

# Packing List for Antartica

Here is the exact list of things we brought for our trip

## 1. Clothing - Base and mid layer

Thermal base layer - leggings and long sleeves top) (2)  
Down jacket - (mid layer)  
Long-sleeved shirt (mid layer)  
Undergarments

## 2. Clothing - outer layer

Parka - (cruise provided)  
Wind-resistant & waterproof snow pants (1)  
Waterproof hiking pants (1)

## 3. Other clothing

Inner glove  
Waterproof gloves  
Touchscreen glove with an inner lining  
Beanie  
Neck gaiter , scarf  
Thermal socks (wool blend with merino wool)  
T-shirts (Buenos Aires)  
Jeans (Buenos Aires)  
Swimsuit (Polar plunge)  
Pyjamas  
Formal clothing (formal dinner)  
Face masks  
Sunglass

## 4. Footwear

Waterproof boots (cruise provided)  
Sports shoes (gym/causal)  
Formal shoes (formal dinner)  
Sandals (in the cabin)

## 5. Toiletries

Face cream  
Body lotion  
Lipbalm  
Sunscreen  
Toothbrush, toothpaste, dental floss  
Shaver, shaving foam for men

## 6. Traveling documents and others

Travel Insurance  
Passport/visa  
Credit card  
Covid vaccination documents  
(Note: made physical and soft copies, just in case)

## 7. Camera gears

Camera with a telephoto lens (wildlife)  
Camera with wide angle lens (scenery)  
Mobile  
Tripod  
Waterproof bags

## 8. Other gadgets for excursions

Binoculars  
Laptop and external hard disk (storage for photos & videos)  
Extra SD cards  
Battery chargers  
Universal travel adapter  
Extra camera batteries  
Power bank  
Waterproof bag (to keep camera)  
Hiking poles

## 9. Medication

Traveling sickness pill (Dramamine./ dimenhydrinate)  
Painkillers (acetaminophen)  
Diarrhea & stomach upset pill (Lomotil / Buscopan)  
Antihistamin for allergy (e.g. cetirizine)  
Antiseptic cream and plaster  
Your prescription medicine

## 10. Others

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