



OCEAN ENDEAVOUR PACKING LIST

EXPEDITION GEAR & PACKING

Packing is often the least popular aspect of any holiday – but packing for the Polar regions can be particularly daunting.

It is one of the most extreme environments you are ever likely to find yourself in, so staying warm and dry is vital when the weather is so unpredictable. But don't worry, we have you covered!

Dressing for shore landings:

When you're leaving the ship to land you will board Zodiacs to take you to shore. This crossing can be cold and windy, so we recommend wearing lots of warm layers, a waterproof outer layer and a warm hat.

While you shouldn't get wet, it's a good idea to keep your camera in a waterproof bag. Life jackets, warm inner jacket as well as a sturdy waterproof Expedition Parka, and waterproof Muck Boots are provided.

Important: ensure all gear you plan to wear off the ship will leave no trace. Pom-poms and clothing that may shed cannot be worn.

Dressing for the ship:

When you're out on deck, it can be windy and icy but the temperatures inside the ship are kept toasty warm. For this reason it's a good idea to wear multiple layers, so that you can easily adapt.

GOLDEN RULES

Rule #1: Layers, layers, layers

Rule #2: Wear breathables (wool, not cotton)

Rule #3: Waterproof, not water repellent

Rule #4: Protect your extremities

Rule #5: Follow IAATO Don't Pack a Pest guidelines

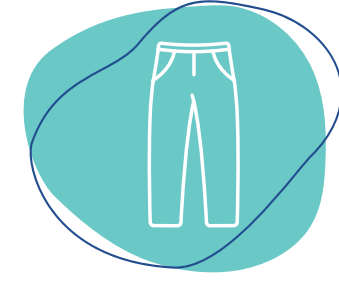


PACK LIKE AN EXPLORER



LAYERS

While it's tempting to pack lots of bulky sweaters and overcoats, what you really need is a solid combination of short and long-sleeved tops (some thermal, some not). Your ship will be a comfortable temperature onboard, so having layers to peel off when onboard (and put back on when heading out on the deck) is smart.



WATERPROOF PANTS

Your ship will provide boots and waterproof upper layers - a polar jumpsuit-situation, but you will need to bring your own waterproof, insulated snow pants for shore excursions and kicking about on deck while looking for Humpback whales, ensuring these have wide legs to fit over your muck boots.



SOCKS

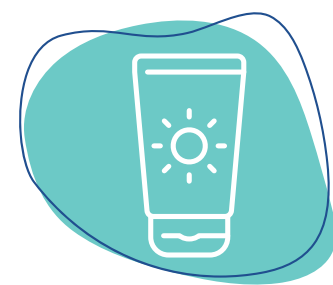
Packing both thick, thermal socks and thinner, everyday socks is wise. Your thicker socks are great for shore visits, so having a few to rotate is a good move.

Your thinner socks are perfect for when you're ship-bound. You'll be warm and sheltered when eating in the dining room, listening to lectures and reading in your cabin, so thermal, woollen socks are overkill when you're not outside.



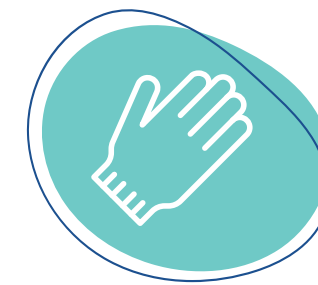
A TIGHT-FITTING, WARM HAT

Loose hats are not advisable in Antarctica. We advise you to bring one that fits tight on your head (non pilling/shedding). Please note that hats with baubles are not allowed.



SUN PROTECTION

The sun in Antarctica can reflect harshly off the snow, so even in frigid temperatures sunburn is common. Make sure to pack your sunglasses (with UV protection), broad spectrum sunscreen and lip balm.



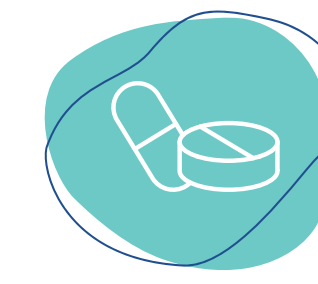
GLOVES

Packing two pairs of gloves is advisable, just in case one pair goes missing or gets wet. One waterproof pair for shore visits is a must. And a thinner, non-waterproof pair for when you're taking photos, or to wear as an inner layer can be handy too.



MOISTURISER

Windy and dry conditions mean your skin will dry out rapidly if you don't moisturise, so slather it on every day while on board.



MEDICATION

If you are living with asthma, diabetes or any other other conditions, ensure you've got all of your regular medications packed.

While your ship may stock some basics, any medication you require should be bought with you.

While we provide some sea sickness medication on board, it's something many people fear when it comes to an Antarctic journey. Before your journey, speak to your Doctor about sea sickness or any other concerns.



PROVIDED EXPEDITION GEAR

Staying warm and dry during your voyage is vital. Our Expedition Gear has been carefully selected and has all the important features to ensure maximum comfort on your Antarctic adventure.

You will receive a quality manufactured Polar parka, included with every voyage you take with us. Our Expedition Parka, meticulously designed by our expert team based on many years of experience in harsh environments, is two-fold:

- a robust outer layer engineered to defy even the toughest polar weather conditions, provided to you on loan.
- a lightweight insulated inner layer. Designed to be worn under your outer layer during off-ship excursions but also a great outer layer for your time onboard the ship, yours to take home at the end of your journey as a reminder of your epic adventure to the White Continent!

We will request your sizing for your Inner Jacket, Expedition Parka and Muck Boots when you complete your Cruise Enrolment approx. 5 months prior to departure.

You can find a detailed packing list in the Antarctica Travellers Guide, provided to you on confirmation of your Ocean Endeavour Antarctica expedition.

***Please note**

- *Inner jacket, Expedition Parka and Muck Boots may not be available for guests that require larger sizing or for minors under 16 years of age.*
- *Parents/Legal Guardians must provide a lifejacket that meets our requirements for minors. Please refer to our Minor Waiver for more details.*

Please advise your booking agent at time of booking who can provide you with more information.



EXPEDITION PARKA (ON LOAN)*

A water repellent coating on the outer layer helps to move moisture away from the body, making this a breathable and light parka.

With hi-vis elements, large pockets for easy accessibility and watertight seals, this is the perfect parka to keep you warm and dry on the ship to shore Zodiac excursions in all kinds of weather.

MUCK BOOTS (ON LOAN)*

We will provide black, rubber Muck Boots for the entire duration of your voyage.

They are specifically engineered to deliver grip and performance on snow and ice while keeping your feet warm and dry.



INSULATED INNER JACKET (YOURS TO KEEP)*

Made out of 100% recycled synthetic fibres, your vegan 600 fill insulated puffer jacket will keep you warm even on the wildest days of your expedition. With a Durable Water Repellent (DWR) finish, which encourages water to bead off the fabric's surface, the jacket was produced using sustainable chemistry with minimal impact on people and the environment.

A great memento to take home at the end of your voyage to remember your incredible Antarctic adventure!



Antarctic PACKING LIST



BASICS

Underwear
Socks
Pyjamas
Gym clothing



TO WEAR ON BOARD

T-shirts
Long sleeve t-shirts
Sweaters
Hoodie
Nice shirt/top for smart
casual dinners
Swimsuit
Jeans
Jacket
Silk or merino glove liners
Hat
Scarf or snood

Please note: closed toe shoes
must be worn at all times on board



TO WEAR ON LANDINGS

Thick hiking or ski socks
Base layers/leggings/ thermals
Insulating layers/polar fleece/
puffy vest
Walking & hiking trousers
Waterproof ski pants
Waterproof light outer trousers
Waterproof ski gloves
Beanie/fleece headband
Buff/neckwarmer/snood



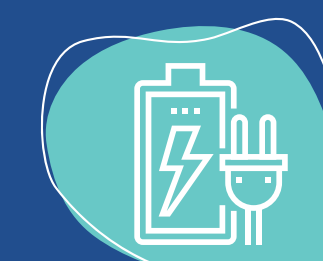
ACCESSORIES

Waterproof rucksack/dry bag
Spare glasses/contacts
Ski goggles/polarised sunglasses/
prescription glasses & cord
Walking/trekking poles
Travel journal and pens
Travel pillow
Reusable water bottle



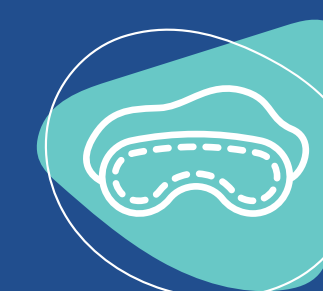
TOILETRIES & MEDICATION

Toothbrush, paste & floss
Nail care kit and shaving
essentials
Plasters/Band-Aids
Pocket tissues
Deodorant
Hairbrush & hairbands
Eye drops
Face and hand cream
Lip balm with SPF
Sunscreen - factor 50+
Antiseptic/Antibiotic cream
Motion/ seasickness medication
Painkillers
Earplugs (for a restful sleep)
Imodium & rehydration salts
Any prescription medication,
in quantities larger than you
require



TECHNOLOGY

Laptop or iPad & charger
External hard drive
GoPro & charger & batteries
Mini tripod - ultrapod/gorillapod
Camera & waterproof housing
Phone & charger
Binoculars
Headphones
Travel and/or voltage adaptors
Multi plug powerboard
(refer to the Ship Booklet for electrical
outlet information)



OPTIONAL ITEMS

Ziplock bags
Travelling snacks
Kindle & charger
Tablet & charger
Sleep eye mask
Waterproof phone case
Uggs/slippers
Shampoo/conditioner
Body moisturiser

Optional ADVENTURE ACTIVITIES

ACTIVITIES PACKING LIST

Participating in optional adventure activities during your Antarctic expedition offers an exciting opportunity to elevate your experience. Whether you're camping under the stars, kayaking among icebergs, or honing your skills in the Photography Program, each activity presents its own unique challenges.

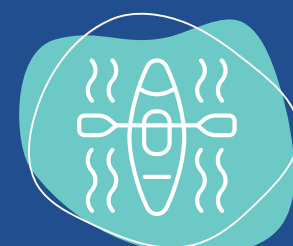
To ensure you're well-prepared, we've outlined specific packing lists that complement the standard expedition gear, providing everything you need for a safe, comfortable, and enjoyable adventure.

Be sure to review the packing recommendations carefully to equip yourself for the conditions you'll encounter.



CAMPING

For those joining the Camping Program, it's important to be well-prepared, especially when it comes to your health and medication. Ensure that you bring enough of any essential medications to last at least 36 hours onshore. Participants must be in good health to take part in the camping experience.



KAYAKING & DAY PADDLE

If you're kayaking or participating in the Day Paddle activity, you'll need to bring additional layers to stay warm and dry under the provided dry suit. We recommend the following:

Gloves: Two pairs—one thin, one thick

Socks: Two pairs of heavy thermal socks

Headgear: Warm cap, beanie, or balaclava

Hat: For sun protection

Waterproof sunscreen and lip balm

Sunglasses with side visors: Include a tie or string to prevent loss

Water bottle: 1-liter capacity

Waterproof binoculars (optional): Ideal for wildlife viewing from your kayak

Dry bags or waterproof cases: To protect your camera/phone

Clothing Underneath Dry Suit

In addition to the dry suit provided, we recommend bringing the following:

Thermal top and bottoms: One lightweight, one medium to heavy weight (wool is excellent)

Fleece pants and jumper: Two pairs of pile or polar fleece for added warmth



PHOTOGRAPHY PROGRAM

For those participating in the Photography Program, capturing the breathtaking Antarctic scenery requires careful preparation. We suggest bringing the following gear to make the most of your photography experience:

Camera(s) and lens(es)

Spare batteries and charger

Extra memory cards

Laptop, tablet, or device with power cables

Power adaptor

Dry bag or waterproof bag: To protect your camera gear

Lens cleaning products and cloths

Warm gloves: Suitable for operating your camera in cold conditions

Optional Photography Gear

You may also consider bringing the following optional items:

Lens filters: Neutral density (ND), polarising filters

Tripod: Check guidelines for tripod use on the ship

Wireless or remote cable release

Cleaning supplies: Rocket blower, sensor cleaners

Knee pads: Useful for protecting your knees while kneeling in Zodiacs