



PACKING LIST - 57 DAY ANTARCTICA EXPEDITION

Dear sailor,

This guide will help you pack for your unforgettable Scotia Arc adventure.
It's based on past explorers' experiences and offers flexibility to suit your needs.

Remember, cabin space is limited, so pack smartly!



Stowing Your Gear

- Each cabin provides a drawer and a small cupboard for all your belongings, including your bag. Loose bags on deck are a safety hazard during movement, so keep them stowed. [Please take a look at the VR-tour](#) here for a better idea of the cabins!

Layering Up for Diverse Conditions

- Prepare for everything from a cozy lounge to windy deck watches, snowy landings, and sunny hikes. From Ushuaia to Walvisbaai, layering is key! Choose base and mid-layers made from merino wool for warmth, even when wet. Wool is also naturally odor-resistant compared to synthetics, which can release harmful microplastics into the ocean.
- Your outer layer needs to be waterproof for on deck, zodiac rides, and landings.

Washing and Laundry

- Handwashing is possible, and clothes dry quickly on the corridor radiators.
- While we strive to offer two laundry cycles, weather conditions may limit machine use. The crew will provide each cabin with a laundry bag.
- Label your belongings clearly to avoid confusion.

Keeping Antarctica Pristine

- Please thoroughly clean all bags, jackets, boots, backpacks, and other equipment prior to embarkation. This prevents the spread of seeds and bacteria to Antarctica. Remove all dirt and organic material. Refer to the "Don't Pack a Pest" document on the Community Page.

Luggage Recommendations:

- Bring soft, sturdy duffel bags that can be partially folded to maximize storage space. Suitcases won't fit in your cabin.

Need Help?

If you have any questions or need assistance while packing, don't hesitate to reach out! We're happy to help ensure you're well-prepared for your Scotia Arc expedition.

Fair winds and following seas,
Team Bark EUROPA



PACKING LIST - FROM SKIN TO SHELL

On board, it is common to wear casual clothing. Staying dry and comfortable will allow you to fully enjoy your experience. Layer your clothes to easily adapt to the weather circumstances. Especially at night, it can be cold.

It isn't easy to give exact amounts of what to bring, as this is different for everyone. You will have the opportunity to wash your clothes approximately every 10-14 days. Below is just a guideline and can be adjusted to your own needs

Underwear and socks

- *Socks*: enough for 3 weeks, both thick and thin socks, preferably seamless to prevent blisters and made from merino wool. The higher the better!
- *Underwear*: sufficient for 3 weeks

Base layer

- *Thermal underwear*: a natural fibre such as merino wool is best to keep you warm and will also stay odourless longer than synthetic fibres. The best would be medium thick to thick.
- *Thermal-layers*: minimum of 2-3 pairs including pants, with at least one made from Merino wool

Second layer

- *T-shirts*: both long and short sleeves. Shirts made out of 100% cotton are not ideal since it holds moisture and dries slowly. Best would be to have shirts with a bit of elastane. Please bring at least 7 shirts.
- *Pants*: At least 3 pairs of your preference. Quickly drying is advised.

Mid layers

- *Warm jumpers*: Take at least 5 from wool preferably rather than fleece. You can layer up thinner ones, but take at least one thicker one with you. During one laundry cycle, a fleece jacket releases up to 250.000 synthetic fibres. These come into the waste water and eventually end up in our oceans contributing to the plastic soup.
- *Medium thick down jacket or primaloft*: For watches and as an extra layer ashore. It's light and easy to bring on land and very effective.

Outer layer

- **Very waterproof jacket and pants** – think of water splashing over deck, spray during zodiac rides and rainy landings. Professional sailing gear (Musto, Helly Hansen, Henry Lloyd, Gill) will work excellently, but more affordable oilskins (such as Guy Cotten) will do the job too. You can test it in the shower.
- Consider bringing lightweight waterproof jacket and pants if you don't want to hike in your sailing gear on landings. Make sure that your pants don't have velcro on the ankles.

Before you go to the ship we ask you to make sure your gear is clean and free of dirt and organic material. Please read the brochure 'Don't pack a pest' for more information. In case your jacket does has velcro on it, please make sure it is really clean before coming on board.

Extra

- You may choose to bring some comfortable, casual clothes for off-watch time.

Hand & Head

Take very good care of covering your ears, head, neck and hands. Bring several options. We suggest at least:

- *Bufs and beanies*: 2 bufs (neck gaiter) in merino wool and 2 beanies. Dont forget something to cover your ears.
- *Gloves*: inner and outer gloves. Select on warmth, waterproofing and dexterity. We recommend a pair of work gloves for this trip. Unlike ski gloves, these will be completely waterproof. Look for gloves made of rubber with a fleece lining, like the ones used by commercial fishermen (industrial fishing gloves). The **Showa** brand is a popular choice. Opt for gloves with the liner permanently attached. This prevents the liner from slipping out when your hands are wet.

Boots & Shoes

Landings in general are wet – meaning that you will have to step into the water from the zodiac before getting on dry land. **Please note that you can't change your shoes during landings.**

For landings:

- We recommend boots similar to Arctic Muck Boots or Bogs Boots: These are ideal for landings due to their waterproof construction, good grip on wet surfaces, and ease of cleaning. They're also good for deck use.
- Test if you can use your boots for walking too. It is important to have good grip. During landings we might not always be able to do a complete landing, so you will have to walk through a bit of water to reach the shore.
- Pick boots with wide spaces between the treads. Avoid soles with tight cracks or grooves where small stones and grit can get trapped. These can be difficult to clean and uncomfortable.
- Please don't use sailing boots for landings, it is slippery and dangerous, rubber boots with a good grip are a better choice.



Before and after each landing, everyone needs to clean their boots thoroughly, to avoid the spreading of any seeds, organic material, or diseases in Antarctica. The crew will prepare booth stations on deck for each landing, including brushes and disinfecting liquid to clean the gear.

On Deck:

- **Muckboots:** While primarily for landings, muckboots can also be used on deck.
- **Hiking shoes:** GTX hiking shoes are suitable for walking on deck, or blundstones or similar.

Below Deck:

- **Blundstones:** These comfortable shoes are also ideal for indoor use.
- **Sneakers:** Your regular sneakers from your travels will likely be perfect for below deck.

Additional Considerations:

- **Time off watch:** Pack a pair of easy slip on shoes or Crocs for when you're off watch and want to relax.
- **Snowsteps:** The landings can be slippery, for those that would feel more comfortable we recommend bringing snow steps, there is no need for very big spikes, please have a look at an example here. Please make sure you only wear these during landings underneath your boots, do not wear these on deck.

What to invest in

- Gloves
- Boots
- Merino wool base layers
- Waterproof outer layers

LUGGAGE

Bags

Duffle bag: These can be folded away in the cabin. There is no space on board to store large suitcases.

Day pack: Roll top dry bag. Lightweight and waterproof to bring with you during landings for storing sunscreen, cameras, *bringing layers, water, etc.* During landings the crew will provide a TPA (Thermal Protective Aid) which you must carry, if this doesn't fit in your pocket a small day pack is advised.

Please do not bring a suitcase.



OTHER TIPS

Toiletries

We care for the oceans we wander. Please make sure all your toiletries such as shampoo, soaps, and toothpaste are biologically degradable and eco-friendly.

Medication

- If you use medication, please make sure to bring enough with you.
- A personal supply of paracetamol, ibuprofen, and decongestants if needed. Antarctica is the last continent without major human influences and we strive to keep it that way.
- A personal supply of seasickness tablets: cinnarizine is the recommended choice for most people. Please bring enough personal seasickness medicine for around 5-10 days. Cyclizine and ondansetron are less effective, and hyoscine patches are not recommended due to their side effect profile.

Sun protection

Sun cream and lip balm. Just like when skiing, the sunlight reflecting from the snow and water can be strong.

Sunglasses or ski goggles

On a sunny day in Antarctica the light reflecting from the snow can be strong, so please bring eye protection.

Swimwear

For a polar plunge (if permitted).

If needed

- Extra pair of prescription glasses/contact lenses.
- A lanyard for your glasses to not lose them over board.
- Medication.
- Snow steps / walking sticks

Earplugs

Especially if you are a light sleeper!

Waterbottle (required for landings)

You can fill up your bottle in the deckhouse.

Herbal tea

We offer unlimited black tea and coffee - if you prefer herbal tea you are welcome to bring it.

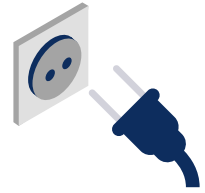
Sweets

Do you have a sweet tooth? Or do you like to have some sweets every now and then? We would advise to bring some extra snacks for yourself. We do have some chocolate sweets available on board, that can be bought at the bar.

EQUIPMENT

Camera

Enough batteries, memory cards and a cover.



Wall socket adapter

Electricity on board is 220Volt/50Hertz, standard European plugs, with two circular pins.

USB-stick

To exchange pictures and other digital memories at the end of the adventure. We recommend a USB with fast transfer speeds for getting the digital souvenir at the end of your voyage. The digital souvenir is likely to be around 6 gigabytes in size.

MONEY

ATM CARD / cash money / credit card

Please make sure you bring enough cash with you. On board, you can pay your bar bill and souvenirs at the end of the trip with EUR and USD. We do not accept creditcards. Please note that €200 and €500 bills are not accepted.

If you would like to buy a souvenir in Port Lockroy in case we get to visit or from the Shipshop we advise to bring extra cash.

All meals, water, coffee and tea are included. You can order a beer at the bar for €4,- , wine for €4,50 and mixed drinks for €6-8, these prices are subject to change but are a good indication of what to expect.



DOCUMENTS

Passport, visa and other travel documents

Please check the requirements for your nationality regarding visas.

All our trainees are required to bring their passports when embarking EUROPA.

Printed copies of your voyage confirmation and flight itineraries

Copies of health and travel insurance

A list of emergency contacts at home

Email addresses and (mobile) phone numbers.

Documents

Bring vital documents in your carry-on luggage but keep photocopies in your luggage.

Luggage labels

Please make sure your luggage is clearly labeled with your name, destination, ship's name and cell phone number. Also, put a second label inside your luggage with detailed information.

Phone number of the EUROPA

In case of delay on the day of embarkation:

Ship's (Dutch) cell phone number:

0011 31 6 51 180 679 (From US / Canada)

+31 6 51 180 679 (from other countries)

A printout mail of email addresses and phone numbers of loved ones at home.



WHAT NOT TO BRING

No sleeping bags / towels

Your bunk has a comforter/duvet with cover, one pillow with pillowcase and a sheet. We will also provide towels.

Jewellery and other valuables

There are no lockers on board.

Alcoholic beverages

It is not allowed to bring any alcoholic beverages on board. We try to limit the amount of garbage we produce on board, so if you bring your favourite snacks please think about sensible packaging.

Smart clothing

Smart clothing is not needed for life on board, but can be brought with you if you'd like to go for dinner in Ushuaia or Walvisbaai.

Synthetic thermal wear

We prefer merino woolen layers. During one laundry cycle, a fleece jacket releases up to 250.000 synthetic fibres. These come into the waste water and eventually end up in our oceans contributing to the plastic soup.

QUESTIONS

If you have any questions or doubts please let us know! We are happy to help.

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