

PACKING LIST - 3 WEEK ANTARCTIC EXPEDITION

Dear sailor,

This guide will help you pack for your unforgettable Antarctica sailing adventure. It's based on past explorers' experiences and offers flexibility to suit your needs. You could experience everything from stormy weather to cold nights at sea, so packing smartly and efficiently is key.

Remember, cabin space is limited, so please pack light and choose soft, foldable luggage that can be easily stowed.



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. 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:

- **Duffelbag:** soft and collapsible or partially foldable to maximize storage space.
- **Daypack (waterproof):** To carry your TPA (Thermal Protective Aid, provided on board), water, a camera, and extra layers during landings.
- **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 Antarctica 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 10 days, both thick and thin socks, preferably seamless to prevent blisters, and made from merino wool. The higher the better!
- *Underwear*: pack sufficient for 2 weeks

Base layer

- *Thermal underwear*: a natural fiber such as merino wool is best to keep you warm and will also stay odorless longer than synthetic fibers. The best would be medium thick to thick. Approx. 2-4 pairs suggested, including pants with at least one made from Merino wool.

Second layer

- *T-shirts*: both long and short sleeves. Shirts made of 100% cotton are not ideal since they hold moisture and dry slowly. The best would be to have shirts with a bit of elastane. Please bring at least 7 shirts.
- *Pants*: At least 2-3 pairs of your preference. Quickly drying is advised.

Mid layers

- *Warm jumpers*: Take at least 2-3 from wool, preferably rather than fleece. You can layer up thinner ones, but take at least one thicker one. During one laundry cycle, a fleece jacket releases up to 250.000 synthetic fibers. 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 night watches. It's light and easy to bring on land and very effective.

Outer layer

- **Very waterproof jacket and pants** – think of water splashing over the deck in stormy weather on wet 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 for waterproofness in the shower.

Extra

- Bring some comfortable, casual clothes for off-watch time.

Hand & head

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

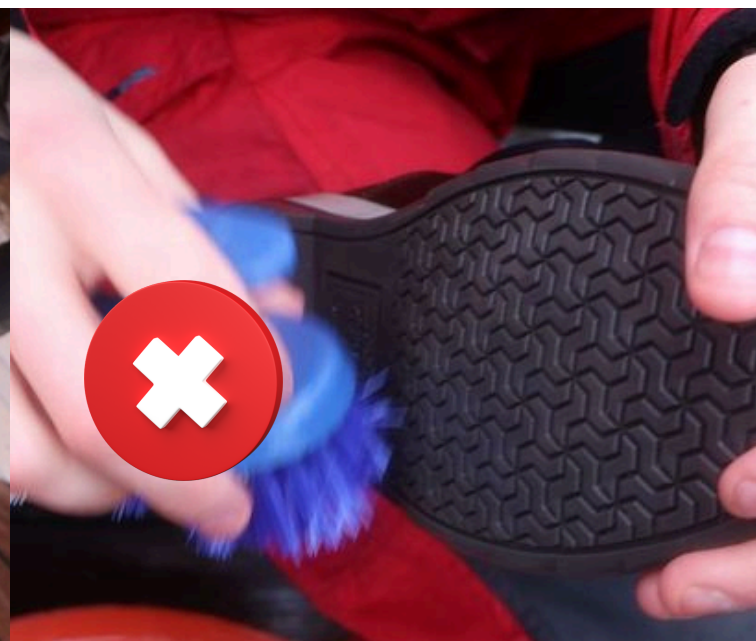
- Buffs and beanies: 1 buff (neck gaiter) in merino wool and 1 beanie. Don't forget something to cover your ears.
- Gloves: inner and outer gloves. Select on warmth, waterproofing, and dexterity. We recommend a pair of work gloves for this trip. Unlike ski gloves, these will be completely waterproof. 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 Sport 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

OTHER TIPS

Toiletries

We care deeply for the oceans we sail in. Please bring biodegradable and environmentally friendly toiletries such as shampoo, soap, and toothpaste.

These products are not only better for the marine environment, but also help protect the ship's drainage system and wastewater tanks. Avoid products containing microplastics or unnecessary synthetic additives where possible.

If you would like to check whether your products contain microplastics, you can scan them using the [Plastic Free Future app](#) from the Plastic Soup Foundation.

Medication

- If you use medication, please make sure to bring enough with you.
- A personal supply of paracetamol, ibuprofen, and decongestants if needed.
- A personal supply of seasickness tablets: Cinnarizine is often considered effective by many guests. 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 profiles.

○ Sun protection

Apart from sunglasses or ski goggles, please also bring sun cream and lip balm. High SPF sunscreen is recommended. The light reflecting from the snow can be strong.

If needed

- Extra pair of prescription glasses/contact lenses.
- A lanyard for your glasses to not lose them overboard.
- Snowsteps / walking sticks

○ Earplugs

Bark EUROPA is a 24/7 working vessel. Please bring earplugs if you are a light sleeper!

○ Water bottle

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 your own.

○ 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

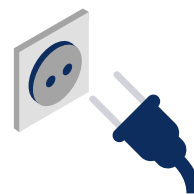
Enough batteries, memory cards and a cover.

○ 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.



MONEY

○ Cash / credit card

On board, you can settle your bar bill and pay for souvenirs at the end of the trip in EUR or USD cash, or by credit card. Please note that €200 and €500 notes are not accepted.

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

All trainees are required to bring their passport when embarking Bark EUROPA

- ☐ Passport, visa, and any other required travel documents
- ☐ Please check visa requirements for your nationality in advance
- ☐ Printed copies of your voyage confirmation and flight itinerary
- ☐ Copies of your health and travel insurance
- ☐ A list of emergency contacts at home, including email addresses and mobile phone numbers
- ☐ Keep important documents in your carry-on luggage and bring photocopies as backup
- ☐ Please label your luggage clearly with your name, destination, ship's name, and mobile phone number. Place a second label inside your luggage as well.

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.

Hard-shell suitcases

These cannot be stored safely in the cabins.

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. You are welcome to bring one nicer outfit for time ashore if you wish, but it is entirely optional.

Please avoid synthetic fleece and thermal layers where possible

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.

Illegal drugs, including soft drugs, are strictly prohibited on board.

QUESTIONS

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

TEL: +31 10 281 0990

E-MAIL: INFO@BARKEUROPA.COM

