

Antarctica Expedition Packing Checklist

Outerwear

- ☐ Heavy-duty waterproof parka (provided by Seabourn)
- ☐ Waterproof pants or overalls
- ☐ Insulated boots (provided by Seabourn)
- ☐ Layered clothing for maximum warmth (thermal tops and bottoms)

Accessories

- ☐ Waterproof ski gloves with merino wool liners (for him)
- ☐ Waterproof touchscreen gloves (for her)
- ☐ Glove tethers
- ☐ Lighter neck buff (merino wool preferred)
- ☐ Sunglasses for daily landings
- ☐ Ski goggles for Zodiac rides
- ☐ Foldable hiking poles for slippery landings
- ☐ Suction cup magnifying mirror
- ☐ USB-C multi-port adapter or USB-A to USB-C cords (for additional outlets)
- ☐ Waterproof gloves (for Zodiac rides)

Footwear

- ☐ Slip-on shoes for landing zone (e.g., Ugg boots or sneakers) that can handle wet conditions
- ☐ Waterproof boots (provided by Seabourn)

Onboard Comfort

- ☐ Activewear for daytime
- ☐ Casual evening attire (leggings, slacks, blouse/sweater, long-sleeve shirt, golf pants)
- ☐ Warmer outer layer for on-deck moments
- ☐ Flat comfortable shoes (for stability in rough waters)

Health and Beauty Essentials

- ☐ Heavy-duty lotion
- ☐ Sunscreen
- ☐ Lip balm
- ☐ Seasickness medications
- ☐ Seabands

Valuable Equipment Protection

- ☐ Dry bag

Notes:

