

PACKING LIST ANTARCTICA - 22 DAY EXPEDITION

Dear sailors, to help you prepare for your voyage, we have made a packing list on what clothing and gear to bring for your Antarctica Expedition. The list is based on the experience of previous sailors and is meant as a guideline. Please modify the list to your own needs and keep in mind that there is limited space on the ship and in the cabins.

In each cabin you will have a drawer and a small cupboard where you have to stow all the luggage you bring with you, including your bag. Leaving bags on the floor will create a dangerous situation, the movements of the ship will scatter everything around and tripping and falling can be the consequence.

When choosing your clothing it is good to know that you will be in a wide variety of situations, ranging from a warm lounge, being on watch in snow, wind and rain, or hiking up a mountain on a sunny day. The trick is to pack wisely and think in layers. Make sure you can combine layers for different situations. For base and mid layers the best material is (merino) wool, as it will keep you warm, even when wet, and stays clean much longer than synthetic fibres. Also, synthetic fibres do give off a lot of micro plastics which will go straight into the ocean. It is very important your outer layer is waterproof, for work on deck, zodiac rides and landings.

It is possible to do a hand wash, which will dry fast on the corridor radiator. If weather allows we will do a laundry round, which will be most likely be 1 machine wash during this expedition. It is a good idea to label your equipment or make it recognizable in another way.

We aim to provide one personal washing round, however we cannot guarantee this as we are bound by the weather conditions. We can only use the washing machine when the ship is stable. The crew will provide every cabin with one washing bag to collect the laundry and return it to you when cleaned. There is always the possibility to do a small hand wash.

Please remember to clean your bags, jackets, boots, backpack, walking sticks, tripods etc. before departure, to prevent taking seeds or bacteria into Antarctica. Make sure it has no dirt and organic material on it. Please read the folder "Don't pack a pest" on the Community Page for more information.

We kindly ask you to bring soft but sturdy luggage bags that can (partly) be folded.

Suitcases can't be stowed in your cabin.

We wish you good luck with your voyage preparations, and if you need help please let us know! We're happy to help.

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 maximize the enjoyment of your experience. Layer your clothes to easily adapt to the weather circumstances. Especially at night it can be cold.

It is difficult 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.
- Underwear: pack enough for 10 days

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.
- Pants: At least 2 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 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) will work excellent, but more affordable oilskins will do the job too. You can test it in the shower.
- Consider bringing a lightweight waterproof jacket and pants for landings if you don't want to hike in your sailing gear. Please make sure that these hiking pants doesn't have Velcro on the ankles to avoid spreading seeds and dirt from one landing to another.

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 can 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:

- Buffs and beanies: 2 buffs (neck gaiter) in merino wool and 2 beanies. Don't forget something to cover your ears.
- Gloves: inner and outer gloves.
- Inner gloves: excellent dexterity and good wicking properties
- Outer gloves: pick one of good quality. Select on warmth, waterproofing and dexterity.

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.

- Muckboots or similar - Make sure your boots are high, just under the knee. Test if you can use these for walking too. If they have good profile they can work well for hikes. 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.
- Hiking shoes - You can bring GTX hiking shoes if you prefer these for walking or when on deck. Please note that hikes will often be muddy and wet. Shoes with not too much profile are preferred, as not to transfer material from one landing to another.
- Normal light shoes/sneakers for indoor use. The ones that you travel in are probably perfect.
- A pair of comfortable sandals/crocs or flip-flops to wear when you are off watch.

Please make sure the boots/ shoes you are planning to use for the landings in Antarctica are clean before departure and are easy to clean (the soles) with a brush when on board.

Before and after each landing everyone needs to clean their boots thoroughly, to avoid 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.

Optional: 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 back. Lightweight and waterproof to bring with you during landings for storing sunscreen, cameras etc.

Please do not bring a suitcase.

OTHER

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. Also bring cold remedies and decongestants if needed. Antarctica is the last continent without major human influences and we strive to keep it that way.

Sun protection

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

Sunglasses or ski goggles

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

Swimwear

For a polar plunge.

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

You can fill up your bottle in the deckhouse and lounge.

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

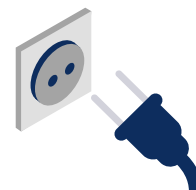
Enough batteries, memory cards and a cover.

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.



DOCUMENTS

Passport, visa and other travel documents

Please check requirements for your own nationality regarding visa's.

All our trainees are required to bring their passports when embarking the 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 labelled with your name, destination and ships 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.

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.

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.

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.

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!

TEL: +31-10-281 0990

E-MAIL: INFO@BARKEUROPA.COM

