



# Antarctica Checklist



- ☐ **Passport**
- ☐ **Cruise Ticket**
- ☐ **Proof of Vaccination**
- ☐ **Any required Visas**
- ☐ **Cash and Cards**



- ☐ **Thermal Layers**
- ☐ **Mid - Layers**
- ☐ **Waterproof Layer**
- ☐ **Warm socks**
- ☐ **Proper footwear**



- ☐ **Dental hygiene**
- ☐ **Personal hygiene care**
- ☐ **Medications**
- ☐ **Sunscreen/Lip Balm**
- ☐ **Hand cream**



- ☐ **Warm Hat**
- ☐ **Ear warmers**
- ☐ **Waterproof gloves**
- ☐ **Light fleece gloves**
- ☐ **Neck gaiter/buff**



- ☐ **Phone/Camera Charger**
- ☐ **Spare camera batteries**
- ☐ **Microfiber cloth for lens**
- ☐ **Plug adapter**
- ☐ **Camera Gear**



- ☐ **Drybag**
- ☐ **Polarized Sunglass**
- ☐ *Sense of Adventure!*
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



**ANTARCTICA**  
-TRAVEL GROUP-

\*This checklist is meant to serve as a general guide and should not be used as an exact packing list.