Antarctica

EXPEDITION CHECKLIST

What You Need For Your Expedition

Passport: If you are a U.S. or Canadian citizen, you will need a passport that is valid for six months from the date of completion of your trip. It is always a good idea to make a photocopy of your airline tickets and of the pages of your passport that have the number, your photograph and other pertinent information. Keep the copies separate from the originals.

Visa: If you are a U.S. or Canadian citizen, the only document you will need is a passport that is valid for six months after the end of your trip. If you are not a U.S. or Canadian citizen, please contact the consulates or embassies of Chile and Argentina.

Immigration: Upon arrival into Santiago from your international flight, U.S. and Canadian passport holders are required to pay a reciprocity fee (U.S. citizens $131). This is payable in U.S. dollars by cash or major credit card during the immigration process at the airport. This fee, once paid, is valid for entering Chile any number of times, as long as the passport is valid. Citizens of countries other than the United States and Canada may be required to pay a similar fee. Please check with the Chilean Embassy or Consulate nearest you for details.

Other Documents: The U.S. government requires that minors under 18 years of age traveling alone, with grandparents, or with one parent/legal guardian only, carry a notarized document signed by both parents or by the parent/legal guardian not traveling with the child. We require you to obtain such a document, noting the age of the child, relationship to traveling adult(s), dates of travel, and destination. For example, in the case of divorce, the parent with legal custody must sign the permit, and the accompanying parent must carry proof of this fact. In addition, if the child’s surname differs from that of either parent, you may want to carry the child’s birth certificate.

What Forms You Need To Return To Us

Traveler Information Form: This information is important to ensure we know enough about you to satisfy your personal travel needs, e.g., special dietary requirements or medical conditions (i.e. diabetes, pregnancy) that may limit your participation in group activities, and to complete important immigration and security manifests for your trip.

Flight Questionnaire: In addition to our recommended flights, we will gladly arrange and ticket flights from your hometown to Santiago and return. Please fill out this form immediately, indicating whether or not you would like us to arrange any flights for you.

General Medical Information Form: Due to the fact that your upcoming voyage will be visiting remote parts of the world where very limited or no sophisticated medical facilities are available, it is mandatory that you return this three part form with your final payment. We must have this information prior to departure so that the ship’s physician is fully aware of your medical condition and will be able to better care for you should an emergency arise. Without this form, you will not be able to embark the National Geographic Explorer for your voyage.

Minor Medical Consent Form (if applicable): In addition to the General Medical Information Form, this form, enclosed separately, is required for all minors traveling without a parent or legal guardian.

Credit Card Form: Your invoice outlines the expedition payment schedule. Any international or domestic airfare booked through us will be charged separately and will not be included on your expedition invoice. Air arrangements made by us are payable by credit card only at the time of the reservation.

Over, please
What To Pack For Your Expedition

The emphasis on board ship is on casual attire; dress is never formal, even at dinner. Some passengers choose to remain in their daytime attire in the evenings, while others prefer a casual change of clothing. However, for the welcome and farewell dinners, you may want to have something slightly dressier, a blouse and skirt or a simple dress for women and a sports jacket and tie for men, although this is entirely optional.

This voyage includes time in Santiago during midsummer when temperatures and humidity can be high, so please pack accordingly. Lightweight, loose-fitting casual outfits made of a breathable fabric (such as cotton) are recommended for daytime activities.

In anticipation of temperatures ranging from 80°F in Santiago to a low of approximately 20°F in Antarctica, you will need a travel wardrobe that can adapt to varied and changeable weather conditions. Clothing that can be layered is the most suitable to provide maximum versatility to your wardrobe. Keep in mind that you will stay warmer and more comfortable if you wear several medium-weight layers of loose clothing under your parka than if you wear a single, heavy layer. When you dress in layers, you trap air in each layer of clothing and stay warmer. Overdressing to the point of perspiring can be as dangerous as under dressing in terms of loss of body heat in cold weather conditions. For comfort and safety, it is important to wear waterproof and windproof clothing and to avoid getting your skin wet. Also, synthetic fabrics like polar fleece and polyester may provide better insulation and keep you warmer than their natural counterparts like cotton, particularly if they get wet.

**Very Important:** You must order an insulated, water-repellent, hooded parka for the voyage. To order your parka, please visit our website at http://www.shiptoshoretraveler.com/lindblad-parka.html. You will be required to enter your departure date, the names of all passengers traveling, your cabin number and requested parka size(s). The parka will be delivered directly to your cabins on the ship. You must order your parka no later than two months prior to your departure.

**In addition to the parka, we recommend that you bring the following items:**

- **Outerwear**
  - One **waterproof rain jacket** for rainy or windy weather.
  - One pair of **waterproof pants** (made of Goretex or similar waterproof, breathable fabric) that are loose enough to wear over a regular pair of trousers. You will need these for almost every landing.
  - 1 or 2 pairs waterproof ski mittens or gloves. You might bring a pair of thin, polypropylene gloves that fit under your ski mittens so that you can take your mittens off during photography without getting your hands cold. You may want to bring an extra pair of mittens in case your other pair gets wet.
  - 1 wool ski cap and a scarf if the cap cannot be pulled down to cover your neck.

- **Footwear**
  - One pair of **fully waterproof rubber boots** with sturdy, high-traction soles. Traditional Wellington boots with insulated soles are ideal. We stress the importance of boots that are completely waterproof so that your feet will not get wet when you step into shallow, icy water during Zodiac landings. Additionally, boots should have good traction because you are likely to encounter poor footing on ice and rough terrain. Also, comfort is important - if your boots are too heavy or bulky, your footing will be awkward. Wellington boots can be purchased at sporting goods stores, fishing supply stores, and from outdoor clothing suppliers.
  - Comfortable walking shoes with rubber soles for use on board ship.
  - Old tennis shoes, crocs, tevas or surf sandals to protect the bottoms of your feet in the event we are able to visit the hot springs for a "polar plunge."
  - 3 or 4 pairs of warm, sturdy, tall wool socks and an equal number of thin socks to wear underneath for extra insulation. Silk or polypropylene sock liners do well for this purpose. (Make sure you bring several pairs of socks since you will probably get your feet wet.)
• **Clothing**

- 1 full set of thermal or silk long underwear.
- 1 or 2 bathing suits (for the on-board sauna or a possible visit to Antarctica's Deception Island hot springs).
- 2 or 3 pairs of warm, casual trousers to wear under your waterproof pants. Wool and/or corduroy fabrics are recommended; if you have ski pants, you might also include them in your selection of casual trousers.
- T-shirts and other casual warm weather clothes, for layering and on board ship.
- 2 or 3 warm, long-sleeved shirts (wool or flannel suggested). Turtlenecks are also a good layering option which offer good insulation against the wind.
- 2 or 3 warm woolen or polar fleece sweaters (a combination of lighter and heavier sweaters is preferable for greater flexibility). Please note that fleece is lighter and dries more quickly than wool.
- Workout clothing, for use on the ship’s fitness center.

**Note:** Robes are provided in your cabin.

• **Additional Items**

- Prescription medicines. If certain medicines are part of your daily health regimen and are vital to your health, make sure you bring an adequate supply for the duration of your trip. Your medications should be packed in your carry-on luggage.
- If part of your medication regimen requires the use of needles or other sharp instruments while on board, please bring a **small, personal sharps container** for safe disposal. Containers can also be requested on board and we will gladly take care of the disposal for you.
- 1 or 2 pairs of sturdy sunglasses with UV protection. The brightness of the summer sun reflected off the ice can be dangerous to under-protected eyes. We recommend bringing a spare pair in case one breaks or is lost.
- Camera, lenses and plenty of film and/or memory cards.
- Extra camera batteries.
- A good pair of binoculars.
- Electrical converter and adapter for your hotel stay (220V to 110V).
- Water-resistant nylon backpack for carrying cameras or other equipment.
- Zip-lock plastic bags as added protection for camera, film, etc.
- Personal toiletries, including sun block, moisturizing lotion and lip balm to protect your skin against harsh elements.
- Travel alarm clock.

Visit our online store, [www.LEXgear.com](http://www.LEXgear.com), for a convenient way to shop for your expedition.