



ANTARCTICA

= Checklist =

Provided by **LetsGoPolar.com**



- ☐ Passport
- ☐ Cruise Ticket / Itinerary
- ☐ Any required Visas
- ☐ Cash and Cards



- ☐ Thermal Layers (*base layer top & bottom*)
- ☐ Mid-Layers (*fleece or down*)
- ☐ Waterproof Outer Layer
- ☐ Warm Socks
- ☐ Proper Footwear



- ☐ Dental Hygiene
- ☐ Personal Hygiene Care
- ☐ Medications (*including any prescriptions*)
- ☐ Sunscreen / Lip Balm
- ☐ Hand Cream
- ☐ Seasickness Meds
- ☐ Water Bottle (*stay hydrated!*)



- ☐ Warm Hat
- ☐ Ear Warmers / Headband
- ☐ Waterproof Gloves
- ☐ Light Fleece Gloves
- ☐ Neck Gaiter / Buff
- ☐ Swimsuit (*for hot tub, sauna or polar plunge!*)



- ☐ Phone / Camera Charger
- ☐ Spare Camera Batteries
- ☐ Microfiber Cloth for Lens
- ☐ Plug adapter
- ☐ Camera Gear
- ☐ Binoculars (*optional*)
- ☐ Phone Lanyard / Tether



- ☐ Drybag
- ☐ Polarized Sunglasses
- ☐ *Sense of Adventure!* ✨
- ☐ _____
- ☐ _____
- ☐ _____



GOOD TO KNOW!

Most expedition operators provide waterproof expedition boots and a waterproof parka. Check your cruise inclusions before purchasing gear.

