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What you need 5.4.doc

Preparing for Your Antarctica trip

Preparing for such a unique trip is something you shouldn't take lightly. Critical clothing I have listed below with vendors

Waterproof, Insulated Boots



Insulated Pull-Ons and Wellingtons

Our 16" Rubber Wellington features a side buckle near the collar so you can snug it tightly around the calf to seal out debris, rain or snow. The 6" Pull-on has form-fitting elastic panels for easy on/off and a perfect fit. The 4mm felt foot-beds provide cushioned walking comfort, added arch support and effective moisture management. Both boots are 100% waterproof and lined with 200-gram Thinsulate™ insulation. Ankle fit design provides unparalleled comfort in a rubber boot.

http://www.cabelas.com/cabelas/en/templates/pod/vertical-pod3.jhtml?id=0006353&navAction=jump&navCount=0&indexId=&parentId=&parentType=&rid=&_DARGS=%2Fcabelas%2Fen%2Fcommon%2Fcatalog%2Fpod-link.jhtml.1_A&_DAV=search

Neoprene Gloves



<http://duluthtrading.com/a/shop/dproduct.asp?UID=2003121216050638&GEN0=&GEN1=&T1=5600+SM&c=&s=>



1-pr. Stearns Wrist-length Neoprene Gloves

Item No. 5600 Price: \$18.75

Call at 1-800-332-6744 (Outside the U.S call 608-662-3301)

<http://gemplers.com/a/shop/product.asp?UID=2003121216252242&GEN2=&GEN3=&GEN9=0&T1=5600+SM>

Finger Free Gloves or Mittens

Also called “Fingerless glove with mitten cap” or “*Thinsulate™ Insulation*” or Converta-Mitts

These gloves are important on your landings to keep you hands warm and so that you can take pictures, change film, etc.



Four Layer Glomitt

Dark Ash





<http://mileskimball.com>

<http://ems.com>

<http://llbean.com> Windbloc® Converta-Mitts \$36

<http://www.glaciertglove.com>

<http://www.gatesusa.com/products/outdoor/knit.html> Knit Series, *Thinsulate™ Insulation*

<http://www.gear-zone.co.uk/eshop/Handwear.html>

<http://www.fingersandtoes.com> Four Layer Glomitt

<http://www.yuccadune.com/>

Miscellaneous Head and Face gear

“Trapper” Hats Warm hat with earflap’s for when you have cold & windy landings



Gaiters & Ear Bands

 <p>Soft 100% nylon knit with a windproof, water-repellent membrane inside and warm micro fleece lining against your skin. Specially shaped to fully cover ears without hindering vision</p> <p>“Force Nine” Ear Band Item 55877 \$9.99</p> <p>Duluth Trading Company 800-505-8888</p> <p>http://www.duluthtrading.com</p>	 <p>Gaiters are essential to protect your face from whipping wind and snow</p> <p>“Force Nine” Gaiter Item 55878 \$14.99</p> <p>Duluth Trading Company 800-505-8888</p> <p>http://www.duluthtrading.com</p>
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Earmitts / Earmuffs

Charcoal



<http://www.fingersandtoes.com>
<http://lbean.com>

Gore-Tex Pants

This is another critical part for planning and preparing your Antarctica trip. I strongly suggest buying 1-2 sizes larger since you will be wearing jeans or pants underneath the Gore-Tex.

Even more important be sure to get suspenders!!!! You don't want to have to keep fixing and adjusting your waist strap since it will be oversized so the fit won't be perfect.

Me personally I had to keep holding up my other pair of Gore-Tex without the suspenders!!!!

An elastic waist with drawcord is not enough for this type of trip. Be sure to get elastic suspenders !!!!



Premium II GORE-TEX Pants

The Premium II GORE-TEX® Parka features four Velcro®-closed flapped, bellowed cargo pockets and two handwarmer pockets. Four interior pockets - three with mesh Velcro® closures and one zippered security pocket - keep valuables secure and dry. Elasticized drawcords at the hem and waist provide a weather-sealing fit. 100% waterproof, yet breathable GORE-TEX® laminated to a Supplex® nylon outer shell provides waterproof protection.

The Premium II GORE-TEX® Pants feature snap front and zipper fly, two zippered front pockets and suspender buttons. A knee-length side zipper covered with Velcro®-closed storm flap make them easy to pull on/off over boots.

<http://www.cabelas.com/cabelas/en/templates/pod/standard-pod-wrapped.jhtml?id=0007478&navAction=jump&navCount=0&indexId=&parentId=&parentType=&rid=& DARGS=%2Fcabelas%2Fen%2Fcommon%2Fcatalog%2Fpod-link.jhtml.1 A& DAV=search>



Color (27)

Lightweight, 2-ply Gore-Tex® XCR™ is seam sealed and guaranteed waterproof and breathable in extreme wet conditions-plus it's reinforced with Ambush fabric in all high wear areas. Nylon taffeta shells. Features internal gaiters, elastic suspenders, elasticized front and back waistbands and full-length side zips for easy on/off and instant ventilation. Articulated knees, Cordura® edge guards. 1lb. 5oz. '03 model. Closeouts. Bangladesh. Size: S(28-31) M(32-35) L(36-39) XL(40-43)

#47101

Price \$179.95

Reg. \$279.00

http://www.sierratradingpost.com/product.asp?base_no=47101&mscssid=DF5BED652D774792ACE55F6CBB478DEC

Outerwear

Mountain Red



**Be sure its waterproof, Insulated (Thinsulate,etc),
temperature rating to about -20 F**

<http://llbean.com>

TA38900 is the item I ordered and wore in Antarctica

Polarized Wrap Around Ultraviolet (UV) Sunglasses

When and if it should happen in your Antarctica journey the brightness and reflectivity of the sun is unlike any other experience. So if the clouds should open up you want to be prepared and be able to see clearly.

Julbo: <http://www.julboinc.com/>

Bolle: http://www.bolle.com/default_flash.html

Opticus of Boulder, Colorado USA is where I purchased my Julbo Nomad.
800 870 5557

If you don't have a prescription, you could go with a severe wrap frame (Julbo Nomad).
If you need Rx lenses, you'll have to stay with something a little flatter (Julbo Micropore).

<http://www.opticus.com/antarctic>

Both shown below are from Herrington:

Herrington
3 Symmes Drive
Londonderry, NH 03053

- Phone: 800-622-5221
Herrington
Order Department
3 Symmes Drive
Londonderry, NH 03053



Zoom

<http://store.yahoo.com/herrington-catalog/fs308.html>

Offshore (wraparound) FS308
\$159.95



Zoom

<http://store.yahoo.com/herrington-catalog/fs905.html>

Fitover Sport
Lenses FS134
\$39.95



Julbo S-cape Glacier Glasses

Originally: \$125.00 You Save: 44%



Julbo Nomad photochromic mountain sunglasses (ENSA)

Julbo Nomad sunglasses Spectron x 6 (ENSA)

**Nomad Altispectron 6
SailGB Price \$73.17**

Travel Converters and Adapters

CONTACT YOUR TOUR COMPANY, ETC. FOR SPECIFICS ABOUT WHAT YOU WILL NEED TO USE YOUR ELECTRICAL DEVICES ON THE SHIP.



This is what an Adapter looks like

This enters the outlet, then you put the CONVERTER into the holes and finally the object you want to charge.



This is what an Converter looks like

This enters the CONVERTER into the holes and finally the object you want to charge goes in

<http://www.stayonline.com/kits/index.asp>

<http://www.spectravox.com/home-converters.html>

http://www.magellans.com/store/Electrical?Args=&page_number=1

Other Vendors

Other accessories that you might need you can purchase from these vendors.

I strongly suggest buying a few months before your trip to prevent backorders, fitting problems, etc.

<http://directory.google.com/Top/Shopping/Recreation/Outdoors/?tc=1>

Website	Vendor	Phone	Item(s)
http://www.magellans.com	Magellan's	800-962-4943	Power converters, wide assortment of travel supplies
http://www.campmor.com/	Campmor (New Jersey, USA)	888-226-7667	Wide assortment
http://www.cabelas.com/	Cabela's	800-237-4444	Gore-Tex pants, 16" Rubber Wellington Boots
http://www.rei.com	REI	800-426-4840	Clothing
http://www.llbean.com/	LL Bean	800-441-5713	Jackets
http://www.ems.com/	Eastern Mountain Sports	888-463-6367	Clothing
http://www.sierratradingpost.com	Sierra Trading Post	800-713-4534	Gore-Tex pants
http://duluthtrading.com	Duluth Trading	800 505 8888	Neoprene gloves
http://gemplers.com/	Gemplers	800-332-6744	Neoprene gloves
http://www.opticus.com/climbingframes.htm	Opticus	800-870-5557	Eyewear – Glacier glasses
http://wintersilks.com	WinterSilks	800-648-7455	Silk undergarments

Other

<http://www.pitt.edu/~kconover/ftp/Clothing%20Materials.pdf>

<http://www.gear-zone.co.uk/index.html>

<http://www.gear-zone.co.uk/eshop/Handwear.html>

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