



MARATHON TOURS & TRAVEL

Recommended Gear List

Expected temperatures:

Buenos Aires: 70-90F / 20-32C

Ushuaia: 45-60F / 7-16CF

Antarctica: 0-35F / -18-2C

We recommend the following based on the expected temperatures as noted above (*modify based on your personal preference*):

- In **Buenos Aires**, in addition to your regular comfort wear don't forget something a little nicer for our Welcome Reception and Dinner (you can also use for our farewell dinner on the ship).
- In **Ushuaia**, a warmer jacket and you should always have a waterproof jacket handy.
- On the **ship**, in addition to casual clothing:
 - Farewell dinner attire mentioned above
 - Swimsuit
 - Binoculars if interested, some are available when you are on the bridge
 - Converter for European electric outlets
- For **zodiac excursions, kayaking and landings**:
 - Three (3) layers for warmth:
 - wicking base layer
 - insulating fleece layer
 - insulating waterproof outer layer
 - Feet
 - A [moisture wicking sock liner](#) and a heavy wool outer sock
 - *Boots will be provided*
 - Legs
 - Thermal layer
 - Medium weight pants
 - Waterproof outer pants (i.e. ski pants)

- Torso
 - Long-sleeved wicking tech shirt base layer
 - Medium weight fleece ¼ to full zip tech shirt or puffy down jacket insulating layer
 - Waterproof jacket w/ hood if possible (i.e. ski jacket)
- Hands
 - [Glove liners](#)
 - Outer gloves or mittens (big enough to accommodate liners)
 - Neoprene glove for kayakers if you have them
- Neck and Head
 - Neck buff
 - Balaclava or facemask
 - Thermal hat
 - Sunscreen
- Eyewear
 - Sunglasses
 - Ski goggles (especially if you wear contacts)
- Other gear
 - [Dry bag](#), for camera