

# **Practical Information for your Antarctic Expedition**

The following is a list of elements that will help you to better prepare your expedition to the Antarctic Peninsula. You are invited to print the information and to take it into consideration.

Information is given on the following topics:

- I. Passports, Visas & Insurance
- II. Suitable clothing for your cruise
- III. Life on board
- IV. Information pertaining to children

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## **I. Passports, Visas & Insurance**

### **Passports & Visas**

To participate in the expedition, you must travel to the port in Ushuaia. To be allowed on Argentine territory, your passport must be valid for at least 6 months beyond your period of stay.

For a trip of 3 months or less on Argentine territory, you do not need a visa.

The requirements and information above are guidelines given to help you prepare for your expedition in Antarctica. These requirements essentially concern European and American citizens. If you are not an American or European citizen, visit the necessary consulate in order to obtain all the necessary information. It is each passenger's responsibility to make sure that all the required documentation is complete and up to date.

### **Insurance for Emergency Evacuations**

If parents and/or children have to be evacuated to a hospital, such an evacuation could take several days. The ship has a small infirmary on board which can perform first aid services. Passengers should therefore take out an appropriate insurance policy specifically covering evacuations and repatriation. All fees and costs related to an emergency evacuation will be at the passenger's expense.

## II. Suitable Clothing for your Cruise

### Suitable Clothing for Expeditions on Land

- Waterproof Jacket
- Waterproof Pants/Trousers
- Rubber Boots

A lined sweater and knee-high boots are strongly recommended when going on land to visit and discover the magnificent landscapes. High rubber boots measuring 35 to 45cm (14"-16") that have slip-resistant soles are recommended. These specifications are very important since you will surely have to walk/disembark in more than 20cm (10") of water.

Rubber boots will be available on board leaving Ushuaia in a large variety of sizes. It is recommended, however, that you bring your own boots if you need a special size. Please note that the boots on board have been used by previous passengers.

### Outdoor Clothing

- Hooded waterproof parka
- Gloves or waterproof mittens
- Beanie/Hat, scarf and other protective clothing for the face
- Vest and warm sweaters

Wearing at least one article of light clothing and a warm vest is preferred in order to better adapt to the variations in temperatures. Sweat-shirts, turtlenecks and sweaters are also perfect for insulating heat. It is recommended that you wear layers of wool, silk or synthetic tissues rather than cotton clothing.

### Other Accessories and Clothing to plan for

- Wool socks
- Warm pants/trousers
- Thermal underwear
- T-shirts and light clothing
- A pair of shoes with rubber soles (highly recommended)
- Sunscreen for the face and lips (SPF 15 minimum)
- Sunglasses
- Binoculars
- Plastic bags and a bag to protect your camera and its accessories, and your binoculars from possible splashing water while on the rowboat.
- A backpack

Since the expedition is to have a feeling of relaxation and a friendly tone, you are advised to wear casual and comfortable clothing.

To find quality clothing and equipment adapted to this expedition in the Antarctic, please visit our partner's website:

[www.shiptoshoretraveler.com](http://www.shiptoshoretraveler.com)

### **III. Life on board**

#### Climate in Antarctica

Your expedition will take place during the Austral summer. Temperatures will therefore generally vary between -6°C (20°F) and 5°C (40°F). The weather is likely to change which will result in days that are sunny, rainy, snowy or windy.

#### Boarding

It is strongly recommended that you get to Ushuaia one or two days before boarding so you can have extra time in case of delayed flights and/or lost luggage. There is much to see and explore in the most southern town in the world! Please note that boarding is at 4pm and the USHUAIA ship will set sail at 6pm. It will be absolutely impossible for the ship to wait for latecomers or missing luggage.

#### Meals

During your expedition aboard the USHUAIA, meals will be provided in the following format:

- Buffet style "continental" and "American" breakfast
- Served lunch or buffet style
- Tea/coffee in the afternoon
- Dinner comprising of a starter, main and dessert

#### Expeditions

Every day and depending on weather conditions, you will carry out around two expeditions on land, the ocean or on ice.

#### Internet

It will be possible for you to send and receive emails as well as make phone calls: US\$4 (€3.50) per minute.



## **IV. Information Pertaining to Children**

### Accompanying Children

Parents are to be responsible for their children at all times, whether on land or on board the ship. Under no circumstance can the staff temporarily watch over children. Additionally, children must stay with the groups at all times and should follow the instructions of the head of the expedition and the staff.

### Disembarking during Expeditions

Children must wear life jackets when boarding the row boats. For each expedition, depending on weather conditions, the captain will decide if children can disembark. Safety is the priority!

### Activities for Children on the Ship

The ship does not have devices or material such as toys, colouring books, etc. Parents should therefore provide their own activities for their children.

### Medication

It is unfortunately impossible to get medication adapted for children on board the USHUAIA. Parents should therefore bring the necessary medication, especially for seasickness.