

Suggested Packing List

Falklands, South Georgia, and the Antarctic Peninsula

Travelling to Antarctica calls for careful preparation to stay safe and comfortable in extreme conditions. While the dress code aboard *Exploris One* is casual, layered clothing is essential for shore excursions to adapt to cold, windy, and wet environments.

During the Antarctic summer (November to March), temperatures on the Antarctic Peninsula typically range from -5°C to +5°C (23°F to 41°F). Wind chill can make it feel colder, and weather conditions may change rapidly.

Exploris One provides a complimentary waterproof parka and boots for shore excursions. However, bringing your own well-fitted gear can enhance comfort and convenience. Below is a recommended packing list to assist in preparing for your expedition, though it is not exhaustive.

Footwear

- 3–4 pairs of mid- to heavy-weight wool or wool-blend socks (e.g., merino wool): Warm, moisture-wicking, and thick enough to insulate while fitting comfortably in your boots. Rotate daily to keep feet dry.
- Comfortable shoes: For use aboard the ship.

Lower Body

- Thermal base layer bottoms: To retain body heat.
- Fleece or wool pants: For insulation.
- Waterproof over-pants: To protect against wind and moisture.

Upper Body

- Thermal base layer tops: Moisture-wicking materials are ideal.
- Fleece or wool mid-layers: For added warmth.
- Waterproof and windproof outer jacket: A durable shell to shield against the elements.
- Casual clothing: For layering and wearing aboard the ship.

Head and Hand Gear

- Warm hat or beanie: To prevent heat loss.
- Neck gaiter or scarf: To protect the neck and face.
- Waterproof gloves: Preferably with liners for added warmth and dexterity.

Additional Items

- Sunglasses with UV protection: To shield eyes from intense glare off snow and ice.
- Sunscreen and lip balm: High SPF protection.
- Daypack: A small backpack for carrying a camera, clothing, and other small items. This is necessary when transferring ashore—you must have your hands free when getting in and out of Zodiacs.
- Reusable water bottle: Staying hydrated is crucial.
- Binoculars: For wildlife viewing.
- Camera with extra batteries, sufficient memory cards and the necessary chargers: Cold temperatures can drain batteries quickly.
- Personal items: Spare pair of prescription glasses, extra medication, etc.
- Pencil and pad, book, or diary

Optional Items

- Swimsuit: For the ship's hot tub or a polar plunge.
- Dry bags
- More formal attire: For welcome and farewell captain's dinners (optional).
- Pack of cards
- Earplugs
- Motion sickness remedies: Especially for the Drake Passage crossing.