

Antarctica Packing List

(Looking for more information? Check out <https://www.roadunraveled.com/tag/antarctica/> for cruise planning tips, cruise itinerary info, and more!)

Clothing: Basics

- Underwear
- Socks
- Pajamas

Clothing: for the Boat

- T-shirts
- Long-sleeved shirts
- Sweaters
- Sweatshirts
- Pants
- Bathing suit
- Jacket

Clothing: for the Ice

- Base layers
- Insulating layers
- Waterproof pants
- Wool socks
- Gloves
- Hat
- Scarf or buff

Other Outdoor Essentials

- Sunglasses
- Sunscreen
- Small backpack or dry pack

Other Essentials

- Laundry bag
- Motion sickness wrist bands
- Sleep mask
- Waterproof phone case
- Copy of your passport and paperwork

Toiletries and Medication

- Shampoo and conditioner
- Face wash
- Moisturizer and/or body lotion
- Toothbrush and toothpaste
- Deodorant
- Shaving essentials
- Hair brush and hair elastics
- Seasickness medication
- Prescription medications
- Eyeglasses and/or contacts
- Chapstick

Electronics

- Camera and lenses (and/or GoPro)
- Extra camera batteries
- Extra camera memory cards
- Camera charger
- Cell phone
- Cell phone charger
- Kindle
- Kindle charger
- Tablet
- Tablet charger
- Laptop
- Laptop charger
- Travel and/or voltage adapters
- Hard drive or flash drive

Optional Items

- Props for photos on the ice
- Playing cards or games
- Water bottle
- Hand warmers
- Gym clothes
- Laundry detergent