ANTARCTIC PENINSULA - POLAR CIRCLE AND WHALE WATCHING

Antarctic wildlife and whale watching polar cruise holiday

- Expert team of expedition polar leaders onboard
- Zodiac and shore excursions options nearly everyday
- Opportunity of seeing Humpback Whales, Killer Whales and Adelie Penguins amongst others
- Scuba diving in the antarctic option available for the intrepid

Argentina, Antarctica, Polar Cruise, 15 Days

13 nights boat, 1 night hotel, 14 breakfasts, 12 lunches, 13 dinners, max group size: 123, 13 days polar cruising; zodiac excursions and diving

www.keadventure.com
UK: +44(0) 17687 73966
US (toll-free): 1-888-630-4415
Introduction

An awesome 2 week Antarctic polar cruise holiday, venturing further south than many of the other options – reaching a cool 68 degrees south and so not only touching, but dipping well below the Antarctic Circle. Here we will be rewarded with some of the most stunning landscapes this part of the world has to offer, including the awe-inspiring Gullet channel, breath taking ice flows in Crystal Sound and the majestic distant peaks of Cuverville Island. Along with the ever photo ready landscapes, there is also of course the wildlife; with opportunities for zodiac excursions every day (once we’ve navigated the Drake Passage) and shore landings as often as the terrain and weather permits, sightings of Humpback Whales Killer Whales and encounters with Gentoo and Adélie Penguins (amongst many others) are a daily possibility. While on board the expert expedition staff will always be on hand to answer questions, give lectures in the evenings, accompany you on all zodiac outings ...and share in the rare honour of seeing these incredible animals in their true environment.

Explore International. This holiday is part of our Explore International range. Participants on these trips can book through KE or through one of our international partners. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Is this holiday for you?

This is principally a touring, sightseeing and wildlife viewing holiday, with minimal exertion required - it is graded easy. If you choose to go ashore, you will need to make the transfers from the ship to a Zodiac and onto land. Short walks on the Antarctic Peninsula are optional and weather dependent. You should also consider that some of the classes of accommodation involve the use of bunk-beds. Whilst on deck or during excursions, you need to be prepared for cold temperatures. Staff will assist you in and out of the boats. Ashore it can be slippery and rocky. Also consider that you are travelling in remote areas without quick access to sophisticated medical facilities. The itinerary remains flexible, according to the variability of the weather and sea conditions at these southerly latitudes.

Please see our online Polar Guide for the differences between our departures, ships and more Polar information.

Holiday Itinerary

Day 1: Meet at the group hotel in Ushuaia.

Meet at the group hotel in Ushuaia. KE Land Only package services begin with the overnight stay at the group hotel.

Day 2: Morning free, afternoon board the ship.

This morning is free for independent sightseeing in and around Ushuaia, the worlds most southern city, or for any last minute purchases you need for the voyage. In the afternoon we embark our ship and sail through the famous, scenic waterway of the Beagle Channel.
Day 3: Crossing the Drake Passage.
Drake Passage. Our adventure begins with a two day sailing crossing of the 400-mile Drake Passage, named after the 16th century English explorer Sir Francis Drake. We have time to familiarise ourselves with the ship and its common areas including the lounge with bar with its large panoramic windows. We will start our daily lectures and get to know the guides and crew.

Day 4: Crossing the Drake Passage.
Drake Passage. We cross the Antarctic Convergence and we may see albatross, petrels following the ship's wake as well as whales as we look out for our first sightings of icebergs.

Day 5: Melchior Islands and Schollaert Channel and onto Cuverville Island.
We first pass the snow-capped Melchior Islands and Schollaert Channel, sailing between Brabant and Anvers Islands - the true Antarctic scenery now starts to surround us. Then onto Cuverville Island, standing up between Ronge Island and the Antarctic Peninsula. On Cuverville Island, there is a massive colony of Gentoo penguins as well as pairs of breeding brown skuas - zodiac excursions will allow us a closer view.

Day 6: Neko Harbour and Paradise Bay
Our next stop is Neko Harbour and our first chance to step onto the Antarctic continent itself - an epic landscape of mammoth glaciers and endless wind-carved snow. From here we head onwards to Paradise Bay where we aim to take a zodiac cruise into the sprawling, ice-flecked water before sailing on to the Lemaire Channel.

Day 7: Sail overnight towards the Antarctic Circle.
After a night of calm sailing, we wake among the many islands south of the Lemaire Channel - we are now very close to the Antarctic Circle. Today brings some breath taking scenery, as we voyage through a narrow picturesque channel between Adelaide Island and the Continent; aptly named the ‘Gullet’. We can explore this area either from the prow of the ship or the edge of a Zodiac, getting the closest possible contact with the terrain as we venture southward.

Day 8: Circumnavigate Pourquoi Pas Island and on to Horseshoe Island.
Today we aim to circumnavigate Pourquoi Pas Island, named after the ship of the famous French explorer Jean-Baptiste Charcot. This location is known for its tight fjords and lofty, glacier-crowded mountains. Our second point
of call today is Horseshoe Island, which is the former British Base Y, a remnant of the 1950s that is now unmanned, though still equipped with almost all the technology it had while in service.

**Day 9: Stonington Island and the southernmost landing site of the trip - 68 degrees south.**

Stonington Island is home to the former US East Base and British Base E, which was occupied until 1975. If a stop here is possible, it marks the southernmost landing site of the trip - 68° south. From there your road turns north again, through the Gunnel Channel into Hanusse Bay, with its countless icebergs - and a good chance of spotting whales.

**Day 10: Sail north through Crystal Sound.**

You are near the Antarctic Circle again, cutting north through the countless ice floes of Crystal Sound. Humpback whale sightings are likely, and your approach to the Fish Islands offers the possibility of a Zodiac cruise or even a landing. Whatever the case, the scenery is beyond compare in this area. There may also be more Adélie penguins congregating among the icebergs nearby.

**Day 11: Zodiac excursion and shore landing on the Fish Islands**

Today is a true highlight, the scenery in this area has been referenced to many times as 'beyond compare'. We aim to get out in the zodiacs, to really the calm and wonder of this simply stunning area of the world. If the weather permits we will also land and go for a short walk. There are also very likely to be more Adélie penguins congregating among the icebergs nearby.

**Day 12: Petermann and Pléneau Islands - a wildlife 'hot spot'.**

A perfect day for bird watchers as the Petermann and Pléneau Islands provide a great variety of avian life. We will also peacefully cruise among the icebergs in the Zodiacs; a popular place for leopard seal and crabeater seals to hang out. There is also a high chance we'll spot minke whales, humpbacks and Gentoo penguins in this area - a real 'hot spot' of Antarctic activity.

**Day 13: Returning over the Drake Passage**

We leave early morning after breaking our last camp. We sail via Melchior Islands, in a northerly direction towards the open sea of the Drake Passage. We can enjoying some final lectures by our expedition staff and catch some final glimpses of the birds and whales in this extraordinary part of the world.
Day 14: Returning over the Drake Passage

Our final day onboard, we can reflect on our adventure and relax as we return into Ushuaia.

Day 15: Departure Day. Disembark Ushuaia. A single timed transfer to Ushuaia Airport is provided.

We disembark in Ushuaia in the morning. KE Land Only services end with a transfer to the airport.

Holiday Information

What's Included

• Expert Expedition staff
• All accommodation
• All meals whilst on board and B&B whilst in Ushuaia
• All shore excursions and Zodiac cruises with expert expedition team
• Waterproof boots supplied (men’s USA sizes 8-14 and women’s USA sizes 3-9)
• Single timed airport transfer Ushuaia Airport on disembarkation

What's Not Included

• Travel insurance
• Tips for staff
• Airport transfers on arrival in Ushuaia
• Transfers to/from vessel other than as described
• Dinners and lunches whilst in Ushuaia (if applicable)
• Airport departure taxes
• Cost of optional excursion - Scuba diving (please call KE office for details)
• Transfers between airports in Buenos Aires
• Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

On day 2 you will need to be at the port in Ushuaia to embark the ship in the afternoon at 4pm. No airport transfers, or transfers to the port are included on arrival. Private transfers are available please contact the KE office for prices. Taxi’s are easy to find and reasonably cheap in comparison to pre-arranged private transfers.

We have included a night in Ushuaia for you, if you would like another additional night, just in case of major flight delays please do call us for a quote.

On return to Ushuaia after your voyage you will disembark the ship at approximately 8am. A transfer from the port to the airport is provided after disembarkation between 8-9am. No other transfers are included. You should not book flights before 12 midday on this day.

If your flight is in the early hours of the morning on departure we advise that you book a hotel room in Ushuaia.
You will need to take a taxi from the port to the hotel and then to the airport for your flight. Please do let us know as soon as possible if you require extra hotel nights.

Land Only clients MUST provide the KE office with full details of their flights.

Hotel and ship contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

Breakfast only is included while staying in Ushuaia. All meals while aboard MV Plancius or the MV Ortelius are included in the holiday price. We recommend you allow about US$20 per meal in Ushuaia.

Food & Water

On board the ship a diverse range of international dishes are available. Meals are prepared and catered by professional chefs and all meals are included in the holiday price. Special dietary requirements, including vegetarianism, can be accommodated with advance notice (please advise at the time of booking). Coffee, tea and water are all provided free of charge. All other beverages, alcoholic and non-alcoholic, are not included and can be purchased in the dining room or the lounge areas.

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a Water-To-Go bottle) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot provide special diets. Due to the nature of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this trip the group will spend 1 night in a hotel in Ushuaia and 12 nights on board the MV Plancius or the MV Ortelius (Depending on departure date). Standard cabins on the MV Plancius and the MV Ortelius are quad berth cabin with porthole. All cabins have en-suite facilities. All accommodation is on a sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. Upgrades are available to triple or twin berth with porthole, twin berth with window, and superior/suite.

Depending on availability, it is also possible to arrange a single cabin. Please contact the office for upgrade and single cabin prices. Please note that if you wish to upgrade ensure that you book early to avoid disappointment.

Group Leader & Support Staff

An international team of Polar experts and field guides is enthusiastic about sharing their in depth knowledge with lectures, briefings and field excursions. Lectures are selected and relevant to the destinations we travel to. We cover major topics such as marine biology, geography, geology, glaciology, ornithology and history. Our staff are
skilled, trained and qualified in the activity they are in charge of. Expedition guides organize the informative ship program and actively guide our shore excursions in different languages but always English as well.

**Spending Money**

Prices onboard are in Euros or US dollars. It is not practical to set a recommended amount for personal spending money on a holiday like this. All meals while on board are included in the trip price. The main extra spend on board will be on drinks and this will very greatly from person to person. A drink onboard costs from 3 Euros. On board ship, bar bills can be put on a tab and paid at the end of the cruise by credit or debit card or in cash Euros or US dollars. You will also need some money for any meals taken in Ushuaia and for tips. As a guide, we recommend you allow about $10 - 15 per day for tips to your crew and expedition staff. It is possible to withdraw local currency at ATM's in Ushuaia, but we recommend that you bring a minimum of US$200 in cash for emergency situations where you are unable to withdraw money from ATMs.

**Guidance On Tipping**

The customary gratuity to the ship's service personnel is made as a blanket contribution in one envelope at the end of the voyage which is divided among the crew and staff. You will receive detailed guidelines aboard. Tipping is a very personal matter and the amount you wish to give is at your discretion. It is better for the crew and staff, if you can give them cash, either US Dollars or Euros. You may give individually and / or communally as a personal 'thank you' to one or more of the ship's personnel. As a guide, we recommend you allow $10 - 15 per day for tips to your crew and expedition staff.

**Baggage Allowance**

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline (the baggage limit on the domestic flight between Buenos Aries and Ushuaia is 20kg). Please note that you should be able to carry your own luggage.

**Group Size & Holiday Status**

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

**Recommended Outdoor Retailers**

Many of the Equipment items listed above are available from [Cotswold Outdoor](www.cotswoldoutdoor.com) - our 'Official Recommended Outdoor Retailer'. When you book a holiday with KE you will receive 15% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](www.cotswoldoutdoor.com)

**General Information**

**Passport & Visas**

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or
consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

**Visa information is changing all the time. Please ensure that you check for the latest advice before travel.**

**Visa Argentina**

UK passport holders do not require a visa for short stays.

For USA passport holders there is presently no fee to enter Argentina – land, sea or plane. However there are different entry rules for official, diplomatic and dual nationality passport holders. For further details please visit [The US Department of State](https://travel.state.gov) website.

**Transit Via USA Or Canada**

**IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA**

You will require an ESTA (Electronic System for Travel Authorisation), and you must get this before boarding any US-bound aircraft or ship, or entering on a land border. The fee is USD$14 and you should apply for it at [https://esta.cbp.dhs.gov/esta/](https://esta.cbp.dhs.gov/esta/). With the ESTA complete, the majority of British Citizen passport holders can enter the US under the Visa Waiver Programme, VWP. You will be required to have a passport with an integrated chip. Note that if you have travelled to Iraq, Syria, Iran or Sudan since March 2011 you will have to apply for a visa rather than the Visa Waiver Programme.

**IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA**

All citizens (except for USA citizens) will require an eTA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD$7 and you should apply for it at [http://www.cic.gc.ca/english/visit/eta-start.asp](http://www.cic.gc.ca/english/visit/eta-start.asp).

**Transit Via Brazil**

US passport holders must obtain a Brazilian visa prior to arrival if they will be in Brazil for more than 6 hours.

**Transit Via Canada**

As of 2016, all citizens (except for USA citizens) will require an eTA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD$7 and you should apply for it at [http://www.cic.gc.ca/english/visit/eta-start.asp](http://www.cic.gc.ca/english/visit/eta-start.asp).

**NOTE: This is required if you are transiting through Canada**

**Health & Vaccinations**

**Severe Allergies**

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the
allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

**VACCINATIONS**

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](https://www.worldstandards.eu/electricity/plugs-and-sockets/).

**Electricity Supply & Plug**

We recommend you check if you require an adaptor for your electrical items at:

http://www.worldstandards.eu/electricity/plugs-and-sockets/

**Preparing For Your Holiday**

It makes a lot of sense to spend some time before coming on an active holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. Some of the optional activities require basic experience and equipment (see above in main section).

**Climate**

Along the Antarctic Peninsula, temperatures as high as 15°C have been recorded, though during the Antarctic summer temperatures are typically between 0 and 2°C. The wind will be a significant moderating factor and you must come prepared for ‘real feel’ temperatures as low as -20°C. The Antarctic is technically classed as a desert averaging 166 mm of precipitation per year. Although you are unlikely to experience precipitation, storms can and do occur.

**Travel Aware**

As a reputable tour operator, KE supports the British Foreign & Commonwealth Offices' [Travel Aware](https://www.travel.state.gov) campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](https://travelaware.campaign.gov.uk) and read the FCO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](https://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

**Single Use Plastic**

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use. We have pledged to AITO's Project Protect that 70% of our agents stop using single use plastic bottles.
Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight Inclusive package price and Land Only package price for the majority of our holidays.

Flight Inclusive Notes

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Ushuaia airport with Iberia/LATAM. Outbound flights will depart from the UK in the morning, arriving in the afternoon of the following day (day 1 of the itinerary). Return flights will depart Ushuaia in the afternoon of the last day of the itinerary, arriving in the UK in the late afternoon of the following day. Regional departures and/or alternative carriers are available on request. Please note that you will have to change airports in Buenos Aires and the connections enroute may involve some lengthy waits at an airport. Please be prepared for this.

If you would like to stopover in Buenos Aires thus shortening your 'flying time' please contact the Customer Sales & Support Team.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that if you book a package including flights with KE you will benefit from full financial protection.

Land Only Notes

The LAND ONLY dates and prices are for the itinerary joining in Ushuaia. For clients making their own flight arrangements, Ushaia Airport is the most convenient for transfers to the group hotel. Please refer to 'Joining Arrangements and Transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Why Choose KE Adventure Travel?

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Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.
Group Tour Leaders

All of our holidays are accompanied by an experienced leader, some of whom have worked with KE groups for many years. Many are professional guides and instructors with an unrivalled knowledge of the areas in which they work. In many parts of the world, we recruit local guides with appropriate training and experience. In addition to having the technical skills to ensure your safety, KE expects its leaders to be active members of the group. A leader should be fun to travel with and ready to share with you their enthusiasm for adventure travel and their knowledge of the area. Alongside the group leader, there will be a local support crew, which could be just a driver, or a complete team of guides, drivers, porters, mule-herders and cooks. The hard work of our support crews, along with the fascinating insight they can offer into their local culture, is integral to providing you with the very best adventure travel experience.

Sustainable Tourism

Since we ran our first trip in 1984, we have been committed keeping the world's most beautiful places pristine by minimising our environmental impact. Recognising the fragility of the world's wilderness environments, we keep our groups small and operate according to a ‘Mountain Code’, which is provided to all groups, trek leaders, agents and staff. We make sure that our local staff are well treated and well paid, we respect indigenous cultures, take care to protect the environment of the places we visit and take every opportunity to make a positive contribution wherever we travel. Our philosophy of 'leaving nothing but footprints' has been integral to KE's approach right from the start over 30 years ago. In recognition of our efforts we are proud to have achieved the highest award of 5 Stars for Sustainable Tourism by AITO.

We continue to travel responsibly, and more information on our policy, practice, and specific projects can be found at www.keadventure.com, and on the website of our partner charity the Juniper Trust: www.junipertrust.co.uk. KE's Mountain Code is issued to our staff, trek leaders and overseas agents, and we recommend it to our clients, too!

Booking Your Holiday

The easiest way to make your booking is online. You will need to pay a deposit at the time of booking. This is normally £200 but for some holidays with special permit fees or internal flights, this may be more. The amount of deposit required for an individual holiday is given on the dates and prices page of the holiday. Late bookings will require full payment. We cannot confirm any booking until we receive your fully completed booking form.

Adventure Travel Insurance

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your KE Adventure itinerary and can agree to cover the activities being undertaken. You will then need to advise us of your policy details and complete an Insurance Declaration Form.

CAMPBELL IRVINE DIRECT travel insurance is available to EU residents and will cover the majority of KE Adventure holidays. It has been designed to provide cover for activities normally excluded by other insurers such as trekking, mountain biking and climbing. Please note that certain activities may attract a higher premium. In addition 'Campbell Irvine Direct' cannot provide cover for KE climbing trips above 6000m. Cover for these can be obtained through either the British Mountaineering Council (BMC) or Snowcard.

TRAVELEX is a USA based insurer offering travel insurance, which can be used by US citizens and US residents only. KE recommends the "Travelex Select" package for our holidays. If your holiday involves using mountaineering equipment (ropes, harness or crampons), for climbing or glacial travel, you should consider the "Adventure Plus
Pak" optional upgrade on the Travelex Select Plan. Please refer to the 'Description of Coverage' for a summary of the terms, conditions, exclusions and limitations of the applicable Protection Plan. This policy will also cover KE climbing trips above 6000m.
Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. Dress on board is informal. Beware of tight clothing that leaves no room for trapped air, which is an excellent insulator. Wool, silk and some of the synthetic fibers, like polar fleece, retain heat better than cotton.

You Must Bring The Following Items:

- Casual shoes / Trainers or similar for onboard
- Rubber boots (Wellington boots)*
- Walking shoes*
- Socks (Warm, high wool or similar socks worn over a thin pair of silk, polypropylene socks should provide enough warmth and insulation for your feet. Bring several pairs of socks, since you will inevitably get your feet wet)
- Waterproof jacket
- Trekking trousers
- Waterproof pants/trousers
- Thermal baselayer - leggings
- Underwear
- Baselayer shirts / fleece
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Sunhat
- Warm hat
- Scarf and/or neck gaiter
- Sunglasses
- Gloves or mittens (Thin polypropylene gloves under warm outer gloves is a good combination)
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x1 (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Rucksack 25 litres
- Selection of dry bags (to keep rucksack contents dry)
• Small daypack
• Warm jacket (down)
• Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, and plasters. Glucose tablets and multi-vitamin tablets are also a good idea.

The Following Items Are Optional:
• Warm Ski pants
• Shorts
• Spare gloves
• Travel clothes
• Camera (in a dry bag)
• Binoculars
• Penknife (remember to pack sharp objects in hold baggage)
• Repair kit - (eg. needle, thread, duct tape)
• Seasickness remedy
• Reusable cloth bag for shopping (to avoid plastic bags)

* Notes

Rubber boots / Wellington boots:
Complimentary waterproof boots are supplied for the following sizes: (please confirm your preferred size to KE at least 8 weeks prior to departure)

Men’s USA size 8-14 / UK size 7 to 13½ / Europe 41 to 48½
Women’s USA size 3 to 9 / UK size 1 to 6½ / Europe 33 to 40

If you have different feet sizes to these you should bring your own rubber boots. These should be rubber, waterproof boots that are just below your knee with a strong, ridged non-skid sole.

Walking shoes - There is the opportunity to sightsee around Ushuaia. If you intend to make the most of these opportunities, you should make sure that you take suitable footwear.

If you are interested in the polar diving option please call the office for details of personal equipment required.

Please note: This document was downloaded on 20 Jul 2020, and the trip is subject to change.