winter. If you are a skier, your ski clothing will be perfectly adequate; as long as it is thoroughly waterproof. Under your waterproof layer, you will need between two to four insulation layers depending on the day. For example, thermal underwear, jumper, polar fleece and waterproof jacket and/or Aurora Expeditions waterproof 3-in-1 jacket provided.

Onboard Attire

Our vessels are air-conditioned and the temperature on board is generally between 15°C (59°F) and 25°C (77°F). When on board, dress is informal. Normal clothing usually consists of jeans or casual trousers, and light long-sleeve T-shirts or jumpers. Lightweight walking shoes with good grip are ideal to wear on board the ship and on the outer decks.

Complimentary Polar Expedition Jacket

Each passenger will receive their very own Aurora Expeditions' waterproof polar jacket to use during your voyage.

The 3-in-1 jacket is designed to be worn over your essential base layers and provides a versatile layering system suitable for the conditions to be encountered on our polar expeditions. Both pieces offer sophisticated expedition styling and have been customized exclusively for Aurora Expeditions, complete

with an included 'drop seat' design on the back of the jacket, allowing for additional comfort when sitting in Zodiacs.

Your jacket will be ready and waiting for you in your cabin when you board for your expedition.

Please note: Jackets are unisex and are designed to be an oversized fit to allow for easy movement and layering underneath.

The Layer Principle

The layer principle has been proven to demonstrate that wearing several light layers of clothing is recommended over wearing one heavy layer. Between each layer there is trapped air which when heated by your body acts as an excellent insulator. See information below.

Layer 1: The Thermal Layer

Function: Regulation

Description: Fast-drying, rapid transport of moisture away from the body, forwarding to the next layer. e.g. Thermal underwear.

Layer 2: Insulation Layer

Function: Insulation

Description: Warming layer for cold temperatures. e.g. Fleece or down jacket

Layer 3: Waterproof / Protection Layer

Function: Protection

Description: Provides reliable protection from wind and water. e.g. Hard-shell jacket.

Tips for an effective layering system

- Several thin layers work better than one thick layer.
- Avoid tight clothing since it leaves no room for trapped air. Wool and silk are superior to cotton because they can trap warm air.
- The important layer is the outer waterproof and windproof shell. A small wind of six kilometres per hour can carry away eight times more body heat than still air!
- Being wet accelerates the loss of body heat. If your skin or clothing gets wet, your body will lose heat much more rapidly. Even at 10°C (50°F) you can suffer ill effects of cold if you are wet. Avoid over dressing as this leads to perspiration; and in wet weather, wear waterproof outer garments that will keep you dry on the outside but still 'breathe' enough so that moisture from your body can escape.
- Body heat is most likely to be lost from your head, hands and feet so they need to be kept warm and dry. Even if the rest of your body is covered, as much as 90% of the heat you lose is from your head, so be sure to wear a beanie, woollen hat or something similar to keep your head warm.

