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## Gearing Up – What to bring

An expedition cruise to the Polar regions requires a relatively large variation of clothing. On shore, we can expect temperatures of -2 C to 4 C. On the ocean – when observing wildlife from the decks – temperatures will rarely be above 2 degrees. Add to this a strong and often humid wind and the necessity of warm wind- and waterproof clothes, gloves and hats becomes obvious.

So, what is the secret of keeping warm in the Arctic and Antarctica? Layers! They insulate trapped air, and you can adjust them as needed depending on if you are feeling hot or cold. Proper and suitable clothing is a necessity for the voyage. Select lightweight technical fabrics engineered to lead moisture away, keeping you dry and warm. This could for example be, from the inside out, a wool base layer, a sweater or fleece as the mid layer and wind- and waterproof jacket as the outer layer. For the legs, it could be a wool base layer, tightly woven leisure pants as the middle layer and wind- and water-resistant pants as the outer layer.

A pair of strong slip-resistant hiking shoes/boots are ideal to wear on board and excellent for dry landings.

On board the ship, the dress code is casual and comfortable clothing, so the most important to bring is practical clothes to wear on board, **flat shoes for walking onboard the ship**. However, some guests choose to dress up for dinner.

## We highly recommend you bring:

- Thermal base layer
- Mid-layer fleece
- Jacket
- Waterproof pants (*a must for Zodiac cruises and landings*)
- Insulated (down or fiber-filled) parka/waterproof shell (*parkas are available on board for free in case of Antarctic expeditions only*)\*
- Sturdy rubber boots (*rubber boots are available on board for free*)\*
- Hiking shoes - sturdy, non-slip sole
- Waterproof gloves and glove liners
- Thick socks (*wool socks*)
- Swimsuit - for Polar Plunge/jacuzzi
- Seasickness medication





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### And don't forget:

- Passport
- Credit card and US\$ or local currency for your time in Argentina
- High-protection sunglasses
- Sunscreen & SPF lip balm
  - Although it might not be self-evident, the rays of the sun are very strong – both day and night. Therefore, we highly recommend bringing a high SPF sunscreen.
- Waterproof backpack (additional drybags for phone/camera equipment)
- Waterproof bags for separating clean clothes from wet clothes
- Binoculars
- Camera, extra batteries & memory cards
- Seasickness medication
  - On an expedition cruise, you may at times experience large swells and rough seas. There are various alternatives to combat seasickness, such as seasickness patches or seasickness pills. Seasickness medication also comes in different active ingredients and what works for one person may not work for another. Please also note that medication against motion sickness can cause drowsiness. If in doubt about what is the best option for you, please consult your doctor or a health care professional prior to your departure. The ship will carry a limited number of seasick pills for sale in the reception. We highly recommend bringing your own seasickness medication.

#### *\*Rubber Boots*

*We offer sturdy, high-quality boots free of charge for the duration of your trip. These boots will be your personal pair for the entire voyage to wear during landings and hikes. We have boots in the size 35 to 47 (EU sizes)*

#### *\*Parkas*

*Antarctic Expeditions only - Upon the final payment, you will receive a link to order your complimentary Expedition Parka that is to be delivered to you onboard the Ocean Victory for your voyage.*

*We offer parkas in the sizes XS-4XL men and women.  
(Different rules apply on full charter tours.)*





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### General Advice on gear and equipment

Albatros Expeditions are passionate about protecting the environment and we are constantly looking at the ways to reduce our carbon footprint. When buying new gear and clothing for your expedition with us, please consider choosing sustainable brands and where else you can reuse the items after your trip. If bringing your existing clothing, please clean it carefully, particularly the outer clothing and backpacks with velcro fastenings- the single largest threat to fragile environments we travel to, especially for voyages calling to Falklands and South Georgia, is introducing foreign flora and fauna species. When considering the quantity of items to bring, we wish to remind you there is laundry service onboard the ship (at an extra cost).

