



YOUR PACKING GUIDE

Arctic & Antarctica

Northern lights, glaciers, husky trails and expeditions to the White Continent. The secret to staying warm is layering, and on an expedition ship you will want everything with you from the start.

GOOD TO KNOW

Layer, do not bulk up

A thermal base, a fleece and a waterproof shell keep you warmer than one heavy coat.

Zodiac landings

Waterproof trousers and a dry bag keep you and your camera dry on small-boat landings.

Prepare for the crossing

The Drake Passage can be rough. Speak to your GP or pharmacist about seasickness remedies before you go.

Check what is provided

Expedition ships and some Arctic lodges provide parkas and boots. Your itinerary will confirm.

Antarctic biosecurity

Clothing, bags and boots are cleaned before each landing, so pack clean kit with no seeds or soil.

Keep batteries warm

Cold drains batteries quickly, so keep spares in an inside pocket.

Your full checklist is on the following pages. Happy packing!

TRAVEL DOCUMENTS

- ☐ Passport, valid for at least six months after you return, with two blank pages
- ☐ Photocopies of passports, kept separately (and saved on your phone)
- ☐ Visas, eVisas or entry forms, with any supporting documents
- ☐ Flight tickets and boarding passes
- ☐ Hotel and transfer vouchers, downloaded in your Liv& Travel app
- ☐ Travel insurance policy and 24-hour emergency number
- ☐ Two bank cards and a little local currency
- ☐ Driving licence, and diving certification if you dive
- ☐ Vaccination records
- ☐ Emergency contacts, and a note of any allergies

CLOTHES, SHOES & ACCESSORIES

- ☐ Thermal base layers (merino is ideal)
- ☐ Fleece mid-layer
- ☐ Insulated down jacket
- ☐ Waterproof, windproof jacket and trousers
- ☐ Warm hat and neck gaiter
- ☐ Liner gloves and waterproof mittens
- ☐ Several pairs of thermal socks
- ☐ Insulated waterproof boots with grip
- ☐ Swimwear for hot springs or a polar plunge
- ☐ Casual evening wear
- ☐ Underwear and nightwear

ESPECIALLY FOR YOUR JOURNEY

- ☐ Sunglasses or goggles for snow glare
- ☐ SPF lip balm and a rich moisturiser
- ☐ Hand and toe warmers
- ☐ Spare camera batteries
- ☐ Dry bag for landings
- ☐ Binoculars
- ☐ Head torch
- ☐ Tripod for the northern lights
- ☐ Seasickness remedies
- ☐ Eye mask for the midnight sun

ELECTRONICS

- ☐ Smartphone and charger
- ☐ Camera or GoPro, spare batteries and memory cards
- ☐ Universal travel adaptor
- ☐ Power bank
- ☐ Noise-cancelling headphones
- ☐ Tablet, Kindle or laptop, and chargers
- ☐ Waterproof phone case
- ☐ A multi-port USB charger

FOR THE JOURNEY

- ☐ Neck pillow
- ☐ Eye mask and earplugs
- ☐ Lightweight blanket or scarf
- ☐ Compression socks for long flights
- ☐ Reusable water bottle (empty for security)
- ☐ Flight snacks
- ☐ Travel notebook and pen
- ☐ Hydrating face mist and lip balm
- ☐ A change of clothes in your hand luggage

TOILETRIES

- ☐ Toothbrush and toothpaste
- ☐ Shampoo and conditioner
- ☐ Body wash or soap
- ☐ Deodorant
- ☐ Hairbrush or comb, and hair bands
- ☐ Razor and shaving cream
- ☐ Feminine hygiene products
- ☐ Contact lenses and solution, or glasses
- ☐ Make-up and grooming products
- ☐ Skincare and nail care
- ☐ SPF for face and body
- ☐ After-sun or aloe vera gel
- ☐ Clear 100ml liquids bag for hand luggage

MEDICATION & FIRST AID

- ☐ Prescription medication in original packaging, with a copy of the prescription
- ☐ Pain relief
- ☐ Daily supplements
- ☐ Rehydration sachets and anti-diarrhoea tablets
- ☐ Travel sickness remedies
- ☐ Antihistamines
- ☐ Insect repellent and after-bite
- ☐ Plasters and blister plasters
- ☐ A small first-aid kit
- ☐ Hand sanitiser

LIV & TRAVEL ESSENTIALS

- ☐ Liv & Travel wash bag
- ☐ Airalo eSIM, set up before you leave
- ☐ AirFly Bluetooth adapter for in-flight screens
- ☐ TSA-approved luggage locks
- ☐ Solis portable Wi-Fi hotspot
- ☐ Personal air purifier
- ☐ Dyson Airwrap
- ☐ DJI Mini drone (check local drone rules first)

BEFORE YOU LEAVE HOME

- ☐ Check the latest FCDO travel advice
- ☐ Let your bank know you are travelling
- ☐ Check in online as soon as it opens
- ☐ Download your itinerary and boarding passes to use offline
- ☐ Share your itinerary with family at home
- ☐ Set an out-of-office
- ☐ Arrange care for pets and plants
- ☐ Unplug appliances and lock up

ANYTHING ELSE

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