



Equipment List for Cold Weather Expeditions

Xplore Expeditions supplies heavy duty XM yachting breathable foul weather gear for all guests on board, please advise us of your size prior to arrival.

For expeditions to Antarctica and South Georgia, bring:

- Sea boots – high top rubber, non slip, non marking sole (1to 2 sizes over normal for thick socks). We suggest Dunlop “Thermo+” as being particularly good in cold areas and reasonably priced.
- Wind / rain proof pants and jacket for shore excursions (lightweight Gore-Tex or nylon)
- Thermal underwear, 3 to 4 pairs minimum
- 4 to 6 pairs of thick fibre pile or wool socks
- Fibre pile jacket
- Fibre pile pants
- 2 Balaclava style fibre pile or wool hats
- 2 pairs fibre pile/wool gloves/mittens
- Water proof rubber or Gore-Tex over mittens
- Boat shoes / warm comfortable style slippers / boots with rubber soles for below decks.
- Bedding **NOTE: Xplore Supplies all bedding, Duvets, sheets and pillow**
- Soft travel bags (**no hard suitcases**)
- Small rucksack
- Hiking boots (water proof with Vibram sole are best) and gaiters
- Collapsible ski poles for hiking ashore
- Glacier style sun glasses with side flaps and one spare pair dark sun glasses
- Sun block-out and after sun cream
- Seasick pills (we recommend Stugeron)
- Personal photographic equipment (we charge 12 volt batteries on board via 12 volt DC cigarette lighter sockets, or 110 / 220 volt AC, please note that many camera and computer chargers are compatible with either 110 /240 volt systems (you must bring your own charger and adaptors).
- Film, memory cards or USB sticks, (often more than you think you need)
- Music, bring a small selection of your favourites’, we can play on the boat stereo, CD’s, Ipod, MP3 and USB
- Personal toiletries bag, soap, shampoo, razor, deodorant etc and supplies for the voyage length
- Personal medical kit to include personal medication and eg. band aids, throat lozenges, lip salves and one course of antibiotics for chest and throat infections

Note: For expeditions where adventure activities are planned then you will need additional equipment, please consult with us for advice.

Also remember:

- The signed waiver
- Proof of medical cover and evacuation insurance
- Medical Questionnaire including doctor’s evaluation

Stephen Wilkins
Captain / Expedition leader, Xplore Expeditions

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