

## PERSONAL EQUIPMENT LIST 1 - ANTARCTICA, SOUTH GEORGIA AND THE ARCTIC

Pelagic Expeditions supplies heavy duty **Musto HPX foul weather gear** for all guests on board Vinson of Antarctica. We also provide sheets, pillow cases and towels for all guests.

### **For expedition cruises to Antarctica, South Georgia and all Arctic destinations**

- Sea boots/shore boots – Can be the same and no need for hiking boots if long treks are not planned. Recommend Muckboots either the Muckmaster Hi-Cut or the Arctic Sport Hi-Cut. These are high cut, non-slip, fully insulated, tight fitting around the ankle and sole easy to clean (important for bio-security requirements) Better than any sea boot for cold conditions, superb on shore.

- Thermal underwear, 4 pairs
- Fiber pile jacket - middle layer
- Fiber pile pants - middle layer
- Windproof pants and jacket onshore use. Boat provided foul weather gear not allowed onshore. Pants should be salopettes type. Jacket with hood
- 2 Balaclavas/wool hats, scarves, buffs
- Several pairs fiber pile/wool gloves/mittens
- Rubber or Gore-Tex over-mitts
- 4 pairs heavy fiber pile or wool socks
- Boat shoes, with soft rubber soles for below decks - recommend Crocs
- Hiking boots (Vibram sole) and gaiters - only if ambitious, long treks are planned – unlikely to use in Antarctica, but definitely on South Georgia
- Medium weight sleeping bag with full length zip – sleeping cabin temperature is roughly 12 to 15 degrees C. Should be rectangular shape to use as a duvet
- Soft travel bags, duffels (no hard suitcases allowed on board)
- Glacier glasses with side flaps and one spare pair dark sun glasses
- Sun block-out and after sun cream
- Small rucksac about 30 liters
- Seasick pills (we recommend Stugeron)
- Personal photographic equipment (we charge via 220 AC, but you should bring your own chargers). We have all European two pin sockets with UK adapters. Therefore, male UK or European plug ends are suitable. All cabins have USB C and A ports.
- Film or and/or memory – if you plan on downloading and editing on board, bring your own laptop, hard drives.
- Collapsible ski poles for hiking ashore
- Personal medical kit to include personal medication and i.e. band

aids, throat lozenges, lip salves and one course of antibiotics for chest and throat infections

- 1 litre water bottle/and or thermos - and one pee bottle if necessary
- Our sound system on board is I-Pod/I-Phone friendly

**Also remember to submit the following documents to the Pelagic Office pursuant to signing of the Charter Agreement:**

- Waiver of Liability signed
- Medical Form with Doctors Section signed
- Personal Information Form
- Communication Agreement noted
- Proof of medical evacuation insurance
- Passport Scan

We have storage facilities ashore in Puerto Williams and Port Stanley for hard suitcases, shore clothes and extra unneeded gear.