



# Gear for the Adventurer

## Antarctica “What to Pack” List

Pack comfortable and casual clothing in quick-drying, “breathable” fabrics (waterproof breathable where appropriate) – the secret to keeping warm is to stay dry. Choose versatile styles that can be easily layered as you “heat up” and “cool down.”

Here is the list of Essential Items you should plan on taking with you on your expedition to Antarctica. Should you need to purchase any of them for your upcoming trip, simply print this page and use it as a reference as you browse, click, and shop your way through the “Antarctica” Shop by Destination category in Necessary Gear. You’ll find everything you need in our “easy-to-use, one-stop shop.”

- A pair of knee-high, well insulated, waterproof boots (approx. 16 inches high) with high traction soles:
  - [Arctic Sport Boots](#)
- A pair of waterproof pants:
  - [Rampart Waterproof Pants - Men’s & Ladies’](#)
- 2 or 3 pairs of warm, casual trousers to fit under your waterproof pants. It is recommended that at least one pair be made of “expedition-weight” polyester/spandex blend material as this is the fabric that is best at providing warmth while also being breathable. Wool or DWR-treated nylon are also recommended, as are ski pants, if you have them:
  - [Microfleece Lined Explorer Pants - Men’s](#)
  - [Microfleece Lined Explorer Pants - Ladies’](#)
- 2 or 3 warm, woolen sweaters or a medium-weight polar fleece jacket (preferably windproof):
  - [Microfleece Jacket - Men’s](#)
  - [El Cap Jacket - Ladies’](#)
  - [Guide Jacket - Men’s](#)
  - [Guide Jacket - Ladies’](#)
- 2 or 3 warm turtlenecks or long-sleeved shirts (wool and/or flannel suggested):
  - [Stay Dri Zip Mock Turtleneck - Men’s](#)

- [Stay Dri Zip Mock Turtleneck - Ladies'](#)
- 1 full set of midweight thermal long underwear:
  - [Midweight Thermal Tops & Bottoms \(Men's & Ladies'\)](#)
- 3 or 4 pairs of tall warm wool or wool-blend socks:
  - [Expedition & Walking Socks by Tilley](#)
  - [Merino Hiking Sock by Patagonia](#)
- 2 pairs of waterproof ski mittens or ski gloves. If you also bring a pair of thin glove liners, you can take your mittens (or gloves) off to photograph without exposing your hands to the elements. Clips to keep your mittens or gloves attached to your parka are also recommended:
  - [Double Layer Fleece Gripper Glove Liners \(Men's & Ladies'\)](#)
  - [Waterproof Mittens w/ Fold Back Liner - Photography?](#)
  - [Zenith 3-in-1 Waterproof Mittens: "extra protection & insulation" \(Men's & Ladies'\)](#)
- 1 polypropylene, fleece, or wool ski cap to protect your ears. (If it's not long enough to pull down to protect your neck, pack a scarf too):
  - [Rando Cap](#)
  - [Fleece Toque](#)
  - [WWF Microfleece Scarf](#)
- A pair of sturdy polarized sunglasses or goggles with 100% UV protection:
  - [Econo Everest Glacier Glasses](#)
  - [Sunglasses by SMITH - Polarized with Interchangeable Lenses](#)
  - [Turbo Fan Goggles by SMITH Optics](#)
- Sunblock (with SPF 30 or higher is recommended) for lips hands and face:
  - [Aqua Sport SPF 30 Sunscreen w/ Zinc](#)
  - [SPF 25 Lip Balm by All Terrain](#)
- Back Pack / Day Pack (waterproof is preferred):
  - [Dry Peak Ultralight Waterproof Day Pack](#)
- A waterproof rain jacket or poncho:
  - [Waterproof Rain Jacket \(Men's & Ladies'\)](#)
  - [Waterproof Rain Poncho](#)
- (optional) A lightweight, collapsible, walking stick (trekking pole):

- Ultra Lite Ti Trekking Staff by LEKI
- (optional) A swimsuit (full coverage) and an old pair of canvas tennis shoes:
  - Men's & Ladies' Tops: Hydrosilk UPF Rash Guard
  - Men's Shorts: Bay Island Shorts
  - Ladies' Shorts: Bay Island Shorts
  - Zippered Wetshoes (better than sneakers for the hot springs)
- (optional) Heat-treated foot warming insoles and hand warmers:
  - Coghlan's Disposable Foot Warmers
  - Coghlan's Disposable Hand Warmers
- (optional) Heavy-duty, zip-close plastic bags for storing your camera, film, binoculars, etc., in your backpack.
  - Waterproof Camera Case