

PRE-VOYAGE DOCUMENTS



Photo: Weisheng Lin

Dear Expedition Traveler,

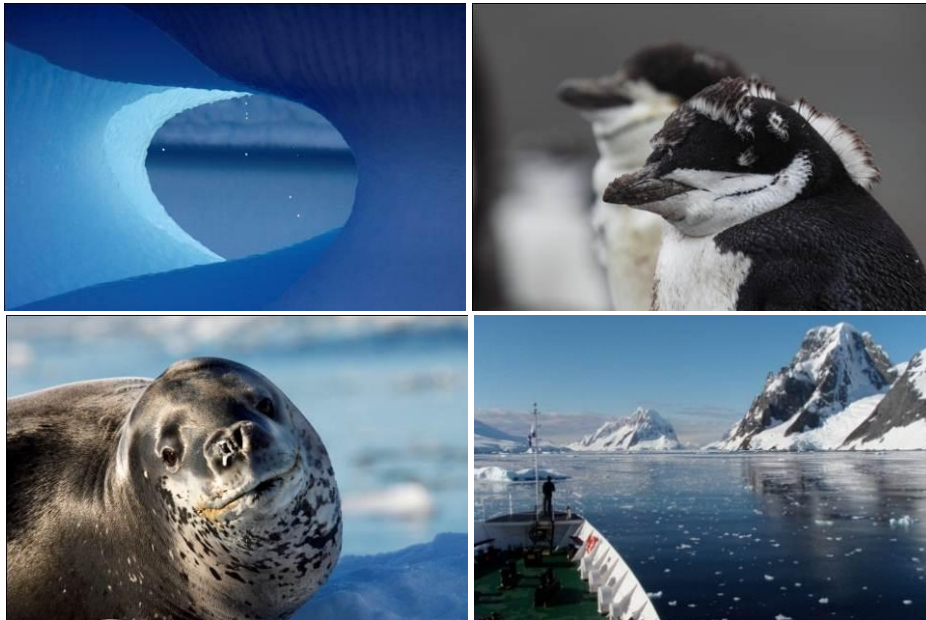
Many thanks for choosing the **USHUAIA**. We are sure it will be an unforgettable and truly rewarding expedition cruise.

Please find enclosed some useful travel information for your forthcoming Antarpplly Expeditions voyage.
With best wishes,

ANTARPLY EXPEDITIONS

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Photos: Pablo Petracci – Antarply Expeditions

KNOW BEFORE YOU GO

ARGENTINA

Important! We strongly recommend that you arrive in Ushuaia a day or two before embarkation to have some additional time in case of flight delays and lost luggage. There is plenty to see and to explore in the southernmost city of the world. Please note that embarkation is at 4 pm and the **USHUAIA** will sail at 6 pm and cannot wait for missing passengers or luggage.

Entry Requirements

- Most Passports must be valid 3 months beyond intended stay (6 months if you are joining us for our CLASSIC SOUTH GEORGIA voyage)
- No Visa Required for stay up to 3 months. See further information below.
- Vaccinations – International Certificate of Vaccination required for Yellow Fever if arriving from infected area within 5 days. [See further information on the following page.](#)

The requirements and information listed above are to help you in preparing for your expedition. Requirements are for most European and U.S. Citizens only. If you are not a European or U.S. Citizen other documents, in addition to a valid passport, may be required. Citizens of countries other than Europe and the United States should consult the appropriate consulate or their travel agents; a visa may be required for entry. It is the sole responsibility of the passenger to ensure all required documents are complete and current.

Visa requirements

Other citizens from different nationalities are asked for a visa to enter Argentina. Please see the official list at <http://www.migraciones.gov.ar/accesible/indexP.php?visas>.

The visa requirement for **Chinese citizens** has been waived for those holding a United States or Schengen visa. These citizens are allowed to enter Argentina after completing an 'Electronic Travel Authorization' form online. It is mandatory that the forms and payment are completed online in advance, in order to receive the above mentioned authorization before your arrival in Argentina. The lack of any form or proof of payment will generate denial for entry and consequent return to their departure city by the airline. For further information please refer to <http://echin.cancilleria.gov.ar/zh-hans/content/visas>

Since this information may be subject to change, we recommend **to all our passengers** to check <http://www.migraciones.gov.ar/> prior to your departure

Other requirements

Any Japanese national and any non-Japanese national residing in Japan who plans to visit the Antarctic Area (the area south of 60°S) is requested to submit a notification form to the Minister of the Environment. Please refer to <https://iaato.org/info-for-japanese-nationals> for further details.

Health and Vaccination Information

- **YELLOW FEVER VACCINATION** - None required unless you arrive from an infected area.
- **MALARIA** - Malaria exists in rural areas near Bolivian Border, Salta and Jujuy Provinces.
- **CHOLERA** - Cholera is reported in certain areas of the country.

This information is provided for your guidance only; certain exceptions may apply. Please contact your personal physician for individual concerns. In addition to your physician, a good source of health information for travelers is the U.S. Center for Disease Control (CDC) in Atlanta; you can find them online at www.cdc.gov. The CDC also operates a “Travelers Hotline” at the following number: 1-877-394-8747.

Insurance

Insurance Antarply Expeditions requests their passengers to purchase a comprehensive travel insurance including trip cancellation and mandatory medical evacuation and repatriation coverage with a minimum of US\$100,000 (However for the 2018-19 season we will still accept minimum of US\$50,000).

Climate

Our expedition to Antarctica takes place during the Austral summer. Generally, temperatures in the Antarctic Peninsula are between 20°F and 40°F (approximately –5 C to + 5C). Although it can be quite sunny, expect rain, snow, fog and a high wind-chill factor.

N.B. Information listed was current at the time of printing and is subject to change.

PHOTOGRAPHIC HINTS



Photo: Eric Giuliani

You will have the opportunity to take some marvellous photographs including stunning scenery and the incredible abundance of wildlife.

Here are a few points for photography worth bearing in mind:

- Check that your camera is working well before you leave home!
- Bring some extra memory cards if you have a digital camera. If you're using film, take as many pictures as you can... and keep in mind that you go through a lot of film in Antarctica!
- It is good to have two cameras, spare batteries and lenses from 28mm to 200mm telephoto, or if you have up to 500mm for close ups. Be aware that some batteries may not have a good performance in cold weather.
- Favorite lenses are: 20-35 mm, 35-70mm, and 80-200mm. It is not recommended to change your lenses outdoors, or you may get moisture or condensation inside the camera.
- We do not recommend using a polarizer. It takes the sparkle away from the ice and snow, which brings the ice alive. Also, the skies get too dark, almost black.
- Telephoto is great here to capture the distant animals. Respect their homes and get close via zoom. Don't forget the wide-angle lens to capture the real expanse and vastness that is found nowhere else.
- Many digital compact cameras now have a snow scene mode. Set the camera to this if it has one.
- If it is available on your digital camera, it is recommended to shoot in RAW to be able to do some editing afterwards.
- If you are very serious about getting excellent shots, a tripod gives you more potential but it certainly is not mandatory.

- Be aware that Antarctic conditions can be very harsh on camera equipment. Please aim to carry plenty of protection for your camera against salt spray, snow or rain. Please bring a sealable 'Pelican Case', a waterproof day pack or 'dry bags', but do not bring lightweight plastic or rubbish bags because its too easy for such bags to blow away in contravention of our obligation under the Antarctic Treaty.
- Weatherproof protectors and containers are recommended for your gear and also your memory cards storage.
- Also keep with you a soft lens tissue or microfiber cloth to clean your lens if necessary.
- Digital cameras allow photographers to capture images on flashcards instantaneously. We have a computer for our passengers use. Nevertheless, we recommend that you bring your own laptop and enough chips or cards as a backup just in case you cannot download your pictures on board due to any technical incompatibility, or merely due to lack of time to download them between landings.
- Unfortunately drones or UAVs are not welcome on board the **USHUAIA** as we are not allowed to operate these according to the IAATO guidelines.

Most importantly: Forget the camera from time to time and just enjoy the spectacular scenery and wildlife!



Photo: Pablo Petracchi

PACKING LIST: ANTARCTICA

To help you prepare for your expedition, we have prepared a list of recommended items to pack. Please keep in mind this list is simply a guideline, which you may choose to modify to fit your individual comfort needs. <http://www.shiptoshoretraveler.com/antarply> is an excellent website for the appropriate outfit.

Please also see "[How to dress in Antarctica](#)" ([Powerpoint slideshow](#)) prepared by one of our Expedition Leaders, Agustín Ullman, which shows you the best way to keep warm!

EXPEDITION CLOTHING (Comfortable, Durable & Loose)

Waterproof Gear:

- Rain jacket
- Waterproof trousers
- Rubber boots

Pull-on, unlined, knee-high boots are required for wet landings. Boots must be 14"-16" high with strong, rubber-ridge, non-skid soles. These specifications are very important. You may be stepping into water up to 10" deep on wet landings. Moon or leather boots are NOT appropriate.

A supply of rubber boots or Wellingtons, are available on board the **USHUAIA** and includes a wide variety of sizes. It is recommended that you bring your own only if you require a special size. Please note that the boots on board have been used by previous passengers.

Outerwear:

- Parka (Water-repellent hooded parka)
- Waterproof gloves or mittens
- Hat, scarf, or other face protection
- Jacket or sweaters

It is best to bring at least one lightweight and one heavy jacket or sweater. Sweatshirts, turtlenecks, and fleece pullovers are also good Insulators. Layering with wool, silk or synthetics fabrics, rather than cotton, is recommended.

Other Clothing:

- Woollen socks
- Warm pants
- Thermal or long underwear
- Light-weight shirts and T-shirts

Clothing on board:

Comfortable and casual clothing, in the expedition spirit, is recommended for the vessel. Appropriate footwear includes at least one pair of deck-type, rubber-soled shoes.

Other Gear:

- Sunscreen and lip protection (Minimum SPF 15)
- Sunglasses
- Binoculars
- Plastic bags (Plastic zip-lock bags will protect your camera and binoculars from wave splash and spray while in Zodiacs)
- Backpack

EXPEDITION CLOTHING & GEAR FOR RENT IN USHUAIA

Antarpply Expeditions recommends [Ship to Shore](http://www.shiptoshoretraveler.com/antarpply) - <http://www.shiptoshoretraveler.com/antarpply> for all of your expedition gear needs.

There are also available items for rent in Ushuaia:

- Water-resistant parka
- Rainpants (with insulation)
- Backpacks

We strongly suggest that you contact the shop by phone or e-mail to be sure your size is available and to reserve your item.

Antarctic Equipment

Drake Hostel

Gobernador Paz 865, 9410 Ushuaia, Tierra del Fuego, Argentina

Open daily from: 9:00 a.m. to 09:00 p.m. (October to April)

Phone/Fax: +54 (2901) 436005

E-mail: antarctic_equipment@hotmail.com

www.antarcticequipment.com.ar

Jumping Rental Ski Ushuaia

Phone/Fax: +54 (2901) 436709

E-mail: info@jumpingushuaia.com.ar

Ushuaia Outdoors

Phone/Fax: +54 2901 424498

Emergencies: +54 9 (2901) 60 7267

E-mail: info@ushuaiaoutdoors.com.ar

READING GUIDE ANTARCTICA

Here is a brief selection of favorite, new and hard-to-find books, prepared for your journey. We have included Amazon US links to purchase them from, but of course they will also be available in good Independent bookshops.

ESSENTIAL

Alfred Lansing

Endurance, Shackleton's Incredible Voyage

History | 2015 | PAPER | 416 pages | Favorite

Lansing's gripping day-by-day story of Shackleton's legendary perseverance is essential reading for any Antarctic traveler. This 100th anniversary edition is outfitted with maps, an expanded selection of Frank Hurley's photographs and an introduction by Nathaniel Philbrick.

[Amazon US](#)

Wayne Lynch

Penguins of the World

Natural History | 2007 | PAPER | 176 pages | Favorite

Lynch weaves delightful tales of penguins, their habitats and habits, with hundreds of glorious full-color photographs.

[Amazon US](#)

Ron Naveen

The Oceanites Site Guide to the Antarctic Peninsula

Guidebook | 2005 | FLEXI-BOUND | 129 pages | Hard to Find

This guide, which supports the Antarctic Site Inventory Project, covers 40 prime visitor sites in detail. It also includes some of the best photography we've seen. Second edition.

[Amazon US](#)

Tony Soper

Antarctica, A Guide to the Wildlife

Field Guide | 2013 | PAPER | 160 pages

Designed for the field, this compact handbook features all the species of birds, seals and whales the traveler is likely to encounter on an Antarctic voyage.

[Amazon US](#)

Ocean Explorer

Antarctic Explorer Map

Reference | 2009 | MAP | 1 page

A full-color map of the Antarctic Peninsula, including Tierra del Fuego, the Falklands and South Georgia, at a scale of 1:2,750,000. With a map of the Antarctic continent on the reverse.

[Amazon US](#)

ALSO RECOMMENDED

British Antarctic Survey – Adrian Fox

Antarctic Peninsula: A Visitor's Guide Guidebook

Guidebook | 2013 | HARD COVER | 128 pages

The essential companion for anyone visiting this special place. It describes and explains the geographical setting, climate and weather, geology, glaciology, and much more, and includes the location of research stations and historic

sites. It is illustrated with striking color photographs and detailed maps throughout, and is perfect for adventure tourists and visiting scientists alike.

[Amazon US](#)

British Antarctic Survey

Antarctica and the Arctic Map

Reference | 2015 | MAP | 1 page

Antarctica and the Arctic presented together at 1:10,000,000, each as one side of a double-sided map from the British Antarctic Survey and shown within the circle of 60° of latitude.

[Amazon US](#)

British Antarctic Survey

South Georgia and The Shackleton Crossing Reference

| 2017 | MAP | 1 page

This double-sided map features South Georgia on one side and The Shackleton Crossing route on the reverse. It includes the locations of abandoned whaling stations and background notes about South Georgia and its history, and a brief encounter of Shackleton's crossing. The map is printed on water-resistant paper and the folded version comes in a card cover.

[Amazon US](#)

Lonely Planet

Lonely Planet Antarctica

Guidebook | 2012 | PAPER | 380 pages

Alexis Averbeck, author of the new edition of this compact and surprisingly handy guide, expands coverage of Ushuaia, the Falklands and South Georgia. With a wildlife guide and contributions from 26 Antarctic experts on the history, geology, wildlife and future of Antarctica.

[Amazon US](#)

Jason C. Anthony

Hoosh: Roast Penguin, Scurvy Day, and Other Stories of Antarctic Cuisine

Food | 2012 | PAPER | 286 pages

Antarctic traveler Jason Anthony tells the story of the continent's exploration through the celebrated 'hoosh' of early days and other polar fare.

[Amazon US](#)

Camille Seaman

Melting Away, Images of the Arctic and Antarctic

Cultural Portrait | 2014 | HARD COVER | 160 pages

In her masterful series of 75 portraits and essays, Camille Seaman shows how climate change has wreaked havoc on both the North and South Poles.

[Amazon US](#)

David Tipling

Penguins In The Wild

Cultural Portrait | 2013 | HARD COVER | 160 pages

Renowned photographer David Tipling's celebration of the playful and sympathetic arctic bird features profiles of the world's 17 penguin species (you might recognize the King, Emperor and Rockhopper) plus 139 striking full-color photographs.

[Amazon US](#)

George Lowe

The Crossing of Antarctica

Cultural Portrait | 2014 | HARD COVER | 240 pages

This collection of previously unpublished photographs captures everyday moments, sprawling landscapes and candid portraits from 1957 Commonwealth Trans-Antarctic Expedition, as well as the reflections of explorers and polar experts.

[Amazon US](#)

Chris Turney

1912, The Year the World Discovered Antarctica

Exploration | 2013 | PAPER | 358 pages

Turney looks at the great leap forward in Antarctic science that was made 100 years ago with the expeditions of not just Scott and Amundsen but also those of Mawson, Filchner and Shirase. A brisk and engaging history of science and exploration in the Antarctic. An Australian scientist himself, Turney sees Mawson as the scientific hero of the age.

[Amazon US](#)

Arnold Zageris

Antarctica

Art & Architecture | 2016 | HARD COVER | 334 pages

Large-format photographer Arnold Zageris presents the splendors of Antarctica in a gorgeous coffee table book. He shows Antarctica as a land of superlatives, home to the most delicate ice crystals, most relentless storms and the tallest ice peaks on Earth.

[Amazon US](#)

Tim Jarvis

Chasing Shackleton

Exploration | 2014 | HARD COVER | 272 pages

In this unique memoir of adventure and discovery, based on the PBS documentary, veteran polar explorer Tim Jarvis retraces for the first time the epic 1914 expedition of Sir Ernest Shackleton in his inspiring attempt to cross the Antarctic continent.

[Amazon US](#)

Frank Hurley (Photographer), Ernest Shackleton

South, The Illustrated Story of Shackleton's Last Expedition 1914-1917

Exploration | 2016 | HARD COVER | 384 pages

A special edition of the adventure survival classic, this work pairs Shackleton's original chronicle (ANT61) with photos by expedition photographer Frank Hurley.

[Amazon US](#)

Sophie Gordon, David Hempleman-Adams, Emma Stuart

The Heart of the Great Alone: Scott, Shackleton and Antarctic Photography

Exploration | 2009 | HARD COVER | 240 pages

Here in one handsome book are hundreds of haunting photographs by Herbert George Ponting and Frank Hurley, drawn from the albums they created during the two most famous Antarctic explorations. The stunning images are accompanied by lively essays, maps, paintings and other ephemera from the Royal Collection.

[Amazon US](#)

Roland Huntford

The Last Place on Earth, Scott and Amundsen's Race to the South Pole

Exploration | 1999 | PAPER | 576 pages | Favorite

Igniting huge controversy when it first appeared, Huntford's rousing dual biography contrasts Amundsen's well-planned campaign to achieve the Pole with Scott's ill-fated quest.

[Amazon US](#)

Apsley Cherry-Garrard

The Worst Journey in the World

Exploration | 2017 | PAPER | 573 pages | Favorite

Cherry-Garrard's epic midwinter jaunt to an emperor penguin rookery is just a warm-up for the main event: Scott's doomed last expedition.

[Amazon US](#)

Cathy De Moll

Think South, How We Got Six Men and Forty Dogs Across Antarctica

Exploration | 2015 | HARD COVER | 282 pages

DeMoll goes behind the scenes of the 1990 International Trans-Antarctica Expedition, one of the most inspiring expeditions to "the seventh continent" that revealed its fragility to millions worldwide.

[Amazon US](#)

Felicity Aston

Alone in Antarctica, The First Woman to Ski Solo Across the Southern Ice

Biography/Memoir | 2015 | PAPER | 320 pages

In this inspirational memoir, Felicity Aston describes her pioneering journey -- skiing across the whole of Antarctica - - while meditating on human vulnerability, struggle and the experience of solitude in the Information Age.

[Amazon US](#)

Peter Matthiessen

End of the Earth, Voyaging to Antarctica

Travel Narrative | 2004 | PAPER | 242 pages

In this fine book, the result of two voyages, Matthiessen captures the magic of polar landscapes and wildlife, along with the camaraderie of a ship-based polar expedition.

[Amazon US](#)

James McClintock

Lost Antarctica, Adventures in a Disappearing Land

Travel Narrative | 2014 | PAPER | 256 pages

A marine biologist who first traveled to the Kerguelen 30 years ago, James McClintock offers an intimate tour of the continent and his many voyages south, covering his field seasons at Palmer and McMurdo, his work on marine invertebrates and looming environmental challenges with equal, feet-on-the-ground aplomb. McClintock leads an annual expedition cruise to the Antarctic on climate change (some of you may have traveled with him).

[Amazon US](#)

Carol Devine, Wendy Trusler

The Antarctic Book of Cooking and Cleaning

Travel Narrative | 2015 | HARD COVER | 272 pages

An insightful miscellany from a 55-person environmental cleanup expedition in Bellingshausen, Antarctica, led by two intrepid women. The authors' travelogue is supplemented by 42 recipes, anecdotes, journal entries, vignettes and captivating photography.

[Amazon US](#)

Stephen R. Bown

The Last Viking, The Life of Roald Amundsen

Biography/Memoir | 2013 | PAPER | 356 pages

Bown plumbs newspaper archives, Amundsen's own words and contemporary accounts for this tale of the unusual and hugely accomplished explorer, first to the South Pole, first across both the Northeast and Northwest passages and a pioneer of polar aviation.

[Amazon US](#)

Rebecca Hunt

Everland

Literature | 2015 | PAPER | 320 pages

This atmospheric novel charts two expeditions to a fictional Antarctic island called Everland. The first, set in 1913, is a doomed voyage that captures the age of Scott and Shackleton and the second, in 2012, may be fated to repeat the same mistakes.

[Amazon US](#)

Sebastian Copeland

Antarctica, A Call to Action

Natural History | 2008 | HARD COVER | 96 pages | Favorite

Copeland's collection of striking photographs includes a three-page list of sensible suggestions to protect the planet.

[Amazon US](#)

Peter Clarkson (Introduction), Julian Dowdeswell (Foreword), Alex Bernasconi (Photographer)

Blue Ice

Natural History | 2016 | HARD COVER | 204 pages

Award-winning nature photographer Alex Bernasconi explores the harsh climates and extreme conditions of the Antarctic through awe-inspiring panoramas, giving due attention to the diversity and resiliency of the native species.

[Amazon US](#)

Gavin Francis

Empire Antarctica: Ice, Silence and Emperor Penguins

Natural History | 2014 | PAPER | 304 pages

Gavin Francis recounts his time as base doctor at Halley Research Station, the British Antarctic Survey base on the Caird Coast in the Weddell Sea.

[Amazon US](#)

Fen Montaigne

Fraser's Penguins

Natural History | 2012 | PAPER | 320 pages

Montaigne turns a summer working with penguin biologist Bill Fraser at Palmer Station into a captivating tale of hard work, camaraderie and penguins, deftly capturing the allure and grandeur of the Antarctic Peninsula.

[Amazon US](#)

David Neilson (Photographer)

Southern Light, Images from Antarctica

Natural History | 2013 | HARD COVER | 306 pages

Neilson has turned his six journeys to the ice (sometimes lugging a 30-pound large format camera), into a coffee-table tribute to the continent and its wildlife. Includes 130 color and 100 rich black-and-white oversized photographs.

[Amazon US](#)

David Campbell

The Crystal Desert

Natural History | 2002 | PAPER | 308 pages

A biologist with the heart of a poet, Campbell focuses on the fossils, glaciers and wildlife of the Antarctic Peninsula in these vivid essays.

[Amazon US](#)

Diego Punta Fernandez

A Voyage to Antarctica, Wildlife of the Antarctic Peninsula

Field Guide | 2013 | PLASTIC CARD

A high quality, laminated fold-out card featuring the wildlife of the Antarctic Peninsula as well as the Drake Passage, Cape Horn and Beagle Channel.

[Amazon US](#)

James Lowen

Antarctic Wildlife

Field Guide | 2011 | FLEXI-BOUND | 240 pages

Produced by a shipboard naturalist, this handy identification guide focuses on the Beagle Channel, Drake and Peninsula regions.

[Amazon US](#)



Photo: Antarpply Expeditions

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