

# Antarctica In Depth Expedition

Trip Code: PAD

Version: PAD Antarctica In Depth Expedition



POLAR



GUIDED GROUP



LEISURELY



## HIGHLIGHTS

- Travel through the famous Drake Passage to explore the Antarctic Peninsula and South Shetland Islands
- Whale watch from the ship and walk amongst the penguins
- Team of expert expedition polar leaders on board
- All zodiac excursions, trips to shore and all meals on board are included

- Options available to kayak and / or camp - advance booking essential, these spaces are very limited!

### AT A GLANCE

- 11 days Antarctic Cruise touring and on Zodiac boat trips
- Join at Ushuaia

### ACCOMMODATIONS & MEALS

- 13 Breakfasts
- 10 Lunches
- 11 Dinners
- 11 nights Expedition
- 2 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

## Introduction

This 14-day cruise to Antarctica aboard the MS Expedition which is uniquely equipped to meet the demands of cruising in polar regions. This itinerary is similar to the 'Antarctica Classic' except if you go 'In Depth' you have an additional two days to explore its majesty. We board the boat in Ushuaia, the southernmost city on Earth, which is situated in the Argentinean part of Tierra del Fuego. Our journey takes us through the Drake Passage to the so-called Antarctic Convergence, where colliding cold and warm waters force nutrients to the surface, attracting seabirds and whales, and giving us our first glimpses of Antarctic wildlife. Further south, we reach the South Shetland Islands and cross the Bransfield Strait to reach the Antarctic Peninsula.

Here we enter a world of immense scale and visual splendour, the last true wilderness on earth. Huge blue icebergs calmly floating in the waters, massive penguin rookeries, seabirds diving and whales breaching. Zodiac excursions are guided by the expert expedition staff and there are opportunities for kayaking and also to camp for a night on the Antarctic Peninsula. Built for the Southern Ocean the MS Expedition is a sturdy ship with a passenger capacity of just over one hundred. With its dining areas, presentation rooms, different cabin sizes, mud room and viewing decks you will have plenty of space and entertainment whilst onboard. Each day there are presentations and informative talks from the staff on the wildlife, history and environment of the area. After 6 days around the peninsula, we return through the Drake Passage with magical memories of an enchanted world.

### 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. The itinerary remains flexible, according to the variability of the weather and sea conditions at these southerly latitudes. A suggested itinerary for the holiday is given, but may be subject to change.

On certain departures you can book kayaking, experience is essential for these kayaking excursions. A night camping on Antarctica is also possible. All equipment is provided for kayaking and camping. Early booking is essential. Cabin upgrades are also available.

Please see our [online Polar Guide](#) for the differences between our departures, ships and more Polar information.

# Itinerary

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## DAY 1

### Meet at group hotel in Ushuaia.

Your holiday starts at the group hotel in Ushuaia.



**Accommodation**  
Hotel

## DAY 2

### Free day in Ushuaia.

An opportunity to look around the world's most southerly city. This is a contingency day in case of any delays to your international flights.

Meals: **B**



**Accommodation**  
Hotel

## DAY 3

### Morning in Ushuaia. Afternoon transfer to board the MS Expedition ship.

The morning is free for independent sightseeing in and around Ushuaia or for any last minute purchases you need for the trip. In the afternoon we embark on the M/S Expedition and settle in to our cabin. We gather for an initial briefing and enjoy our first sailing this evening through the Beagle Channel.

Meals: **B D**



**Accommodation**  
Expedition

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**DAY 4****Across the Drake Passage.**

Our adventure begins with a two day crossing of the 400-mile Drake Passage, named after the 16th century English explorer Sir Francis Drake. Spend time out on deck and keep an eye out for first sightings of sea birds and whales that live in these fertile waters. Wandering, Black-browed and Light-mantled Sooty Albatross, Prion's and Cap Petrels are among some of the species of seabirds that may follow the Expedition on the journey towards Antarctica.

Meals: **B L D**



**Accommodation**  
Expedition

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**DAY 5****Across the Drake Passage.**

This is the time to familiarise ourselves with the ship and its routines. There are several common areas including the lounge, dining hall, library, presentation room where we meet our guides, ship's crew and expedition staff. We will also begin lectures and information sessions to learn about everything from local wildlife to geology to history of the Antarctic region. The MS Expedition has one of the highest ratios of expedition team members to guests - with one expert for every ten guests there is always someone on hand to answer questions and provide greater insight and appreciation of the world at its extremes. The expedition team is comprised of professional and highly skilled historians, marine biologists, and naturalists who offer keen insight and a unique personal perspective to each and every adventure.

Meals: **B L D**



**Accommodation**  
Expedition

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**DAY 6****Exploration of the Antarctic Peninsula and South Shetland Islands.**

This is what we've all been waiting for - a chance to explore step foot on the Great White Continent! Over the next few days the MS Expedition will navigate southwards making stops in the South Shetland Islands then through the Bransfield Strait and to the Antarctic Peninsula.

Meals: **B L D**



**Accommodation**  
Expedition

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## DAY 7

### Exploration of the Antarctic Peninsula and South Shetland Islands.

We experience some of the most unique wildlife viewing and inspiring scenery in the world while setting foot on the Antarctic continent. We attempt two shore landings per day, but the itinerary and daily schedule will be based on the local weather and ice conditions. The whole area teems with wildlife activity - Gentoo, Chinstrap and Adelie penguin rookeries with their fast-growing chicks, Orca, Humpback and Minke whales are seen, Weddell, Crabeater and Leopard seals haul out onto ice floes and beaches, and numerous albatross and other seabirds trail in our wake.

Meals: **B L D**

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**Accommodation**  
Expedition

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## DAY 8

### Exploration of the Antarctic Peninsula and South Shetland Islands.

During the days here there may also be options to explore the coastline in sea kayaks and to spend a night camped on the Antarctic peninsula itself. These are only available on certain departures. Polar Plunge - You remembered to pack your bathing suit, right? Depending on weather conditions, you can opt to do the polar plunge and jump into the frigid waters of the Antarctic. Convince some of your fellow passengers to join and you'll be left with an amazing group experience no one will ever forget!

Meals: **B L D**

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**Accommodation**  
Expedition

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## DAY 9

### Exploration of the Antarctic Peninsula and South Shetland Islands.

The Peninsula also has a remarkable history and, during the voyage, we will learn about some of the most important and dramatic expeditions to this remote corner of the world. We can keep a lookout from the bridge (which is open to all clients when the ship is not doing manoeuvres) or the deck of the

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ship, as we thread our way along the continent, you'll feel the same sense of excitement as many of those early explorers.

Meals: **B L D**



**Accommodation**  
Expedition

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### DAY 10

## Exploration of the Antarctic Peninsula and South Shetland Islands.

On this 'In Depth' voyage we have an extra 2 days cruising in the Antarctic Peninsula. This enables us to go further to seek out the wildlife and also spending more time in certain areas if we have good sightings. If we have taken the kayaking option then we have more opportunity paddle in these serene peaceful waters.

Meals: **B L D**



**Accommodation**  
Expedition

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### DAY 11

## Exploration of the Antarctic Peninsula and South Shetland Islands.

These extra days also allow us to listen to further presentations by the staff. This will give us a superb insight into the wildlife and environment issues and we will come home feeling that we have gained a huge amount of knowledge about this amazing continent. This once in a lifetime trip and it is worth that little bit extra to spend extra time here.

Meals: **B L D**



**Accommodation**  
Expedition

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### DAY 12

## Return sail over Drake Passage.

We now head north again leaving this incredible continent and crossing back over the Drake Passage. Over the two day crossing we enjoy some final lectures by our expedition staff who by now will be well

known to us.

Meals: **B L D**

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**Accommodation**  
Expedition

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### DAY 13

#### **Return sail over Drake Passage.**

From the viewing decks we catch some final glimpses of the birds and whales in this extraordinary part of the world before relaxing in our comfortable cruise home as we return to Ushuaia.

Meals: **B L D**

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**Accommodation**  
Expedition

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### DAY 14

#### **We disembark the M/S Expedition in the morning. Ushuaia Airport transfers are provided.**

Having arrived in Ushuaia during the night, we disembark the M/S Expedition in the morning. Ushuaia Airport transfers are provided.

Meals: **B**

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# Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



## Antarctic Camping Excursion

On the day of the camping expedition dinner will be served onboard - eat heartily as there will be no personal snacks allowed onshore as per IAATO regulations. After dinner you will go by Zodiac to the campsite and after setting up camp for the evening, you will have time to explore the area and enjoy the Antarctic evening. The following morning, wake up time will be about an hour before ship's breakfast, allowing time to collect and stow our equipment before journeying back to the ship by zodiac.

Previous camping experience is not necessary, but members of the camping group will be asked to help put up tents under the instruction of the expedition leader. As we are in an ecologically sensitive environment, we ask that members of the group, follow closely the instructions of the expedition leader in order to minimize impacts, and ensure that we at all times, meet and exceed IAATO regulations. Safety is always paramount. Each camping expedition is restricted to a maximum of 20 campers and will be accompanied by a minimum of two experienced Expedition Staff members.

Communication with the ship will be maintained throughout the excursion and we carry emergency rations in the event that our schedule becomes extended as a result of weather conditions. Accommodation on the camping expedition is twin-share. Single travellers will be paired with other single travellers of the same sex.

**1 day from**  
**US\$505** per person



## Sea Kayaking - Antarctica In Depth

Going eye to eye with an inquisitive whale is a rare and special moment that will carve itself into your memory. Kayaking isn't just an outdoor adventure, it's an opportunity to experience these remote regions from another vantage point. You'll venture out to sheltered bays and areas known for calmer waters and take part in group kayaking trips led by our experienced and skilled leaders. No other activity gets you as close to the natural environment!

Kayaking excursions are dependent on weather but kayakers can expect around 4 trips per cruise. Previous kayaking experience is strongly recommended. You do not need to know how to roll a kayak or do a self-rescue. Professional guides will be on board to help you with new skills or to offer coaching to improve your paddling performance.

It is essential to book early for this experience - you can not book this once on board and places are very limited.

1 day from  
**US\$1,485** per person

# Holiday Information

## What's Included

- Expert Expedition staff
- Ushuaia arrival airport transfers
- Single timed departure transfer to airport or into Ushuaia Accommodation as described
- Meals as per the Meal Plan
- All shore excursions and Zodiac cruises in Antarctica with expert expedition team
- Waterproof boots supplied (men's USA sizes 8-14 and women's USA sizes 3-9)
- Lecture and guidance programs during the expedition
- Antarctica destination guide book

## What's not Included

- Travel insurance
- Tips for staff
- Ushuaia airport transfers (except as described)
- Some meals not included see the Meal Plan
- Airport departure taxes
- Cost of optional excursions - Kayaking and overnight camping on Antarctica (see extensions)
- Transfers between airports in Buenos Aires
- Miscellaneous expenses - drinks and souvenirs etc

## Joining Arrangements & Transfers

### Day 1

The group will meet at the group hotel in Ushuaia. On arrival in Ushuaia you will need to take a taxi to the hotel.

### Day 14

Upon completion of the 08:00 disembarkation in Ushuaia, passengers will receive a complimentary transfer to either the airport or a central location where luggage can be stored.

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

## Meal Plan

All meals whilst on board the M/S Expedition are included. Breakfast only is included while staying in the hotel in Ushuaia. All other meals you will pay for directly. In practice this amounts to a total of 2 dinners and 1 lunch while in Ushuaia. We recommend you allow about US\$20 per meal in Ushuaia.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some 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 meals 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.

## Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as [Water-to-Go](#), which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Onboard the ship a diverse range of international dishes is available. Meals are prepared and catered by professional chefs and all meals are included in the trip price. Dining is casual, tables are unassigned and the dining room is capable of seating the entire passenger compliment at one time. There is always a selection of different meals available with plenty of options for vegetarians. Special dietary requirements can be accommodated with advance notice (please advise us at 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, pub or the lounge.

## Accommodation

During this trip the group will spend 2 nights at an hotel in Ushuaia at the start of the trip. For these two nights in Ushuaia, for solo bookings the first night will be a single room and the second night on a twin share basis. The following 11 nights are spent on board the fantastic Expedition Polar Cruise Ship.

The Expedition has multiple large public areas to enjoy during sea crossings and in between land excursions. Amenities include:

All cabins with private en suite and outside view,  
Library,  
Medical clinic with licensed doctor,  
Lounge area,  
Dining Room - serving international cuisine and large enough to accommodate all passengers in one sitting,  
BBQ area,  
Forward deck viewing platforms,  
Gym,  
Gift shop,  
Laundry service (for a small additional charge),  
Wi-Fi - not guaranteed (for an additional charge),

Accommodation on board is based on a triple cabin with porthole. If you are travelling by yourself you will be paired up with other single clients of the same sex. Cabin upgrades to twins and cabins with larger windows are possible (depending on availability) on the Expedition. Single cabins are also available for an additional cost. Additional hotel nights (before or arrive) in Longyearbyen are available for a supplementary cost.

## Group Leader & Support Staff

A carefully chosen team will lead your voyage. The MS Expedition ships boast an international team of professional naturalists and lecturers. Their goal is to provide an informed and balanced interpretation of the destination, accomplished through stimulating lectures, day-to-day briefings, and informal discussions. Your lecturers and Expedition Leader will cover all aspects of the voyage including ornithology, marine biology, geography, geology, history and the environment, as well as practical things like photography. The expedition staff work conscientiously with you on deck and in the field, improving your observational skills to allow you to experience all that the destination has to offer. Their strong sense of ethics and ecological knowledge make for stimulating and mindful conversation whether onshore or at the dinner table. The Expedition Staff will pilot the Zodiac landing craft used for shore landings and Zodiac cruises; they are experienced drivers who operate the Zodiacs in a responsible manner.

## Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

## Spending Money

It is not practical to set a recommended amount for personal spending money on a holiday like this. All meals while on board and the daily Zodiac excursions are included in the price. The main extra spend on board will be on drinks and this will vary greatly from person to person. As a guide, we recommend you allow \$10-15 per day for tips to your crew and expedition staff. You will also require approximately \$15 - \$20 per meal while you are staying in Ushuaia. It is possible to withdraw cash US dollars from ATM's in Ushuaia. On board ship, bar bills can be put on a tab and paid at the end of the cruise by credit or debit card. We recommend that you bring a minimum of US\$200 in cash for emergency situations where you are unable to withdraw money from ATMs. On board all prices are in \$ USD.

## Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to the staff who have assisted you on your expedition. Tips do not form any part of the wages of the staff but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally tips are collected by the Hotel Manager at the end of the voyage and distributed amongst the crew and Expedition Staff. The Officers in charge of the ship choose not to participate in the tipping pool. As a guide, we recommend that each group member contributes around \$120 - 180 to these tips.

## 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 the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

## **Group Members**

As this holiday is run with G Adventures, the minimum age is 10 yrs (anyone under 18 must be travelling with a parent or guardian).

The holiday will be conducted in English. Generally on these trips there will be a mix of nationalities but it is not possible to guarantee this.

# General Information

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## Passport & Visas

### The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** (see *Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

### IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

If your flights pass through the USA, even if only in transit, you will require either a visa or an ESTA (Electronic System for Travel Authorisation). Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can apply for an ESTA under certain conditions\*. This must be done online via <https://esta.cbp.dhs.gov>, no later than 72 hours prior to travel and applies whether entering the country by sea or by air. You will need to have a biometric passport to apply for an ESTA. The fee is currently US\$40 (as of 30/09/25). Travellers who have not registered before their trip are likely to be refused boarding.

\*If you have visited Iran, Iraq, Libya, North Korea, Somalia, Sudan, Syria and Yemen since 2011 or have dual nationality with any of these countries, you cannot travel with an ESTA. You will need to apply for a visa from the nearest US Embassy or Consulate instead. Additionally, if you have travelled to or have been in Cuba since the 12th of January 2021, you will not be eligible for an ESTA visa waiver and will need to apply for a US visa. You should consult the US State Department website to determine which you will need.

When completing the ESTA application form you will be asked to enter your 'Point of Contact' information. This is not required if you are only transiting through the USA.

### IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

UK 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>. Other nationalities should consult their local embassy or consular office.

Entry requirements can change regularly so please ensure you have the most up to date information before travelling by checking visa entry requirements at the relevant embassy in your country of residence: (US Embassy in London: <http://london.usembassy.gov/niv/apply.html>)

### Visa Argentina

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

### New entry requirements to Argentina

Please note that, due to recent changes in Argentina's Immigration Regulations, new entry requirements apply to all foreign non-resident travellers as of May 28, 2025.

To enter the country, each traveller must present the following documents:

- Valid medical insurance that provides coverage for the entire duration of the stay.
- A return ticket or proof of onward travel out of Argentina
- Accommodation booking or the address of the place where they will be staying.

Failure to provide any of these documents may result in denied entry, at the discretion of the immigration authorities.

We strongly recommend to all travellers to ensure all the travel documents are complete and up to date before departure to avoid delays or inconveniences upon arrival.

## Health & Vaccinations

### Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

On holidays to more remote areas you should also have a dental check-up.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.**

Please check the [FCDO](#) and [Travel Health Pro](#). For all of your intended destinations for up-to-date advice.

### 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.

## Currency

When on the ship everything is priced in US\$. If you are paying in cash you will need US\$, if you are paying by card your bank will use their exchange rate.

The unit of currency in Argentina is the Peso.

## 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. Although this is principally a cruise holiday you will have the opportunity for walks on the peninsula and a basic level of fitness is required to get in and out of the Zodiacs.

## 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 any precipitation storms can and do occur.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' 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 before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://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 FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO 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.

## Books

- South: The Endurance Expedition. Ernest Shackleton
- Natural History of the Antarctic Peninsula. Sanford Moss
- The Heart of the Great Alone - Scott, Shackleton
- David Hempleman-Adams Polar Exploration

## Maps

### South Shetland Islands. British Antarctic Survey

The South Shetland Islands at 1:200,000 from British Atlantic Survey is a visually impressive topographic and bathymetric overview map of the South Shetland Isles, based on satellite imagery. Double-sided and split into three smaller maps - Livingston Island on one side, around Elephant Island and King George Island on the other.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

## 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!

# Equipment Information

## Equipment List

The following checklist should help you with your packing. 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 new 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 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 buff
- Sunglasses

■ Gloves or mittens (Thin polypropylene gloves under warm and waterproof gloves is a good combination)

- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep rucksack contents dry)
- Small daypack
- Warm jacket (down)
- Plug adapter - On the ship you will need a plug / adaptor with European 2 pin round holes. There are also 110-volt shaving sockets in the bathroom for electric razors only.
- 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

- Pen-knife (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:

- 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 6 ½ / 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.

Although this is not a trekking trip, 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.

**Kayak Excursion (pre-booking essential)** -If you choose the optional Kayak Excursion please ensure you have enough layers with you to keep you warm. You will need thermal underwear and vest (note that cotton is not acceptable), polypropylene/ pile (polar fleece) trousers and non bulky jacket, a fleece or tight knit wool cap (X2), a neck tube or balaclava, mid weight fleece gloves. You should also take dry bags for personal gear/camera. You will be supplied with: Kokatat Supernova Paddling suits, paddles, floatation vest, spray skirt, neoprene pogies (paddling mittens) and neoprene booties. You will be required to have with you thermal layers suitable for temperatures ranging between -5°C (23°F to +7°C (45°F)

**Camping Excursion (pre-booking essential, over 18yrs only)** - If you choose the optional camping excursion you should pack an extra fleece or 2 (plus a down jacket) for the chilly evening on the snow. You will be provided with: tent, sleeping bag, sleeping mat & emergency supplies.

## Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

## Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Ushuaia. For clients making their own flight arrangements, Ushuaia Airport is the most convenient for transfers to the group hotel.

## Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Regional departures and/or alternative carriers are available on request.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Ushuaia airport. Outbound flights will depart from the UK in the morning, arriving in the morning of the following day (day 1 of the itinerary). Return flights will depart usually depart Ushuaia in the morning 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.

# Why Choose KE

## Antarctic G Polar Why KE

Don't miss the boat! We include an additional night in Ushuaia included in the price to help prevent any issues with flight delays. This night is already included in the itinerary shown. No surprise costs. All zodiac excursions, landings and all meals on board are included in the price.

**Please Note** This document was downloaded on 17/03/2026 and the trip is subject to change