

# **POLAR ADVENTURES**

Schiffs- und Flug- Expeditionen  
in Arktis und Antarktis



## **Antarktis Flug-Expeditionen BERGSTEIGEN / MOUNT VINSON SKITOUREN**

**ex Punta Arenas / Chile  
via Basecamp UNION GLACIAR**

**POLARADVENTURES** Schiffs- und Flug-Expeditionen in Arktis und Antarktis  
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## **Saison 2024-25**

**Veranstalter Direkt-Angebote**

**ab-bis Punta Arenas (Chile)  
für individuelle Planungen**

**alle Abfahrten der Saison inkl.  
englischsprachiger Termine**



# ANTARCTIC LOGISTICS & EXPEDITIONS EXPERIENCES



November 2024 to January 2025

Prices are subject to change, particularly as fuel prices fluctuate. Please see pricing note below.

Experience and Dates Offered	Code	Number of Days	Price (USD)
<b>Mount Vinson</b>		<b>12 or 13 days</b>	<b>\$54,600</b>
November 26 – December 7, 2024	VINS1		
December 7 – December 18, 2024	VINS2		
December 18 – December 30, 2024	VINS3		
December 30, 2024 – January 10, 2025	VINS4		
January 10 – January 21, 2025	VINS5		
<b>South Pole Flight</b>		<b>6 days</b>	<b>\$62,895</b>
December 30, 2024 – January 4, 2025	SPF1		
<b>South Pole Overnight at Three Glaciers Retreat</b>		<b>7 days</b>	<b>\$82,950</b>
January 4 – January 10, 2025	SPFO2		
<b>South Pole Overnight</b>		<b>7 days</b>	<b>\$68,250</b>
January 10 – January 16, 2025	SPFO3		
<b>Emperor Penguins</b>		<b>9 days</b>	<b>\$60,900</b>
November 10 – November 18, 2024	EMPS1		
November 18 – November 26, 2024	EMPS2		
November 26 – December 4, 2024	EMPS3		
<b>Emperors &amp; Explorers</b>		<b>9 days</b>	<b>\$92,500</b>
December 4 – December 12, 2024	EMPX4		
<b>Ski Last Degree</b>		<b>12 or 13 days</b>	<b>\$78,750</b>
December 7 – December 18, 2024	LDG1		
December 18 – December 30, 2024	LDG2		
January 4 – January 16, 2025	LDG3		
<b>Antarctic Odyssey</b>		<b>5 days</b>	<b>\$31,495</b>
December 14 – December 18, 2024	AOD1		
Custom dates available upon inquiry			

Experience and Dates Offered	Code	Number of Days	Price (USD)
<b>Climb Antarctica</b>		<b>13 days</b>	<b>\$37,800</b>
January 4 – January 16, 2025 Pricing reflects a minimum of 2 guests to 1 guide, please inquire further for 1:1 pricing	CLIMB1		
<b>Ski Antarctica</b>		<b>13 days</b>	<b>\$37,800</b>
January 4 – January 16, 2025 Pricing reflects a minimum of 2 guests to 1 guide, please inquire further for 1:1 pricing	SKI1		
<b>Mount Sidley</b>		<b>12 days</b>	<b>\$72,975</b>
January 10 – January 21, 2025	SIDLEY1		
<b>Ski South Pole-Hercules</b>		<b>60 days</b>	<b>\$89,250</b>
November 18, 2023 – January 16, 2025	SKSP-HI		
<b>Ski South Pole-Messner</b>		<b>54 days</b>	<b>\$86,100</b>
November 18, 2023 – January 10, 2025	SKSP-ME		
<b>Ski South Pole-Axel Heiberg</b>		<b>48 days</b>	
November 18, 2023 – January 4, 2025 Special requirements, inquire about pricing	SKSP-AH		
<b>Skydive Antarctica</b>		<b>6 days</b>	<b>\$34,650</b>
Dates - To be announced	SKYD		
<b>Three Glaciers Retreat</b>		<b>Custom</b>	
Custom itineraries and pricing available upon inquiry	3GR		

**Custom Experiences:** Our scheduled itineraries are just a starting point. You can combine trips, add-on scenic flights, or tailor activities to match your interests. Please contact us to discuss the options.

**Pricing Note:** Prices shown are based on fuel costs as of January 1, 2024. We reserve the right to add a fuel surcharge in the event of significant increases in the price of aviation kerosene. Given the current volatility of fuel prices, please anticipate this possibility.

**Deposits:** A deposit of \$5000 (USD) per person is required to reserve space on any experience. Deposits are refundable up to 90 days prior to departure, less a \$1000 (USD) per person processing fee.\*

**Cancellation:** We strongly advise you to acquire cancellation insurance for your experience. Please refer to our terms & conditions \* for our full cancellation policy.

\* Different Terms & Conditions apply to group bookings, based on the chosen experience and size of group.



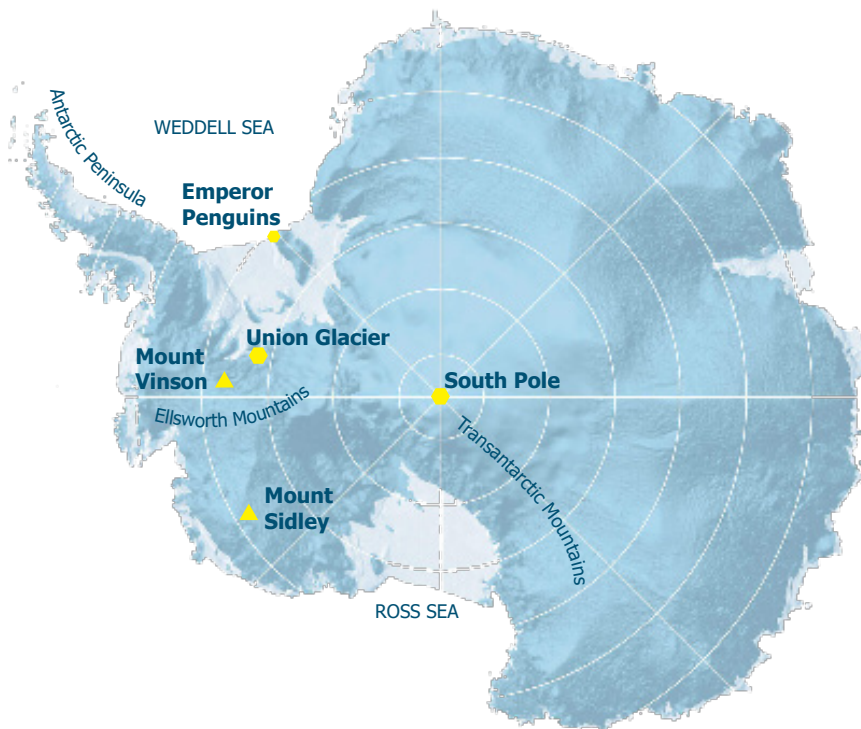
# SKI ANTARCTICA

## A BACKCOUNTRY SKIER'S PLAYGROUND

**Carve** first tracks on pristine slopes with unparalleled views in all directions. Explore some of Antarctica's most spectacular ski terrain deep in the Heritage Range of the Ellsworth Mountains. Tour scenic canyons and wide-open valleys. Link turns in boot-top powder.

Whether you want to travel through the incredible Connell Canyon or enjoy a quick morning trip up the west face of Mount Rossman, the Heritage Range has the breadth and depth of terrain to suit any skier's level of experience.

Each journey is unique, tailored to your interests, ambition, and level of experience. Set off with all of your supplies for a multi-day trip or day tour from the comfort of Union Glacier Camp. Let the slopes speak to you!



## ITINERARY



### Arrival Day

Punta Arenas, Chile



### Pre-departure Days

Gear Check. Flight Check-in and Baggage Drop-off  
Welcome and Safety Briefing



### Day 1

Fly to Antarctica



### Day 2-4

Expedition Preparations



### Day 5-11

Ski Safari




### Day 12

Return to Chile



### Flexible Departure Day

Fly Home

 All itineraries are subject to change based on weather and flight conditions.





## ARRIVAL IN PUNTA ARENAS

### Punta Arenas Office Address

Calle Bernardo O'Higgins 568

We ask you to arrive in Punta Arenas, Chile, at least **three nights prior** to your scheduled Antarctic flight in order to fully prepare you for your upcoming experience. This also allows a buffer for flight and baggage delays, should your travels to Chile not go as scheduled. We do not hold Antarctic flights for delayed passengers or baggage.

A few days before you depart from home, you will receive a digital Welcome Pack by email from your Punta Arenas Guest Liaison. This will cover important pre-departure information, including an Antarctic safety and environmental briefing and an itinerary for your time in Punta Arenas.

Santiago Airport (SCL) is the main international gateway to Chile. International flights arrive at Terminal 2, where you will complete a health check, customs and immigration procedures. Collect your checked baggage, then walk to Terminal 1, where you will re-check your bags for your domestic flight to Punta Arenas. **You must collect your checked baggage in Santiago.** If your baggage has not arrived, complete a lost baggage form before leaving the Santiago airport.

Upon arrival at Punta Arenas Airport (PUQ), our representative, holding an ALE sign, will be waiting for you at the exit of the baggage claim area and will transport you to your hotel. **Please notify your Punta Arenas Guest Liaison if you are delayed or your arrival time changes.**

### Gear Check

We will arrange a group gear briefing, to review the personal clothing and equipment you will need in Antarctica. Bring any items you would like us to check as well as any questions you may have. We will explain what to pack in your checked baggage vs. your carry-on bag and what items to leave behind in Punta Arenas.







## PRE-DEPARTURE DAY

### Flight Check-in

You will check-in for your Antarctic flight up to 24 hours before your scheduled departure to allow for changes in weather at Union Glacier. We will collect and weigh your checked baggage at this time. Please have your bags ready for pick-up by ALE, then make your way to the ALE office for your **scheduled check-in time**.

Keep the following requirements in mind as you prepare:

- All baggage must comply with international air transport regulations.
- For the safety of our staff, individual bags must not weigh more than 55 lb (25 kg).
- Bring your passport to check-in for the flight and receive your boarding pass.

### Checked Baggage

Checked baggage is loaded onto the aircraft the day before your Antarctic flight, so that we are ready to depart as soon as the weather is suitable. Keep in mind, you will not have access to your checked bags until they are delivered to your tent in Antarctica, even if the flight is delayed. Do not put anything in your checked baggage that you might need during a delay in Punta Arenas, on the flight, or for the first few hours in Antarctica.

**Your checked baggage allowance is 55 lb (25 kg).** Any checked baggage in excess of this amount will be charged at **\$35 USD per lb (\$77 USD per kg)**. You can pay in US cash or we can invoice you for the excess baggage. Carry-on baggage within the size limit, clothing worn aboard the aircraft, and sleeping bags rented from ALE, are not included in your checked baggage allowance.

### Carry-on Bags and Polar Clothing

Pack all of your essential personal belongings in your carry-on. We recommend a 30 liter bag without a rigid structure, as it provides flexibility during day trips at Union Glacier and on ski aircraft flights within Antarctica.

**Carry-on baggage is restricted to 18" x 16" x 10" (46cm x 41cm x 26cm).** Carry-on items that do not fit in the overhead bin, or under the seat in front of you, will be gate-checked and may result in additional fees.

When we depart Punta Arenas you will be wearing the boots and outer clothing needed for your arrival in Antarctica. It is simpler to wear these items than to carry them. You can remove these extra layers once you are on board the aircraft.

### Camera Equipment and Fragile Items

Camera packs and other fragile items that are larger than the carry-on size limit will be considered part of your checked baggage allowance and loaded in the cargo hold. Remember to keep a camera with you to take pictures during the flight and upon arrival in Antarctica.





## Left Luggage

You can leave luggage in Punta Arenas if there are items you do not need in Antarctica but we do not recommend leaving valuables. Bags can be left with ALE or at your hotel. We will provide Left Luggage Tags.

If you would like ALE to store your bags, please bring them with you on departure day. We will store them at our office and transport them to your hotel once your return flight is confirmed. Ask hotel reception for access to their luggage storage room to collect your bag.

Please note that ALE cannot pick up bags that are left at your hotel. ALE is not responsible for lost or stolen luggage.

## Departure Update

The evening before your Antarctic flight, we will update on you the current weather and potential departure time.







## DAY 1 FLY TO ANTARCTICA

We will call you at your hotel in the morning to advise you of current conditions in Antarctica. If the weather is suitable for our flight, we will pick you up at your hotel within the hour. Please meet us in the lobby with hotel bills paid, ready to board the bus.

At the Punta Arenas airport, we will go through normal Airport Security before boarding our comfortable jet for the 4¼ hour flight to Antarctica. Our route crosses the Drake Passage, then follows the west side of the Antarctic Peninsula and the spine of the Ellsworth Mountains. We land on a naturally occurring blue-ice runway on Union Glacier where you will take your first steps in Antarctica.

Climb aboard one of our specially-adapted vans for the 5 mi (8 km) shuttle to our main camp. Our friendly staff will provide a welcome tour of camp and show you to your tent.







DAY  
2-4

## EXPEDITION PREPARATIONS

Your skiing team will spend the first few days at Union Glacier brushing up on skills and getting acclimated to the Antarctic conditions. You'll practice avalanche rescue, rope work, crevasse rescue, navigation, weather observations, and polar camping skills. During this period, you will discuss your objectives with your guide and pack your equipment to ready for departure.

While based in Union Glacier Camp, you may also have time to join an excursion to one of the following destinations:

### Elephant's Head

Ride in one of our wheeled vehicles to this dramatic marble buttress overlooking the blue-ice runway. Geology lovers will be delighted to find this is a hotspot for ichnofossils. Our experienced guides can help you navigate by GPS to known trace fossils or accompany you on a mission to discover new ones. For photographers, beautiful ice pools and moraines offer endless opportunities to capture close-up frozen formations or wide angle glacial landscapes. Hikers can trek up to the base of Elephant's Head or all the way to the top of Rhodes Bluff for panoramic views of Union Glacier and the Heritage Range.



## Buchanan Hills

Board our one-of-a-kind Tucker Bus, a custom designed tracked vehicle, for the scenic drive to the remote Buchanan Hills. You'll arrive at a high pass that offers expansive views of Union Glacier as it flows into Constellation Inlet. Higgins Nunatak pokes through the ice, like an atoll in a frozen ocean. For the fit and adventurous, there are two easy hiking routes that require no prior experience and grant you the rare opportunity to summit a peak in the heart of Antarctica.

## Drake Icefall

Named in the 1960s after geologist Benjamin Drake IV, this impressive icefall tumbles off the polar plateau into Union Glacier. Winds from the South Pole carve huge waves into the blue-ice and polish the surface into a high shine.

## Charles Peak Windscoop

Discover the power of wind on ice as you wander through a sparkling turquoise corridor. If you're truly adventurous, this is a prime place to try ice climbing with one of our experienced guides. For the less vertically inclined, you can rock hunt to your heart's content. Just remember to leave them in place, as nothing may be removed from Antarctica.

## The Beach at Rossman Cove

Another spectacular setting for photography and panoramic views! Take cross-country skis with you or a picnic lunch and enjoy Antarctica's version of a glacial beach getaway.

If you'd prefer to stay closer to camp, we have a variety of activities for all abilities. You can check out a pair of cross-country skis or a fat-tire bike and take a spin around our groomed 10k loop or you can enjoy a cup of tea, an Antarctic book, or fun game in our camp library.

In the evenings, we regularly offer lectures and films tailored to your experience.





## DAY 5-11 SKI SAFARI

It's time to explore Antarctica as it should be, untracked and pristine. The opportunities for discovery are endless, whether you are looking for steep lines, first descents, or gentle, scenic ski tours. Only a handful of people have passed through this terrain and it is exhilarating to think that you may be one of the only people to stand on a summit, set tracks on a slope, or marvel at the view below.

Numerous valleys grant access to the snowy peaks of the Enterprise Hills, Pioneer Heights, and Soholt Peaks. In recent years, snowfalls have created consistently good skiing conditions with boot-top powder in some areas.

You and your guide will develop a custom expedition plan tailored to your personal skillset and pursuits. Take on local day trips and return home to Union Glacier Camp each evening for dinner or set out on a multi-day expedition to explore various peaks in the Heritage Range.

Once your skiing dreams are fulfilled, you'll return to Union Glacier Camp to enjoy a celebration dinner, and toast your achievements!







DAY  
**12**

## RETURN TO CHILE

When weather and runway conditions permit, our intercontinental aircraft will arrive at Union Glacier to transport you back to Chile. Once your flight has been confirmed we will ensure that you have a hotel reservation in Punta Arenas. If the flight returns in the early morning, we will book your reservation for a day ahead of your arrival because many hotels do not allow check-in until after 3:00pm.

If in the event of a delay we cannot adjust your reservation, ALE will find you a new hotel of comparable quality. Upon your arrival our staff will meet you at the airport and transfer you and your bags back to your hotel.



**FLY  
HOME**

Due to the potential for weather delays, we strongly suggest booking your flight home one week after your planned return from Antarctica. If you purchase a full-fare ticket, most airlines will allow you to move your departure date. We recommend booking tickets through a travel agent, so they can change your ticket once the return flight from Antarctica is en route. Please note, ALE staff are unable to assist with airline reservations.

Should you wish to explore Chile before you return home, our team can provide a list of local tour operators and excursions. When it is time for your flight home, we will provide transportation from your hotel to the Punta Arenas airport.





### Weather

Possible severe storms with temperatures ranging from -10°F to 25°F (-23°C to -4°C).



### Activity Level

Strenuous—vigorous activity at altitudes up to 9800 ft (3000 m), sleeping in basic field camps.



### Requirements

Previous backcountry or off-piste ski experience is recommended as well as a good level of fitness.



### What's Included

- Airport transfers in Punta Arenas, Chile
- Round trip flight to Antarctica from Punta Arenas
- Meals and tented accommodation in Antarctica
- Group camping and climbing equipment
- Mountain Guide
- Celebration dinner and Certificate of Achievement
- Checked luggage up to 55 lb (25 kg)



### Not Included

- Insurance coverage—personal, medical, evacuation, or otherwise
- Commercial flights to and from Punta Arenas
- Airport transfers outside of Punta Arenas
- Meals and accommodation in Punta Arenas
- Additional flights within Antarctica
- Personal equipment and clothing
- Expenses incurred due to delays
- Luggage over 55 lb (25kg)
- Satellite phone charges



### Weather Delay Advisory

*All itineraries are subject to change based on weather and flight conditions. Every effort will be made to keep to the scheduled itinerary and flights will depart as soon as weather and runway conditions permit. Our staff will provide you with regular updates in the event of a delay.*

*Please understand that delays are common in Antarctic travel. For this reason we advise you not to plan any important meetings, functions, or other trips for at least one week following your scheduled return from Antarctica. We strongly suggest that you purchase a full-fare, flexible airline ticket that easily permits date changes without penalty.*



# SKI ANTARCTICA REQUIRED CLOTHING AND EQUIPMENT LIST



Conditions in Antarctica change drastically throughout our season and vary depending on your location. At Union Glacier, the climate is very dry and generally sunny but wind chill can impact temperatures greatly with early November being as cold as -22°F (-30°C). Average mid-season temperatures range from -12°F to 30°F (-24°C to -1°C).

To be prepared for all conditions, it is important to have a selection of items you can mix and match. The layering system described below will keep you safe and comfortable in all conditions—it is also the same system utilized by our Antarctic field staff.

**You do not need to wear ALL of these layers ALL of the time.** Dress for the weather conditions and the activity level you expect to encounter and bring extra layers with you in your backpack in case conditions change.



## Base Layer

### Materials

Polyester, Merino Wool, or Silk but NO COTTON

### Examples

Patagonia Capilene or Smartwool

### Description

Your first layer consists of a lightweight or midweight long-sleeved thermal top and bottom. We recommend materials that wick moisture away from your body like polyester or merino wool. If you cannot wear artificial fibers or wool, silk is an alternate option. Cotton traps moisture and can cause you to chill more rapidly. Zip T-necks are a great option as they allow ventilation. Bring undergarments, sports bras, and/or camisoles in a similar wicking material.



## Mid Layer

### Materials

Polyester, Merino Wool, Stretch Fleece, Grid Fleece

### Examples

Patagonia R1 Fleece or Rab Power Stretch

### Description

Your second layer consists of a long-sleeved heavyweight (expedition weight) base layer top and bottom or lightweight stretch fleece top and bottom. Tops with hoods are great as they seal the neck to keep you warmer.

### Optional Additional Layer: Windshirt

A lightweight uncoated nylon windshirt can be worn as an outer layer when it's not too cold and reduces friction when layering on top of it.



## Insulation Layer

### Materials

Fleece, Down, or Synthetic Insulation (Primaloft, Thinsulate)

### Examples

Patagonia R2 or Nano, Rab Microlight

### Description

Your third layer should be a jacket that is thin, light in weight, and provides insulation. You can choose from either a mid to heavyweight fleece, a lightweight down, or a lightweight synthetic insulation. This should be a full-zip jacket but a hood is not essential.

### Optional Additional Layer: Vest

A fleece, down, or synthetic insulation vest can add insulation without much weight.



## Wind Layer

### Materials

Softshell or Hardshell

### Examples

Arc'teryx Gamma MX, Patagonia Galvanized

### Description

Your fourth layer should be highly wind-resistant and breathable. We recommend a stretch softshell jacket and pants as softshells tend to be more breathable and more comfortable. However, some skiers prefer waterproof hardshells like Gore-tex, which are sufficient, as long as they include pit zips and side-leg zips for venting. Wind protection is the most important factor for this layer and the jacket needs to have a hood.



## Polar Insulation Layer

### Materials

Down or Synthetic Insulation

### Examples

Rab Neutrino Pro Jacket, Mountain Hardwear Compressor Pant

### Description

Your outermost layer provides crucial insulation in extreme cold or wind and protection against the worst Antarctic conditions. You will need a hooded down jacket that is large enough to go over all of your other layers. Look for a minimum of 800 fill down and a minimum weight of 28 oz (800 g). It should be long enough to cover your backside.

Pants should be down or synthetic insulated with full side-zips. Make sure they are large enough to fit over your other layers.



## Head

You will need several options to cover your head, neck, and face (mouth and nose) depending on the temperature, wind conditions, and sun exposure.



**Item 1:**  
Hat or Beanie that  
Covers Ears

**Materials:**  
Wool or Fleece



**Item 2:**  
Wide brim sun hat,  
baseball hat, or trucker hat



**Item 3:**  
Neck Gaiter or Buff

**Materials:**  
Fleece or Polyester  
Microfiber



**Item 4:**  
Balaclava or Face Mask

**Materials:**  
Power Stretch Fleece or  
Windstopper

The face is especially vulnerable to cold injury and complete face protection is essential. Try combinations of balaclava, face mask, hat, and goggles together to ensure that there are no gaps—often a crescent shape between the edge of the goggle and a face mask or balaclava is hard to cover. You must be able to breathe freely and moisture from your breath must be able to escape (so that goggles do not fog).

## Eyes

Quality eyewear is essential to prevent snow blindness. **Sunglasses or goggles must be worn at all times outside.**

### Sunglasses and Hard Case



#### Materials

Non-metal frames with 100% UV protection

#### Examples

Julbo, Smith, Oakley

#### Description

Your sunglasses should have dark colored lenses and full side coverage. Look for sunglasses with side-flaps (mountaineering or glacier glasses) or sport sunglasses with big lenses, wide sides, and a contoured shape that prevents light from entering at the sides. Non wraparound sunglasses provide little or no protection from peripherally focused UV radiation.

Avoid metal frames as they can freeze to your skin and bring a hard case to protect your sunglasses in your luggage.

## Goggles



### Materials

100% UV Protection

### Examples

Julbo, Oakley, Smith

### Description

Quality goggles are necessary for very cold or stormy conditions. You will need at least two pairs of goggles. Make sure each pair has a different lens tint (one for low light conditions and one with a dark lens for sunny days) or bring two identical goggle frames that use the same interchangeable lenses. Keep in mind light conditions can change quickly when skiing and it can be difficult to change lenses with gloves on. Dark or mirrored lenses are best for bright light and reduce eye strain. Gold or amber colored lenses increase contrast and are good for overcast or flat light conditions. Look for a goggle with double lenses or a coating to help prevent fogging. If you wear prescription glasses, check to make sure your goggles fit over them comfortably.

## Hands

### Liner Gloves



### Materials

Polyester, Merino Wool, Silk, Power Stretch Fleece

### Examples

Seirus, Outdoor Research, Icebreaker, The North Face

### Description

Liner gloves can be layered under other gloves or mittens for additional warmth. They also protect you if you need to take off an outer glove or mitten in cold temperatures. Having two pairs allows you to switch out liners as they become damp. We do not recommend Windstopper as the membrane in Windstopper gloves makes them slow to dry out.

### Heavyweight Insulated Snow Gloves



### Materials

Waterproof Breathable Outer with Insulation

### Examples

Black Diamond Guide Gloves

### Description

Next you will need a heavily insulated snow glove. We highly recommend the Black Diamond Guide Glove as it is the warmest glove that still offers the necessary dexterity for ski mountaineering. We recommend you bring gloves with wrist loops attached as many people have taken off an outer glove to take a photo and lost it in the wind.

## Oversized Thick Insulated Mittens



### Materials

Down or Synthetic Insulation

### Examples

Marmot 8000 Meter Mitt, Black Diamond Absolute Mitt, Outdoor Research Alti Mitts

### Description

Like your outer jacket and pants, these down or synthetic insulated mittens are your ultimate protection against the coldest Antarctic conditions. Mittens will keep your hands warmer than gloves but can make taking photos challenging. You should be able to wear two pairs of liner gloves under your mittens so your hands will be protected if you take off a mitten for photography. Make sure your mittens have wrist loops to keep them attached to you if you take them off in high wind.

## Feet

### Thin Liner Socks



### Materials

Wool, Polyester, or Silk—NO COTTON

### Examples

Smartwool, Bridgedale, Thorlo, Terramar

### Thick Heavyweight Socks



### Materials

Wool or Wool Blend Socks

### Examples

Smartwool, Bridgedale, Thorlo, Darn Tough

### Alpine Touring or Telemark Ski Boots



### Examples

Dynafit, Scarpa, Garmont

### Description

You can choose to use either Alpine Touring (AT) or telemark ski boots based on your preferred style and ski binding setup. Most boot liners are warm enough for the conditions found in the Southern Ellsworths but many prefer to use custom heat-moldable liners to provide additional warmth and comfort. Make sure that you have enough room in your boots to move your toes.



**Special Note on Dynafit Bindings:** Dynafits are the preferred binding of many of our guides and are renowned for their performance, strength, and reliability. However, they do require practice to use efficiently. If you do use them, please bring a spare heel-plate for your boot. This is the metal plate that sits at the base of the heel of your boot which hold the two metal pins from the binding's heelpiece. These plates can be purchased from most dealers or Dynafit directly.

## Alpine Crampons



### Materials

Steel—**NO ALUMINUM**

### Examples

Petzl Vasak, Grivel G12

### Description

You will need a set of steel mountaineering crampons. Be sure to fit your crampons to your ski boots and ensure they are the correct size before leaving home. You can use either step-in or strap style crampons but they must be steel. Aluminum crampons are not strong enough.

## FOR CAMP: -100°F (-73°C) Rated Snow Boots with Removable Liners



### Materials

Waterproof outer and removable insulated liner

### Examples

Sorel Glacier XT, Baffin Impact or Endurance

### Description

You will need boots that are very comfortable and very well insulated. We strongly recommend that you buy boots rated down to -100°F (-73°C) as -40°F (-40°C) boots are often not warm enough. Make sure your boots fit with two pairs of socks—one liner sock and one heavyweight sock. The boots should have built in gaiters and removable liners which can be taken out at night to dry.

## Optional Footwear



Hiking Boots, Running Shoes, and/or Insulated Booties

It's nice to be able to take your polar boots off around camp and in your tent. You can also wear hiking and running shoes for activities around Union Glacier on warmer days.

## Luggage

### Large or XL Duffel Bag (120-150 liter)



#### Materials

Durable PU or Ballistic Nylon

#### Examples

The North Face Base Camp Duffel—XL or Patagonia Black Hole 120 Duffel Bag

#### Description

We recommend using an oversized duffel bag for your checked bag on your Antarctic flight. Make sure it is made of a durable material to withstand international travel and handling on snow and ice. Look for a bag with a full zipper and multiple haul handles.

### Lightweight Expedition Pack (70-80 liter)



#### Description

Look for a pack that is 4.5 lb (2 kg) or less in weight. We recommend packs of at least 70 L (4500 cu in).

### Carry-on Backpack 18" x 16" x 10" (46cm x 41cm x 26cm)



#### Examples

Patagonia Lightweight Black Hole Pack 26L, Osprey Ozone Daypack 24L

#### Description

All passengers are limited to one carry-on bag sized to fit under an airplane seat for the Antarctic flight. We recommend putting all of your essential items in a carry-on backpack that you can also use for daily excursions while in Antarctica.

## Stuff Sacks



### Materials

Mesh or Nylon

### Description

It's easiest to organize your clothing in your bag and tent if you have color-coded stuff sacks.

## Equipment

### Pee Bottle(s)



### Examples

Nalgene 32 oz or Nalgene 48 oz Wide Mouth Water Bottle(s)

### Description

All human waste is removed from Union Glacier and all urine or 'pee' generated in the field must be deposited only in marked pee holes at base camps. This means you will need your own container to urinate in when you are not within reach of a toilet facility or a marked pee hole. We recommend a wide mouth water bottle that is clearly marked for pee only. We recommend practicing with your pee bottle at home so you can be comfortable using it when you get to Antarctica. Females may also find a pee funnel (Freshette, SheWee, Go-Girl) helpful.

At Union Glacier Camp, our staff will show you the container where you empty pee bottles behind the toilet facility. While on expedition in the Heritage Range or elsewhere in the Southern Ellsworth Mountains, you will empty pee bottles in marked pee holes at your base camp.

# SKI ANTARCTICA CHECKLIST

**You must bring ALL of the items on this list unless they are listed as optional.** We will look for each item on this list at your Gear Check in Punta Arenas. These items may not be available for purchase in Punta Arenas and we will not let you board the aircraft to Antarctica without them.

X	#	Item
<b>Base Layer</b>		
	4 pairs	Underwear, sports bras, etc.
	2	Light or midweight tops
	2 pairs	Light or midweight bottoms
<b>Mid Layer</b>		
	1	Lightweight fleece top or expedition-weight base layer top
	1 pair	Lightweight fleece pants or expedition-weight base layer bottoms
	<i>Optional</i>	Lightweight windshirt
<b>Insulation Layer</b>		
	1	Mid or heavyweight fleece, down, or synthetic insulation jacket
	<i>Optional</i>	Fleece, down, or synthetic insulated vest
<b>Wind Layer</b>		
	1	Hooded shell jacket
	1 pair	Shell pants
<b>Polar Insulation Layer</b>		
	1	Thick down or synthetic insulated jacket with large hood
	1 pair	Down or synthetic insulated pants with full side-zips
<b>Headwear</b>		
	1	Hat or beanie that covers ears
	1	Wide brim sun hat, baseball or trucker hat
	1	Neck gaiter or Buff
	1	Balaclava and/or face mask
	<i>Optional</i>	Headband
<b>Eyewear</b>		
	2 pairs	Sunglasses with side coverage and sunglass cases
	2 pairs	Goggles with different lens tints
	<i>Optional</i>	Spare contact lenses or prescription glasses, if required
<b>Gloves</b>		
	2 pairs	Liner gloves
	1 pair	Heavyweight insulated snow gloves
	1 pair	Oversized thick insulated mittens
	10	Chemical hand warmers

X	#	Item
<b>Footwear</b>		
	3 pairs	Thin liner socks
	3 pairs	Thick heavyweight socks
	1 pair	AT or telemark ski boots
	1 pair	Steel crampons
	1 pair	Snow boots rated -100°F (-73°C)
	<i>Optional</i>	Hiking boots or running shoes
	<i>Optional</i>	Insulated booties with no-slip sole
<b>Luggage</b>		
	1	Extra large duffel bag (120-150 liter)
	1	Lightweight expedition pack (70-80 liter)
	1	Carry-on backpack 18" x 16" x 10" (46cm x 41cm x 26cm)
	4-6	Stuff sacks
<b>Sleeping Equipment</b>		
	1	Sleeping bag rated -40°F (-40°C) with full-length zip
	1	Full-length, closed cell foam mat
	1	Full-length lightweight inflatable mattress
<b>Skiing Equipment</b>		
	1 pair	AT or telemark skis with bindings that fit your boots
	1 pair	Adjustable ski poles
	1 pair	Skins sized for your skis
	<i>Optional</i>	Self-arrest ski poles
<b>Other Equipment</b>		
	2	32 oz Nalgene wide-mouth water bottles (option to substitute one for a Thermos flask)
	2	32 oz Nalgene wide-mouth bottles (marked for pee). Option to substitute for one 48 oz Nalgene wide-mouth water bottle.
	1-2	Insulated covers for Nalgene water bottles (Outdoor Research or Forty Below)
	1	Large insulated mug with lid
	1	Large lightweight non-breakable Tupperware bowl
	1	Lexan spoon
	2	Lip balm with minimum SPF 50
	1	Sunscreen with minimum SPF 50
	1	Personal toilet bag with wash cloth, small towel, Wet Wipes, toothbrush, toothpaste, lotion, Band-Aids, blister kit, contact solution, feminine products, etc.
	As needed	Personal medication. Bring enough for your expedition plus an additional 4 weeks' supply.

X	#	Item
Optional Climbing Equipment		
	1	Lightweight touring ice axe
	6	Snapgate non-locking karabiners (Black Diamond Neutrino)
	2	Large screwgate locking HMS or Pear karabiners (Black Diamond VaporLock)
	2	Small screwgate locking HMS or Pear karabiners
	40 ft (12 m)	6 mm Perlon cord for prusiks/pack leash/sled hauling/utility
	1	Lightweight mountaineering climbing harness with adjustable leg-loops (Black Diamond Couloir)
	1	Climbing helmet sized to fit with a hat or beanie underneath (Petzl)
Other Optional Items		
	<i>Optional</i>	<b>For Antarctica:</b> USB or 120V A/C (North American Type A or B plugs) <b>For Chile:</b> Plug adapters and 220V transformers
	<i>Optional</i>	US cash to purchase satellite phone cards or merchandise at Union Glacier Camp
	<i>Optional</i>	Cotton t-shirts to wear at Union Glacier Camp
	<i>Optional</i>	Lightweight journal, paperback book, sketchbook, pencils, pen, e-reader
	<i>Optional</i>	Cameras, chargers, extra batteries
	<i>Optional</i>	iPod or tablet with headphones
	<i>Optional</i>	Eyeshade and earplugs for sleeping in 24-hour daylight
	<i>Optional</i>	Handkerchiefs/bandanas
	<i>Optional</i>	Pee funnel for women



# SKIING & CLIMBING SKILLS QUESTIONNAIRE



MR/MRS MS/MISS	GIVEN NAMES (AS SHOWN ON PASSPORT)	SURNAME / LAST NAME (AS SHOWN ON PASSPORT)	NATIONALITY OF PASSPORT	HEIGHT (INCHES/CMS)	WEIGHT (LBS/KGS)

Name by which you wish to be known (if other than above) \_\_\_\_\_ Date of Birth (dd/mm/yy) \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_

Region \_\_\_\_\_ Country \_\_\_\_\_ Post Code \_\_\_\_\_

Home Phone + \_\_\_\_\_ Work Phone + \_\_\_\_\_

Mobile + \_\_\_\_\_ Email \_\_\_\_\_

What is your first language? \_\_\_\_\_ How well do you speak English? \_\_\_\_\_

You will be taking part in a demanding expedition as part of a team. Past experience and good training contribute to your enjoyment and to the overall well-being of the team. It is important for everybody on the team to have a similar level of fitness and skill.

Please describe your previous experience as honestly and completely as possible so that we can do our best to match your ability with that of other participants.

In the Past Experience sections, please only list trips you have accomplished to date. Trips that are planned between now and your arrival in Antarctica should only be included under the Training section.

## WHICH OF OUR GUIDED EXPERIENCES ARE YOU INTERESTED IN?

Experience Name	Check All That Apply	Preferred Departure Date
Mount Vinson		
Mount Sidley		
Climb Antarctica		
Ski Antarctica		
Ski South Pole - Hercules Inlet		
Ski South Pole - Messner Start		
Ski South Pole - Axel Heiberg		
Ski Last Degree		
Will you be using ALE's Baffin 3-pin boots?	Yes No	

## PAST SKI EXPERIENCE

How many years downhill skiing?
How many years cross-country skiing?
How many years backcountry ski touring?
What experience do you have of hauling a sled/pulk?

How many days have you skied in the last 2 years?

Downhill days:	
Off-piste downhill days:	
Backcountry touring days:	
Cross-country days:	
<b>Total ski days:</b>	

List below any ski touring trips that you have done

Month/ Year	Details of Region/Route	Name of Guide (if used)	Distance Skied	Number of Days

## PAST MOUNTAINEERING/CLIMBING EXPERIENCE

How many years have you been mountaineering/climbing?					
Have you ever been rock climbing?	Yes	No	Lead	Follow	Top-Rope
Have you ever been ice climbing?	Yes	No	Lead	Follow	Top-Rope
Have you worked as a guide in the mountains?	Yes	No			
If so, provide details:					
Has the majority of your mountaineering/climbing been unguided?			Yes	No	
How frequently have you been mountaineering/climbing in the last 2 years?	# of 1-2 day trips:	# of 7+ day trips:			

List below all major mountaineering/climbing trips (single peaks/traverses/climbing areas) that you have done.

Month/ Year	Mountain	Route	Name of Guide (if used)	Highest altitude reached?	Did you summit?

## PAST GLACIER TRAVEL EXPERIENCE

Do you have roped glacier travel experience?	Yes	No
If so, where/when?		
Have you climbed out of a crevasse using prusiks or mechanical ascenders?	Yes	No
If so, where/when?		

## PAST WINTER OUTDOOR EXPERIENCE

How many years have you been active in winter sports?		
How frequently have you done winter sports in the last 2 years?	# of 1-2 day trips:	# of 7+ day trips:

List below any winter outdoor sports not previously mentioned in other sections.

Month/ Year	Details of Region/Activity	Name of Guide (if used)	Temperature	Number of Days

List below any winter/snow trips where you camped in a tent.

Month/ Year	Details of Region/Activity	Name of Guide (if used)	Temperature	Number of Nights

## PAST ALTITUDE EXPERIENCE

Have you ever camped at altitude?	Yes	No
Highest altitude you have camped?		

List below any times you have been above 10,000 ft (3000 m) not previously mentioned.

Month/ Year	Details of Region/Activity	Name of Guide (if used)	Highest altitude reached?	Number of Days

## FIRST AID EXPERIENCE & TRAINING

Do you have any first aid experience/training?	Yes	No
If yes, please tell us the organization you trained with and when you recieved your certification.		

## OTHER PAST EXPERIENCE

Please provide details on any other experiences you have had which may be relevant to a skiing/climbing expedition but have not been previously mentioned in other sections e.g. marathons, triathlons, endurance events, extended backpacking trips, biking (road or mountain), multi-day adventures, etc.



## PHYSICAL FITNESS

**How often do you exercise? Please check the box to the right that best describes your level of activity.**

In good health, but do not have a regular exercise routine.

Mainly exercise 1-2 times a week (e.g. a weekend hike, visit to the gym, short jog).

Exercise 2-3 times a week with cardiovascular sessions lasting more than 45 minutes.

Exercise more than 4 times a week with a mix of interval and cardiovascular sessions.

What physical activities do you do on a regular basis: Climbing, hiking, skiing, running, biking (mountain or road), other?

Can you hike uphill for 6-8 hours carrying a 25 kg/55 pound pack without being exhausted the next day?

Yes

No

When did you last do this?

## TRAINING

Describe your fitness routine leading up to your expedition

Type of Training	Hours per Session	Sessions per Week
Gym Work		
Running		
Cycling		
Outdoor Exercise		
Other:		
Other:		
Please list below any other trips or training you have planned between now and when you arrive in Antarctica		

## SIGNATURE

I declare that the information provided is a fair representation of my skiing, climbing and mountaineering experience. I also declare that I know of no reason that should prohibit me from taking part in the expedition or that would jeopardize other team members or myself.

Name: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

ALE reserves the right to check your credentials.



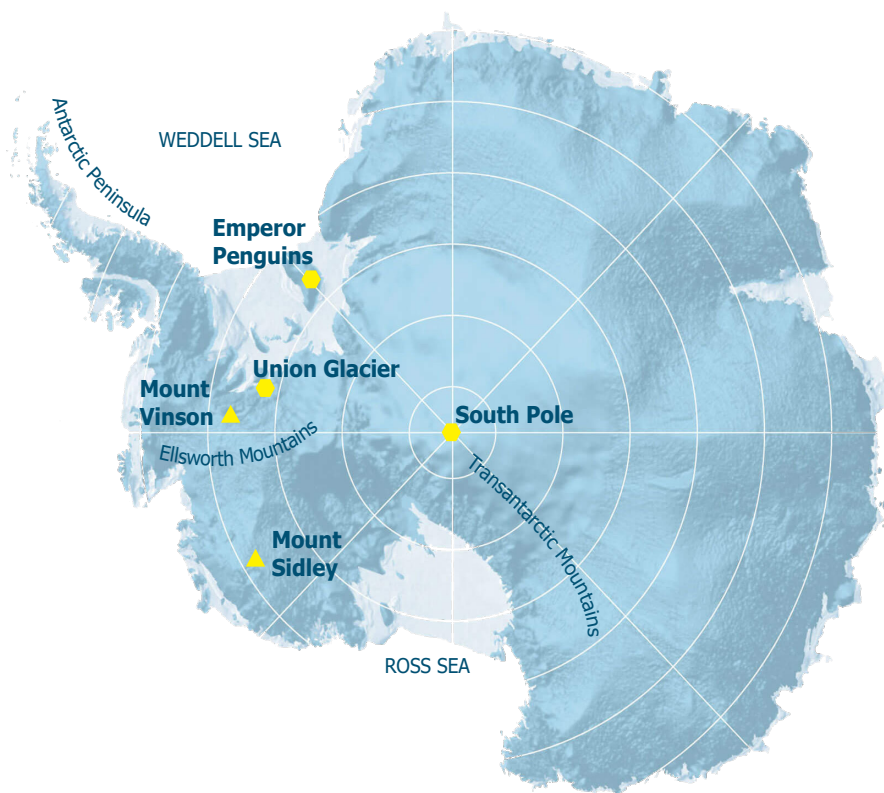
# ANTARCTIC ODYSSEY

## THE HEART OF ANTARCTICA

**Embark** on a journey to the remote interior of the great white continent. Antarctica is a land of extremes and only a select few have the opportunity to visit the highest, driest, windiest, coldest continent on earth! Immerse yourself in the ultimate wilderness, surrounded by pristine views, untouched spaces, and profound silence. Enjoy 24-hour daylight and gain an appreciation for the land that has drawn explorers, adventurers, and scientists for over a century.

Live on a glacier where the ice is almost 5,000 ft (1500 m) thick and explore all of the landscapes this unique environment has to offer. Our experienced guides will tailor daily excursions to suit your personal goals. You'll have the opportunity to hike over waves of blue-ice, ski across frozen sastrugi, or tour the polar wilderness from the comfort of a heated Tucker Sno-Cat. Then hop aboard one of our ski equipped aircraft for a spectacular scenic flight over the Ellsworth Mountains.





## ITINERARY ❄️



**Arrival Day**  
Punta Arenas, Chile



**Pre-departure Days**  
Gear Check. Flight Check-in  
and Baggage Drop-off  
Welcome and Safety Briefing



**Day 1**  
Fly to Antarctica



**Day 2-5**  
Explore Union Glacier



**Flexible Flight Day**  
Scenic Flight



**Day 6 or 7**  
Return to Chile



**Flexible Departure Day**  
Fly Home

❄️ All itineraries are subject to change based on weather and flight conditions.





## ARRIVAL IN PUNTA ARENAS

### Punta Arenas Office Address

Calle Bernardo O'Higgins 568

We ask you to arrive in Punta Arenas, Chile, at least **three nights prior** to your scheduled Antarctic flight in order to fully prepare you for your upcoming experience. This also allows a buffer for flight and baggage delays, should your travels to Chile not go as scheduled. We do not hold Antarctic flights for delayed passengers or baggage.

A few days before you depart from home, you will receive a digital Welcome Pack by email from your Punta Arenas Guest Liaison. This will cover important pre-departure information, including an Antarctic safety and environmental briefing and an itinerary for your time in Punta Arenas.

Santiago Airport (SCL) is the main international gateway to Chile. International flights arrive at Terminal 2, where you will complete a health check, customs and immigration procedures. Collect your checked baggage, then walk to Terminal 1, where you will re-check your bags for your domestic flight to Punta Arenas. **You must collect your checked baggage in Santiago.** If your baggage has not arrived, complete a lost baggage form before leaving the Santiago airport.

Upon arrival at Punta Arenas Airport (PUQ), our representative, holding an ALE sign, will be waiting for you at the exit of the baggage claim area and will transport you to your hotel. **Please notify your Punta Arenas Guest Liaison if you are delayed or your arrival time changes.**

### Gear Check

We will arrange a group gear briefing, to review the personal clothing and equipment you will need in Antarctica. Bring any items you would like us to check as well as any questions you may have. We will explain what to pack in your checked baggage vs. your carry-on bag and what items to leave behind in Punta Arenas.







## PRE-DEPARTURE DAY

### Flight Check-in

You will check-in for your Antarctic flight up to 24 hours before your scheduled departure to allow for changes in weather at Union Glacier. We will collect and weigh your checked baggage at this time. Please have your bags ready for pick-up by ALE, then make your way to the ALE office for your **scheduled check-in time**.

Keep the following requirements in mind as you prepare:

- All baggage must comply with international air transport regulations.
- For the safety of our staff, individual bags must not weigh more than 55 lb (25 kg).
- Bring your passport to check-in for the flight and receive your boarding pass.

### Checked Baggage

Checked baggage is loaded onto the aircraft the day before your Antarctic flight, so that we are ready to depart as soon as the weather is suitable. Keep in mind, you will not have access to your checked bags until they are delivered to your tent in Antarctica, even if the flight is delayed. Do not put anything in your checked baggage that you might need during a delay in Punta Arenas, on the flight, or for the first few hours in Antarctica.

**Your checked baggage allowance is 55 lb (25 kg).** Any checked baggage in excess of this amount will be charged at **\$35 USD per lb (\$77 USD per kg)**. You can pay in US cash or we can invoice you for the excess baggage. Carry-on baggage within the size limit, clothing worn aboard the aircraft, and sleeping bags rented from ALE, are not included in your checked baggage allowance.

### Carry-on Bags and Polar Clothing

Pack all of your essential personal belongings in your carry-on. We recommend a 30 liter bag without a rigid structure, as it provides flexibility during day trips at Union Glacier and on ski aircraft flights within Antarctica.

**Carry-on baggage is restricted to 18" x 16" x 10" (46cm x 41cm x 26cm).** Carry-on items that do not fit in the overhead bin, or under the seat in front of you, will be gate-checked and may result in additional fees.

When we depart Punta Arenas you will be wearing the boots and outer clothing needed for your arrival in Antarctica. It is simpler to wear these items than to carry them. You can remove these extra layers once you are on board the aircraft.

### Camera Equipment and Fragile Items

Camera packs and other fragile items that are larger than the carry-on size limit will be considered part of your checked baggage allowance and loaded in the cargo hold. Remember to keep a camera with you to take pictures during the flight and upon arrival in Antarctica.





## Left Luggage

You can leave luggage in Punta Arenas if there are items you do not need in Antarctica but we do not recommend leaving valuables. Bags can be left with ALE or at your hotel. We will provide Left Luggage Tags.

If you would like ALE to store your bags, please bring them with you on departure day. We will store them at our office and transport them to your hotel once your return flight is confirmed. Ask hotel reception for access to their luggage storage room to collect your bag.

Please note that ALE cannot pick up bags that are left at your hotel. ALE is not responsible for lost or stolen luggage.

## Departure Update

The evening before your Antarctic flight, we will update on you the current weather and potential departure time.







## DAY 1 FLY TO ANTARCTICA

We will call you at your hotel in the morning to advise you of current conditions in Antarctica. If the weather is suitable for our flight, we will pick you up at your hotel within the hour. Please meet us in the lobby with hotel bills paid, ready to board the bus.

At the Punta Arenas airport, we will go through normal Airport Security before boarding our comfortable jet for the 4¼ hour flight to Antarctica. Our route crosses the Drake Passage, then follows the west side of the Antarctic Peninsula and the spine of the Ellsworth Mountains. We land on a naturally occurring blue-ice runway on Union Glacier where you will take your first steps in Antarctica.

Climb aboard one of our specially-adapted vans for the 5 mi (8 km) shuttle to our main camp. Our friendly staff will provide a welcome tour of camp and show you to your tent.







## DAY 2-5 EXPLORE UNION GLACIER

A typical day at Union Glacier starts with a guest briefing after breakfast where you'll meet with your guide to discuss the day's options and choose an activity tailored to the weather and the group's interest. Our meteorologist will carefully monitor the weather conditions and find the best day for your Scenic Flight.

Whether you venture out for just a few hours or take camping equipment to overnight outside of Union Glacier Camp, our excursions can include any of the following destinations:

### Elephant's Head

Ride in one of our wheeled vehicles to this dramatic marble buttress overlooking the blue-ice runway. Geology lovers will be delighted to find this is a hotspot for ichnofossils. Our experienced guides can help you navigate by GPS to known trace fossils or accompany you on a mission to discover new ones. For photographers, beautiful ice pools and moraines offer endless opportunities to capture close-up frozen formations or wide angle glacial landscapes. Hikers can trek up to the base of Elephant's Head or all the way to the top of Rhodes Bluff for panoramic views of Union Glacier and the Heritage Range.





## Buchanan Hills

Board our one-of-a-kind Tucker Bus, a custom designed tracked vehicle, for the scenic drive to the remote Buchanan Hills. You'll arrive at a high pass that offers expansive views of Union Glacier as it flows into Constellation Inlet. Higgins Nunatak pokes through the ice, like an atoll in a frozen ocean. For the fit and adventurous, there are two easy hiking routes that require no prior experience and grant you the rare opportunity to summit a peak in the heart of Antarctica.

## Drake Icefall

Named in the 1960s after geologist Benjamin Drake IV, this impressive icefall tumbles off the polar plateau into Union Glacier. Winds from the South Pole carve huge waves into the blue-ice and polish the surface into a high shine.

## Charles Peak Windscoop

Discover the power of wind on ice as you wander through a sparkling turquoise corridor. If you're truly adventurous, this is a prime place to try ice climbing with one of our experienced guides. For the less vertically inclined, you can rock hunt to your heart's content. Just remember to leave them in place, as nothing may be removed from Antarctica.

## The Beach at Rossman Cove

Another spectacular setting for photography and panoramic views! Take cross-country skis with you or a picnic lunch and enjoy Antarctica's version of a glacial beach getaway.

If you'd prefer to stay closer to camp, we have a variety of activities for all abilities. You can check out a pair of cross-country skis or a fat-tire bike and take a spin around our groomed 10k loop or you can enjoy a cup of tea, an Antarctic book, or fun game in our camp library.

In the evenings, we regularly offer lectures and films tailored to your experience.







## SCENIC FLIGHT

Once weather conditions permit, you will board our ski aircraft and get a bird's eye view of the breathtaking Ellsworth Mountains including the Heritage and Sentinel Ranges. Majestic peaks and nunataks rise out of the endless Antarctic ice and form some of the most spectacular scenery on the continent.

Your 30 minute scenic flight will give you a truly unique perspective of a landscape few will ever experience.





## DAY 6 or 7 **RETURN** TO CHILE

When weather and runway conditions permit, our intercontinental aircraft will arrive at Union Glacier to transport you back to Chile. Once your flight has been confirmed we will ensure that you have a hotel reservation in Punta Arenas. If the flight returns in the early morning, we will book your reservation for a day ahead of your arrival because many hotels do not allow check-in until after 3:00pm.

If in the event of a delay we cannot adjust your reservation, ALE will find you a new hotel of comparable quality. Upon your arrival our staff will meet you at the airport and transfer you and your bags back to your hotel.

## **FLY** HOME

Due to the potential for weather delays, we strongly suggest booking your flight home one week after your planned return from Antarctica. If you purchase a full-fare ticket, most airlines will allow you to move your departure date. We recommend booking tickets through a travel agent, so they can change your ticket once the return flight from Antarctica is en route. Please note, ALE staff are unable to assist with airline reservations.

Should you wish to explore Chile before you return home, our team can provide a list of local tour operators and excursions. When it is time for your flight home, we will provide transportation from your hotel to the Punta Arenas airport.





### Weather

Temperatures ranging from -12°F to 30°F (-24°C to -1°C).



### Activity Level

Easy to Moderate—light walking on uneven snow and ice with the option to hike or cross-country ski at your own pace.



### What's Included

- Airport transfers in Punta Arenas, Chile
- Round trip flight to Antarctica from Punta Arenas
- Scenic flight over Ellsworth Mountains
- Meals and tented accommodation in Antarctica
- Antarctic guides and lecturers
- Celebration dinner and Certificate of Achievement
- Checked luggage up to 55 lb (25 kg)



### Not Included

- Insurance coverage—personal, medical, evacuation, or otherwise
- Commercial flights to and from Punta Arenas
- Airport transfers outside of Punta Arenas
- Meals and accommodation in Punta Arenas
- Additional flights within Antarctica
- Personal equipment and clothing
- Expenses incurred due to delays
- Luggage over 55 lb (25 kg)
- Satellite phone charges



### Weather Delay Advisory

*All itineraries are subject to change based on weather and flight conditions. Every effort will be made to keep to the scheduled itinerary and flights will depart as soon as weather and runway conditions permit. Our staff will provide you with regular updates in the event of a delay.*

*Please understand that delays are common in Antarctic travel. For this reason we advise you not to plan any important meetings, functions, or other trips for at least one week following your scheduled return from Antarctica. We strongly suggest that you purchase a full-fare, flexible airline ticket that easily permits date changes without penalty.*

# REQUIRED CLOTHING AND EQUIPMENT LIST



Conditions in Antarctica change drastically throughout our season and vary depending on your location. At Union Glacier, the climate is very dry and generally sunny but wind chill can impact temperatures greatly with early November being as cold as -22°F (-30°C). Average mid-season temperatures range from -12°F to 30°F (-24°C to -1°C).

If you leave Union Glacier, you must adapt your clothing for more extreme conditions at the emperor penguin colony or the South Pole. South Pole temperatures rarely climb above -13°F (-25°C) and with wind chill, can feel like -40°F (-40°C).

To be prepared for all conditions, it is important to have a selection of items you can mix and match. The layering system described below will keep you safe and comfortable in all conditions—it is also the same system utilized by our Antarctic field staff.

**You do not need to wear ALL of these layers ALL of the time.** Dress for the weather conditions and activity level you expect to encounter and bring extra layers with you in your backpack in case conditions change.



## Base Layer

### Materials

Polyester, Merino Wool, or Silk but NO COTTON

### Examples

Patagonia Capilene or Smartwool

### Description

Your first layer consists of a long-sleeved thermal top and bottom. We recommend materials that wick moisture away from your body like polyester or merino wool. If you cannot wear artificial fibers or wool, silk is an alternate option. Cotton traps moisture and can cause you to chill more rapidly. If your experience involves an aerobic activity like climbing or skiing, choose a lightweight fabric. If your experience is less active, choose a mid-weight fabric for warmth. Zip T-necks are a great option as they allow ventilation. Bring undergarments, sports bras, and/or camisoles in a similar wicking material.



## Mid Layer

### Materials

Polyester, Merino Wool, Stretch Fleece, Grid Fleece

### Examples

Patagonia R1 Fleece or Rab Power Stretch

### Description

Your second layer consists of a long-sleeved heavyweight (expedition weight) base layer top and bottom or lightweight stretch fleece top and bottom. Tops with hoods are great as they seal the neck to keep you warmer.





## Insulation Layer

### Materials

Fleece, Down, or Synthetic Insulation (Primaloft, Thinsulate)

### Examples

Patagonia R2 or Nano, Rab Microlight

### Description

Your third layer should be a jacket that is thin, light in weight, and provides insulation. You can choose from either a mid to heavyweight fleece, a lightweight down, or a lightweight synthetic insulation. This should be a full-zip jacket but a hood is not essential.

### Optional Additional Layer: Vest

A fleece, down, or synthetic insulation vest can add insulation without much weight.



## Windproof Layer

### Materials

Softshell or Hardshell

### Examples

Arc'teryx Gamma MX, Black Diamond Sharp End

### Description

Your fourth layer should be a windproof jacket and pants. For guests visiting the emperor penguin colony, we recommend waterproof/windproof hardshells like Gore-tex. For all other guests, windproof softshells tend to be more breathable and more comfortable. No matter which type of shell you choose, wind protection is the most important factor for this layer and the jacket needs to have a hood.



## Polar Insulation Layer\*

### Materials

Down or Synthetic Insulation

### Examples

Rab Neutrino Pro Jacket, Marmot 8000M Parka & Pants

### Description

Your outermost layer provides crucial insulation in extreme cold or wind and protection against the worst Antarctic conditions. You will need a hooded down jacket that is large enough to go over all of your other layers. Look for a minimum of 800 fill down and a minimum weight of 28 oz (800 g). It should be long enough to cover your backside.

Pants should be down or synthetic insulated with full side-zips. Make sure they are large enough to fit over your other layers.

*\*Item(s) available to rent for an additional fee.*

## Head

You will need several options to cover your head, neck, and face (mouth and nose) depending on the temperature, wind conditions, and sun exposure.



**Item 1:**  
Hat or Beanie that Covers Ears

**Materials:**  
Wool or Fleece



**Item 2:**  
Neck Gaiter or Buff

**Materials:**  
Fleece or Polyester Microfiber



**Item 3:**  
Balaclava or Face Mask

**Materials:**  
Power Stretch Fleece or  
Windstopper

## Eyes

Quality eyewear is essential to prevent snow blindness. **Sunglasses or goggles must be worn at all times outside.**

### Sunglasses and Hard Case



#### Materials

Non-metal frames with 100% UV protection

#### Examples

Julbo, Smith, Oakley

#### Description

Your sunglasses should have dark colored lenses and full side coverage. Look for sunglasses with side-flaps (mountaineering or glacier glasses) or sport sunglasses with big lenses, wide sides, and a contoured shape that prevents light from entering at the sides. Non wraparound sunglasses provide little or no protection from peripherally focused UV radiation.

Avoid metal frames as they can freeze to your skin and bring a hard case to protect your sunglasses in your luggage.

## Goggles



### Materials

100% UV Protection

### Examples

Julbo, Oakley, Smith

### Description

Goggles are necessary for very cold or stormy conditions. Dark or mirrored lenses are best for bright light and reduce eye strain. Look for a goggle with double lenses or a coating to help prevent fogging. If you wear prescription glasses, check to make sure your goggles fit over them comfortably.

## Hands

### Liner Gloves



### Materials

Polyester, Merino Wool, Silk, Power Stretch Fleece

### Examples

Seirus, Outdoor Research, Icebreaker, The North Face

### Description

Liner gloves can be layered under other gloves or mittens for additional warmth. They also protect you if you need to take off an outer glove or mitten in cold temperatures. Having two pairs allows you to switch out liners as they become damp.

### Midweight Insulated Gloves



### Materials

Waterproof Breathable Outer with Built-in Insulation

### Examples

Marmot Randonnee Glove, Black Diamond Pursuit Gloves

### Description

Look for a midweight waterproof breathable glove that has either fixed insulation or fleece lining. This glove should have good dexterity and allow you to take photographs or hold trekking poles easily.



## Oversized Thick Insulation Mittens



### Materials

Down or Synthetic Insulation

### Examples

Marmot 8000 Meter Mitt, Mountain Equipment Redline Mitt, Outdoor Research Alti Mitts

### Description

Like your outer jacket and pants, these down or synthetic insulated mittens are your ultimate protection against the coldest Antarctic conditions. Mittens will keep your hands warmer than gloves but can make taking photos challenging. You should be able to wear two pairs of liner gloves under your mittens so your hands will be protected if you take off a mitten for photography. Make sure your mittens have wrist loops to keep them attached to you if you take them off in high wind.

## Feet

### Thin Liner Socks



### Materials

Wool, Polyester, or Silk—NO COTTON

### Examples

Smartwool, Bridgedale, Thorlo, Terramar

### Thick Heavyweight Socks



### Materials

Wool or Wool Blend Socks

### Examples

Smartwool, Bridgedale, Thorlo, Darn Tough

### -100°F (-73°C) Rated Snow Boots with Removable Liners\*



### Materials

Waterproof Outer and Removable Insulated Liner

### Examples

Sorel Glacier XT, Baffin Impact or Endurance

### Description

You will need boots that are very comfortable and very well insulated. We strongly recommend that you buy boots rated down to -100°F (-73°C) as -40°F (-40°C) boots are often not warm enough. Make sure your boots fit with two pairs of socks—one liner sock and one heavyweight sock. The boots should have built in gaiters and removable liners which can be taken out at night to dry.

*\*Item available to rent for an additional fee.*

## Light Winter Boot or Heavy Hiking Boot



### Materials

Waterproof Outer and Insulation

### Examples

The North Face, Scarpa, Salomon

### Description

On warmer days, you can often wear lighter weight winter boots or heavyweight hiking boots for many excursions around Union Glacier.

### Optional Footwear: Trail Running Shoes and/or Insulated Booties

It's nice to be able to take your boots off around camp and in your tent.

## Luggage

### Large or XL Duffel Bags (120-150 liter)



### Materials

Durable PU or Ballistic Nylon

### Examples

The North Face Base Camp Duffel—XL or Patagonia Black Hole 120 Duffel Bag

### Description

We recommend using oversized duffel bags for your checked bags on your Antarctic flight. Make sure they are made of a durable material to withstand international travel and handling on snow and ice. Look for bags with a full zipper and multiple haul handles. Do not bring wheeled suitcases to Antarctica—they are very hard to move on snow.

### Optional Item: Stuff Sacks

It's easiest to organize your clothing in your bags and tent if you have color-coded mesh or nylon stuff sacks.

### Carry-on Backpack (18" x 16" x 10" or 46 cm x 41 cm x 26 cm)



### Examples

Patagonia Lightweight Black Hole Pack 26L, Osprey Ozone Daypack 24L

### Description

All passengers are limited to one carry-on bag sized to fit under an airplane seat for the Antarctic flight. We recommend putting all of your essential items in a carry-on backpack that you can also use for daily excursions while in Antarctica.

## Equipment

### Pee Bottle(s)



#### Examples

Nalgene 32 oz or 48 oz Wide Mouth Water Bottle(s)

#### Description

All human waste is removed from Union Glacier which means you will need your own container to urinate in when you are not within reach of our toilet facilities. We recommend a wide mouth water bottle that is marked for urine or 'pee' and can be used at night in your tent or when you are on a day excursion away from camp. We recommend practicing with your pee bottle at home so you can be comfortable using it when you get to Antarctica. Females may also find a pee funnel (Freshette, SheWee, Go-Girl) helpful.

Please do not bring plastic pee bags, they will leak! Our staff will show you where to empty pee bottles behind the toilet facility.

### -40°F (-40°C) Rated Sleeping Bag\*



#### Materials

Down or Synthetic

#### Examples

Feathered Friends Snow Goose, Rab Expedition 1400, Wiggy's Hunter Antarctic Rectangular Sleeping Bag

#### Description

You will need a sleeping bag that is rated down to -40°F (-40°C). A full-length zipper is important.

*\*Item available to rent for an additional fee.*

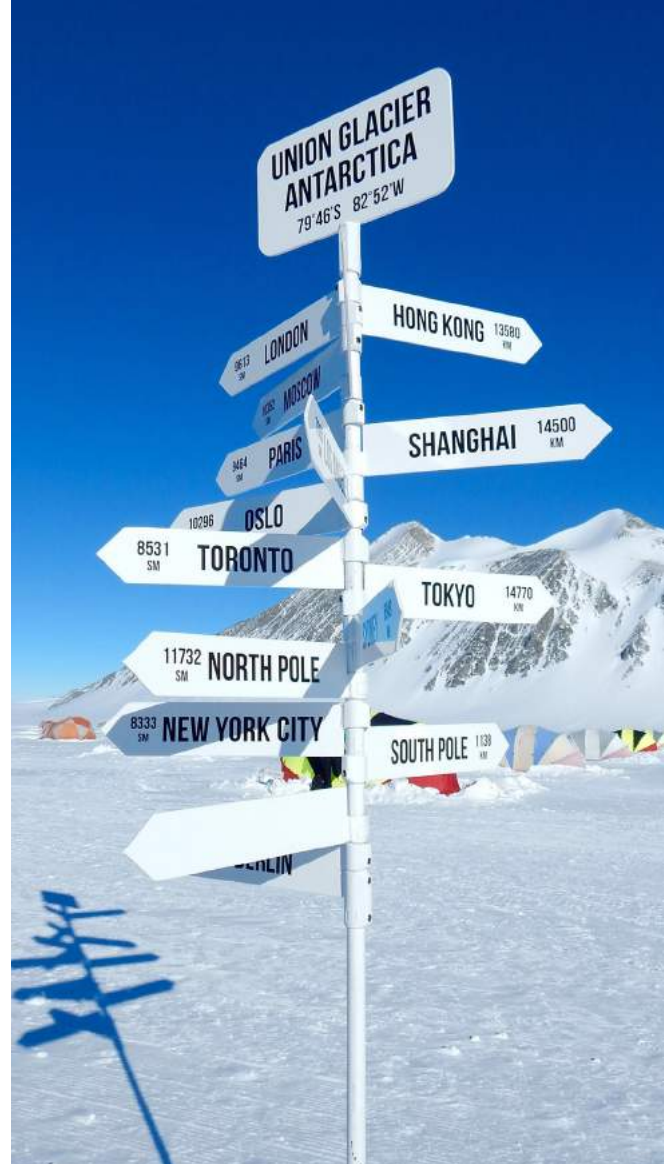


# STANDARD CHECKLIST

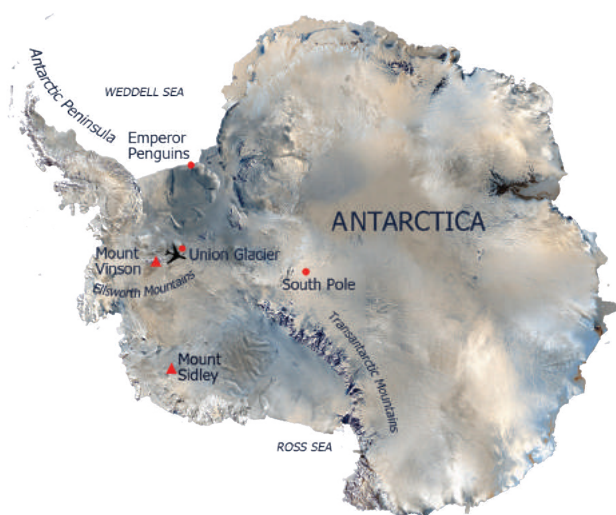
**You must bring ALL of the items on this list unless they are listed as optional.** We will look for each item on this list at your Gear Check in Punta Arenas. These items may not be available for purchase in Punta Arenas and we will not let you board the aircraft to Antarctica without them.

X	#	Item
Base Layer		
	4 pairs	Underwear, sports bras, etc.
	2	Light or midweight tops
	2 pairs	Light or midweight bottoms
Mid Layer		
	1	Lightweight fleece top or expedition-weight base layer top
	1 pair	Lightweight fleece pants or expedition-weight base layer bottoms
Insulation Layer		
	1	Mid or heavyweight fleece, down, or synthetic insulation jacket
	<i>Optional</i>	Fleece, down, or synthetic insulated vest
Windproof Layer (must also be waterproof for Emperor Penguins)		
	1	Hooded shell jacket
	1 pair	Shell pants
Polar Insulation Layer		
	1	Thick down or synthetic insulated jacket with large hood <b>*Available to rent</b>
	1 pair	Down or synthetic insulated pants with full side-zips <b>*Available to rent</b>
Headwear		
	1	Hat or beanie that covers ears
	1	Neck gaiter or Buff
	1	Balaclava and/or face mask
	<i>Optional</i>	Fleece or Windstopper headband
	<i>Optional</i>	Baseball or trucker hat for sunny weather
Eyewear		
	1 pair	Sunglasses with side coverage
	1	Sunglass case
	1 pair	Goggles (2 pairs recommended for Emperor Penguins)
	<i>Optional</i>	Spare contact lenses or prescription glasses, if required
Gloves		
	2 pairs	Liner gloves
	1 pair	Midweight insulated gloves
	1 pair	Oversized thick insulated mittens
	<i>Optional</i>	Chemical hand warmers

x	#	Item
<b>Footwear</b>		
	3 pairs	Thin liner socks
	3 pairs	Thick heavyweight socks
	1 pair	Boots rated -100°F (-73°C) <b>*Available to rent</b>
	1 pair	Lightweight winter boots or heavyweight hiking boots
	<i>Optional</i>	Running shoes
	<i>Optional</i>	Insulated booties with no-slip sole
<b>Equipment</b>		
	1+	Extra large duffel bag(s)
	1	Carry-on backpack 18" x 16" x 10" (46cm x 41cm x 26cm)
	1	Sleeping bag rated -40°F (-40°C) with full-length zip <b>*Available to rent</b>
	1	32 oz Nalgene wide-mouth water bottle (for drinking)
	2	32 oz Nalgene wide-mouth water bottles (marked for pee). Option to substitute for one 48 oz Nalgene wide-mouth water bottle.
	1	Outdoor Research insulated cover for 32 oz Nalgene water bottle
	1	Lip balm with minimum SPF 50
	1	Sunscreen with minimum SPF 50
	1	Personal toilet bag with wash cloth, small towel, Wet Wipes, toothbrush, toothpaste, lotion, Band-Aids, blister kit, contact lens solution, feminine products, etc
	As needed	Personal medication. Bring enough for your experience plus an additional 4 weeks' supply.
	<i>Optional</i>	Stuff Sacks
<b>Other Optional Items</b>		
	<i>Optional</i>	<b>For Antarctica:</b> USB, or 120V A/C (North American Type A or B plugs) <b>For Chile:</b> Plug adapters and 220 V transformers
	<i>Optional</i>	US cash to purchase satellite phone cards or merchandise at Union Glacier Camp
	<i>Optional</i>	Cotton t-shirts to wear at Union Glacier Camp
	<i>Optional</i>	Lightweight journal, paperback book, sketchbook, pencils, pen, e-reader
	<i>Optional</i>	Cameras, chargers, extra batteries
	<i>Optional</i>	Knee pads for photographers
	<i>Optional</i>	iPod or tablet with noise cancelling headphones
	<i>Optional</i>	Eyeshade and earplugs for sleeping in 24-hour daylight
	<i>Optional</i>	Handkerchiefs/bandanas
	<i>Optional</i>	Pee funnel for women



# UNION GLACIER CAMP



**79° 46'S 82° 52'W**  
**2297 FT (700 M)**

Our main camp is only accessible by air and lies on the broad expanse of Union Glacier in the Southern Ellsworth Mountains. All of our guests take their first steps in Antarctica here, on the naturally occurring blue-ice runway. We are a short flight from Mount Vinson, the highest peak in Antarctica, and just over 600 nautical miles (1138 km) from the South Pole. Majestic peaks rise in all directions offering unlimited opportunities for scenic excursions, technical climbs, and ski tours.





## ACCOMMODATIONS

Union Glacier Camp is the only facility of its kind in Antarctica. Our full-service camp operates during the Antarctic summer (November through January) and is dismantled at the end of each season. We can house up to 70 guests in our dual occupancy Clam Tents.

Clam Tents are double-walled sleeping tents that are designed to withstand Antarctic conditions with a high-tech nylon covering and durable aluminum frame. They are also incredibly comfortable to live in with large doors and a tall interior that allows you to stand upright and move around easily (16 ft x 8 ft or 5 m x 2.4 m). Tents are naturally heated by the 24-hour sunlight up to 60°F (16°C) but may be colder during long periods of overcast skies. Each guest is provided with a cot, mattress, pillow, linens, and towels.

Please tell us if you have a preferred tent-mate. Otherwise we will pair you with a compatible roommate of the same gender.

## WEATHER

The Antarctic climate is generally cold, dry, and windy. Even though it is summer, the temperatures remain below freezing at all times. Camp is typically less windy than other areas, such as the blue-ice runway, and temperatures range between -12° to 30°F (-24° to -1°C). Please keep in mind conditions can change rapidly and wind chill can make temperatures feel colder. Bring everything on our **Required Clothing & Equipment List** so you are prepared for all conditions.



## MEALS

### BREAKFAST 8-9 AM

Hot breakfast is served until 8:45am and self-serve continental breakfast is available until 9am.

### LUNCH 12:45-2 PM

### DINNER 6:45-8 PM

The dining tent is the heart of our camp and serves as a gathering place for all of our guests. You'll have the opportunity to meet people from all over the world embarking on everything from a Mount Vinson summit attempt to a Ski South Pole expedition. You'll get to mingle with our staff, who speak 15 different languages, and may have the chance to talk to scientists working on a variety of research projects.

Our talented chefs utilize a fully equipped kitchen to create fresh-cooked meals, baked goods, and fantastic desserts. You'll be surprised at the range of fresh fruits, vegetables, meats, and cheeses we're able to fly in regularly from Chile. We offer a variety of hot beverages, soft drinks, juices, and water. Chilean beer and wine are served in limited quantities with dinner.

Breakfast, lunch, and dinner are served at set times. In between meals, self-serve snacks and beverages are always available. All meals are served buffet style and vegetarian options are available upon request. If you have made special dietary requests or have food allergies, please introduce yourself to the kitchen staff when you arrive in camp.





# SHOWERS & TOILETS

While at Union Glacier Camp, you'll have access to communal showers and toilet facilities. In keeping with our mission to set the highest possible environmental standards, we try to minimize the amount of residue (grey) water we generate as well as the fuel we use to melt snow in Antarctica. We provide disinfectant hand gel in the dining tent and in all toilets and ask that guests limit shower use to every 2-3 days to conserve water. We also provide wash basins if you don't want to take a full shower. Many guests bring pre-moistened towelettes such as Wet Wipes to use in between showers. Towels are provided in your tent and body wash is available in all shower stalls but you should bring any other toiletries with you. We do not offer laundry service in Antarctica.

## SHOWER HOURS

7-10:30 AM

5-10 PM

All human waste is removed from Union Glacier Camp, which requires us to keep liquid and solid human waste separate for ease of transport. For men, a stand-up urinal is provided in addition to a sit down toilet. For women, two sit-down toilets are provided, one for liquid waste and another one for solid waste and toilet paper. During the night, some guests prefer to use a "pee bottle" in their tent. Our staff will show you the container where you empty pee bottles next to the toilet facility. Don't forget to bring your pee bottle with you when you leave camp. On vehicle excursions, our guides will also have a portable toilet you can use in emergencies.







## ACTIVITIES

You can be as active or relaxed as you like while at Union Glacier. Each morning we will meet with you to discuss options for the day and organize activities tailored to the weather and your interests. We offer a variety of group excursions (described in your detailed itinerary) and there are plenty of activities you can do on your own around camp. Take a walk, cross-country ski, or try out one of our fat tire bikes on the groomed 6 mi (10 km) loop. If you're looking for something more low-key, check out a book, movie, or game in our polar library. We also have a small merchandise shop featuring clothing, hats, patches, and other keepsakes. These items are exclusively sold at Union Glacier Camp and cannot be purchased anywhere else in the world. Items range in price from \$10-\$200 and are available for purchase with US cash.

In the evenings, our guest lecturers will host engaging talks on a variety of topics from polar history to glaciology. Many will share photos and stories of their own expeditions to remote parts of Antarctica and beyond. Please respect camp quiet hours between 10pm and 7am.

If you'd like to experience more of Antarctica, you can add a flight to one of our other destinations for an additional fee. Based on the time of your visit and weather conditions, you may be able to join a flight to the South Pole, charter a scenic flight around the Ellsworth Mountains, or visit Mount Vinson Base Camp. If you're interested in adding one of these flights to your itinerary, please ask our Guest Services team and they can provide you with rates and availability.



# COMMUNICATION

Satellite phone cards are available for purchase with US cash (\$40 USD for 30 minutes) from our Guest Services team. Please note that you are charged per attempted transmission, not per connection. You can make calls from our two phone booths which are equipped with satellite phones for your use. Please do not use personal satellite phones in communal areas like the dining tent.

There is no mobile coverage in Antarctica. Satellite internet access is for operations only. Please enjoy this digital detox!

In an emergency, your family may contact our offices in Salt Lake City or Punta Arenas and we can forward a message to you while you are on the ice. However, we will only give out information about you to those individuals listed on your Personal Information Form (PIF).

## **Punta Arenas Guest Services**

Calle Bernardo O'Higgins 568

Punta Arenas, Chile

Guest Services Manager +56 9 6832 7472

[guests.punta@antarctic-logistics.com](mailto:guests.punta@antarctic-logistics.com)

## **Salt Lake Sales Office**

3478 South Main Street

Salt Lake City, UT 84115 USA

Tel +1 801 266 4876

[info@antarctic-logistics.com](mailto:info@antarctic-logistics.com)



# POWER

Limited charging facilities are available in the dining tent and feature two types of outlets: USB and 120V A/C (North American Type A or B plugs). Ensure your batteries are fully charged prior to leaving Punta Arenas, you have back-up batteries on hand, and you leave any unnecessary electronics behind. Please be courteous of your fellow guests and do not leave electronics plugged in overnight.







## TRANSPORTATION

Most of our guests arrive in Antarctica on an Ilyushin-76TD. This robust, four engine Russian jet was originally designed to deliver heavy machinery to remote areas of the USSR. It is well-suited for off-strip landings, such as the blue-ice runway at Union Glacier, and easily copes with polar weather conditions.

Each season we charter three to four ski aircraft to transport guests and cargo within the continent. We utilize De Havilland DHC-6 Twin Otters and a Basler BT-67. The Twin Otter is the workhorse of many National Antarctic Programs and is used by the British Antarctic Survey, the United States Antarctic Program, as well as the Argentine and Chilean air force. The Basler is our larger ski aircraft and is a turboprop conversion of the Douglas DC-3. We use it to transport larger groups of passengers and cargo into the field.

We maintain a fleet of specially adapted vehicles for ground transportation, snow clearing, and runway maintenance. These include two 4x4 and three 6x6 passenger vehicles, several tractors, Tucker Sno-Cats, industrial snow-blowers, skiway groomer, and a number of snowmobiles and sleds.





# MEDICAL SERVICES

Keeping you healthy in Antarctica is one of our key priorities. We have a basic medical clinic staffed by doctors and medics who specialize in emergency, high altitude, and remote medicine. The clinic is equipped to treat minor illnesses or can be used to stabilize more serious conditions until the patient can be evacuated. Our field guides all hold advanced first aid certification, are trained in emergency response protocols, and carry comprehensive first aid kits when away from camp. A member of our medical team accompanies all South Pole flights due to the altitude and extreme temperatures at this location.

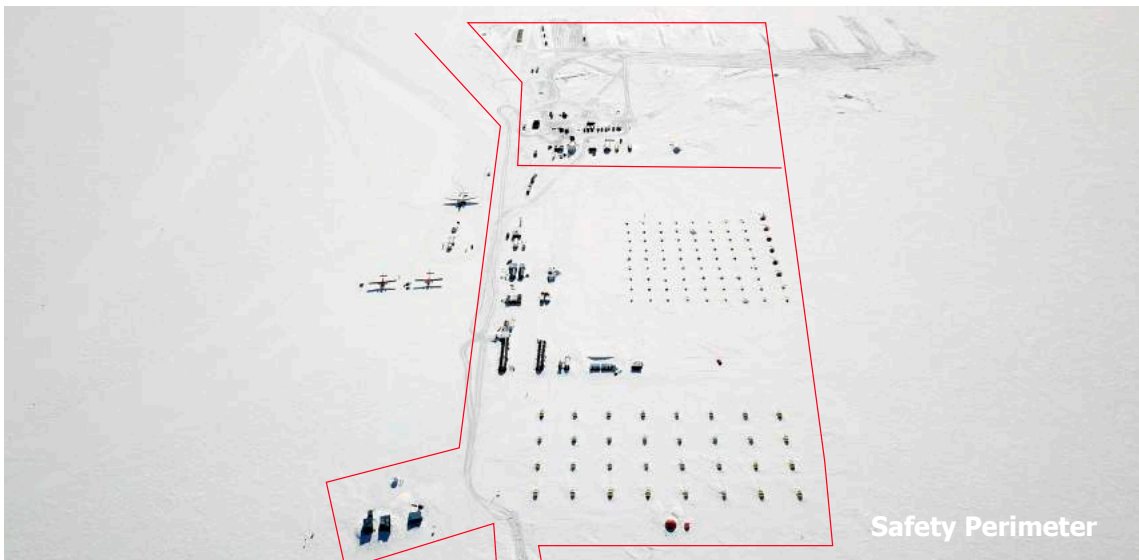
If you take regular medication, bring enough with you for your anticipated itinerary as well as 4 weeks' extra supply. Even in Punta Arenas, compatible prescription medications can be difficult to source.

Common ailments such as dehydration, sunburn, and cold injury can easily be avoided through self-care. Make sure to drink plenty of fluids, as you can easily become dehydrated in Antarctica's cold, dry climate. Your body needs calories to keep warm, so please enjoy our hearty meals and delicious desserts. Keep your skin covered in cold and windy conditions to prevent frostbite. Wear gloves when taking photos and use a balaclava, Buff, or face mask. Wear high quality sunglasses or goggles whenever outside and liberally apply sunscreen. And don't forget to use the disinfectant hand gel!

Tell our medics or your guide immediately if you feel unwell or have a problem. Many issues can be easily resolved if they are addressed early, but can become serious if ignored.

If necessary, we will call in a dedicated flight to evacuate a patient. Keep in mind Punta Arenas, Chile is 1,859 mi (2991 km) away from Union Glacier and evacuation is entirely dependent on good weather conditions. Because of this, medical evacuation may take up to several days. Evacuation flights will be at your own expense, which is why we require all guests to carry Medical Evacuation Insurance.





## TRAVEL SAFETY

Few people get to camp and travel on an active glacier and this unique environment requires everyone to be cautious and conservative. Stay within your limits, listen to safety briefings, and follow instructions. Ask if you have questions.

Union Glacier is a large expanse of actively moving snow and ice that is flowing from the Polar Plateau towards the Ronne Ice Shelf. As the glacier carves its way through the mountains and flows over uneven terrain, deep holes and cracks can form in the surface of the snow. These crevasses can be hundreds of feet deep and are often covered by a thin layer of snow, making them very dangerous. Assume all glaciated terrain contains hidden crevasses and always seek advice before traveling outside of camp.

We use a variety of tools to identify safe areas around Union Glacier and our field camps. These include high resolution satellite imagery, ground penetrating radar, a thorough understanding of glacier dynamics, and historical knowledge of the area. Our camp boundaries and safe travel routes are routinely maintained and clearly marked to ensure safe passage in low visibility. Our Travel Safety team gives regular briefings to guests and staff on where it is safe or not safe to travel.

All guests and staff must adhere to a strict Check-Out and Check-In Procedure when leaving camp and be cleared by our Travel Safety Manager. Guests and staff must stay on established safe routes outside of

camp or employ glacier travel techniques (ropes, harness, etc.). Please check with our Communications staff before crossing the skiway to use the 6 mi (10 km) loop. Even if you see all of our aircraft on the ground, there may be other aircraft in the vicinity.

If you need assistance, our Guest Services team is always available as your first point of contact. The Communications and Operations Offices are open for guests between 9am and 7pm. Please be respectful of these busy workplaces and only visit them when necessary.

## “NO GO” AREAS

We have identified a safety perimeter around camp, identified by flags. Do not cross the flags or enter any of the following “No Go” areas unless you are accompanied by a member of our staff.

- The blue-ice runway or taxiway when a flight is due (You will be advised where you may stand to take photos)
- The back of the Ilyushin during unloading or loading
- Radio masts, antennas, and guy lines
- Ski aircraft parking area, skiways, air crew tents, and air crew office
- Medical Clinic unless a medic is present
- Garage and Workshop Areas
- Staff sleeping tent area, unless you are visiting the medic’s tent
- Clean snow area





## TIME

Even though you'll be living in 24-hour daylight, Union Glacier Camp time is the same as Punta Arenas, Chile, where our flights originate. Our field camps at Mount Vinson, South Pole, and Gould Bay also operate on this same time.

Union Glacier Time

= GMT (UK time) -3 hours

= Eastern Standard Time (NYC time) +2 hours

= Pacific Standard Time (LA time) +5 hours.

Amundsen-Scott Station, located at the South Pole uses New Zealand Daylight Time (GMT +13 hours).

## DISTANCE

1 nautical mile (nm) =

1.15 statute miles =

1.852 kilometers

1 degree of latitude = 60 nm

1 minute of latitude = 1 nm

## SMOKING

Smoking and/or vaping are PROHIBITED inside ANY tent, structure, vehicle or aircraft due to extreme fire danger. Smoking is permitted outside only. Containers for ash and cigarette butts are located outside the dining tent. Please use your own container with a lid should you wish to smoke elsewhere.

## GRATUITIES

You are welcome to give gratuities/tips if you wish but should feel under no pressure to do so. Tipping rates are left entirely to your discretion based on your level of satisfaction with our service. Tips can be given to our Guest Services Manager. Like many travel companies, gratuities are pooled and shared among the entire staff because we feel each person plays an equally vital role in the safe and successful completion of your experience.





# FIELD CAMPS

Many of our experiences take guests away from our primary camps and into the field to experience Antarctica as early explorers encountered it, the most remote wilderness on earth.

## SKI EXPEDITION TENTS

Ski Last Degree and Ski South Pole expeditions often use single-walled, tunnel shaped, Hilleberg tents that are lightweight and quick to set up. These are important factors when you are hauling your equipment more than 600 miles (1000km) and have to set up and take down your tent each day, often in extreme conditions. The simple hoop frame allows us to partially disassemble the tent and pack it into an expedition sled, greatly speeding up the time required to set up camp each day. The tunnel shape means that the tent must be set up into the prevailing wind, which blows consistently from the Pole toward the coast.

## MOUNTAINEERING TENTS

Mount Vinson, Climb Antarctica, Ski Antarctica, and Mount Sidley expeditions utilize sturdy 4-season mountain tents like the Mountain Hardwear Trango 3.1 tents. These free-standing, double-walled tents have a more complex pole configuration, which makes them extremely strong in high winds, regardless of the wind direction.

[Field Camp Photos](#)



# INTERCONTINENTAL FLIGHTS



ALE provides an intercontinental air bridge between South America and the Ellsworth Mountains, West Antarctica. ALE operates approx. weekly passenger flights from November through January and cargo flights as needed. Flight time is 4 1/4 hours.

Flights depart from Presidente Carlos Ibañez del Campo airport (PUQ/SCCI) in Punta Arenas, Chile and land at Union Glacier blue-ice runway (UGL/SCGC). Our commercial passenger jets carry 60 passengers. Our cargo aircraft can hold two shipping containers' volume of cargo, with a total capacity of 17,500 kg. Dedicated cargo flights, private jet charters and airfield support can also be arranged. All flights are weather dependent (see Meteorology).

## FLIGHT SCHEDULE



### Ilyushin IL-76 TD (cargo)

The IL-76 was originally conceived for delivering heavy machinery to remote, poorly-serviced areas of the USSR. As such it needed to meet the requirements for a heavy-lift freighter with good speed and range, be able to operate from short and unprepared airstrips, and capable of coping with the worst weather conditions likely to be experienced in Siberia and the Soviet Union's Arctic regions.

The IL-76 has seen extensive service as a commercial freighter, especially for oversized or heavy items unable to be otherwise carried. An onboard crane can self-load and offload items up to 10 tonne, without the need for specialized airport equipment. The IL-76 has been used as emergency response transport for civilian evacuations and to deliver humanitarian/disaster relief aid around the world, especially to undeveloped areas due to its ability to operate from unpaved runways. The IL-76TD has a greater range and load capacity than the original IL-76.



### Boeing 757 (passengers)

ALE uses standard commercial jets for our scheduled, intercontinental passenger flights. These deliver a fast flight service to Antarctica and have fuel efficient, low noise engines that help ALE in our policy of continued reduction in fuel use.

The Boeing 757-200 (or similar) offers passengers a shorter flight time, a comfortable flight, and plenty of windows to enjoy the spectacular Antarctic views and thrilling blue-ice landing.

ALE has deployed a number of airfield facilities to enable a rapid turn-around for commercial jets. This means that the most efficient use can be made of weather opportunities to fly to Antarctica.



### Private Jets

Extended range, private jets, such as Bombardier, Dassault Falcon and Gulfstream families, offer the most comfortable way to fly to Antarctica. These types of aircraft come with luxurious passenger cabins, shorter flight times due to a fast flight speed, low noise and fuel-efficient engines that minimize potential environmental impacts.

ALE can facilitate charter flights, or provide limited airfield support for your aircraft, by prior arrangement. Please contact us well in advance of your project start date, to allow time for necessary Antarctic authorizations and pilot familiarization. ALE does not provide a fueling service at our runway.





## INTERNAL FLIGHTS

Flights beyond Union Glacier are by ski aircraft. Each season we contract de Havilland DHC-6 Twin Otters and a Basler BT-67 aircraft which operate from ALE's Union Glacier camp. We maintain pre-placed fuel caches to support ski aircraft operations throughout West Antarctica and always have a minimum of two ski aircraft on the continent, to provide complete self-sufficiency for normal operations and for emergency response.



### De Havilland DHC-6 Twin Otter

Ski-equipped Twin Otters are a staple in Antarctic aviation. They are used by ALE, the British Antarctic Survey, the United States Antarctic Program, as well as the Argentine and Chilean air force. The DHC-6 probably needs no introduction to most people. This twin engine, turbo-prop, STOL (short take-off and landing) aircraft is used throughout the world to access remote locations on wheels, floats, tundra tires and skis. Their rugged landing gear and STOL characteristics allow them to take off and land where other aircraft cannot. From coastal resorts and remote communities to the Arctic and Antarctic wilderness, the Twin Otter provides reliable and versatile passenger and cargo transport.



### Basler BT-67

Our larger ski aircraft is the Basler BT-67, a turboprop conversion of the Douglas DC-3. The Basler is quickly becoming the Antarctic aircraft of choice for transporting larger groups of passengers and larger cargo items into the field. Named "The Travel Product of the Century" by FORTUNE®, the Douglas DC-3 revolutionized air travel. The high-performance STOL aircraft is versatile, tough, simple and spacious. Its usefulness has been proven in every imaginable application, from passenger and cargo to military and special purpose missions. The Basler conversion replaces original piston engines with reliable Pratt and Whitney PT6A-67R turbine engines, extends the fuselage, adds de-icing and other improvements. Learn more about the [BT-67](#).

# PUNTA ARENAS HOTEL PRICES



Hotel	Description	Room Type	Price USD \$	Phone, Email, Website (Dial + 56 61)
Almasur (Rey Don Felipe) ★★★★	Comfortable and tastefully decorated boutique hotel located only 2 blocks from the central plaza. Rooms equipped with hairdryer, mini-bar, safe, phone, Wi-Fi, and cable TV. Room service, laundry, and fitness room available. Breakfast buffet included. Generally willing to accommodate reservation changes in the event of a delay.	Single	230	2295000 reservas@hotelreydonfelipe.com www.hotelreydonfelipe.com
		Double	260	
		Triple	330	
		Superior	335	
		Suite	370	
Diego de Almagro ★★★★	Located on the waterfront, this large hotel is preferred by guide companies due to the number of rooms available and their ability to extend reservations in the event of a delay. Bright rooms with climate control, mini-bar, cable TV, Wi-Fi, and electronic locks. Exercise room and heated pool. Breakfast buffet included.	Single	109	2208800 centraldereservas@dahoteles.com www.dahotelespuntaarenas.com
		Double	121	
Dreams del Estrecho ★★★★	Most luxurious hotel in Punta Arenas, featuring a casino and a spa. Located near the pier. Amenities include large rooms, a restaurant overlooking the Magellan Straits, pool, and fitness center. Wi-Fi available. Breakfast buffet included. Due to limited availability, this hotel is usually unable to extend reservations in the event of a delay. Please be aware that rates change daily based on demand, ALE cannot guarantee what price you will pay if we have to extend your reservation at this hotel.	Single/Double - City View	220	2204594 reservas@mundodreams.com www.mundodreams.com
		Single/Double - Ocean View	253	
		Junior Suite	279	
		Suite	307	
Cabo de Hornos ★★★★	Large, full-service hotel on the central plaza. Big, bright rooms, some with a view of Magellan Straits. Ultramodern, chic lobby, bar, and restaurant. Regional and international cuisine. Breakfast buffet included. Free Wi-Fi. Please be aware that rates change daily based on demand, ALE cannot guarantee what price you will pay if we have to extend your reservation at this hotel.	Single/Double	245-315	2715000 reservas@hotelesaustralis.com www.hotelcabodehornos.com
		Triple	295-370	
Best Western Finis Terrae ★★★★	Hotel located in downtown Punta Arenas with 64 rooms, restaurant and bar. Free Wi-Fi access and in-room safe. Breakfast buffet included.	Single/Single Superior	178/215	2209100 reservas@hotelfinisterrae.cl www.hotelfinisterrae.cl
		Double/Double Superior	221/322	
		Triple	293	
		Suite	428	
Isla Rey Jorge ★★★	Smaller hotel that is often able to accommodate reservation changes in the event of a delay. Good value, cozy atmosphere and comfortable rooms. Room service, laundry, free Wi-Fi. Helpful staff. Excellent restaurant serving regional and international cuisine. Breakfast buffet and welcome drink included.	Single	119	2248220 reservas@islareyjorge.com www.islareyjorge.com
		Double	143	
		Triple	169	

Prices are the rack rate and provided as a guide only. They may change without notice or fluctuate with exchange rates.



# Hotel Cabo de Hornos

Das elegante Cabo de Hornos Hotel erwartet Sie in der historischen Stadt Punta Arenas. Kürzlich renoviert verfügt es über eine Innenausstattung im Avantgarde-Stil, stilvolle Zimmer, kostenloses WLAN und ein Gourmetrestaurant.

Die komfortablen Zimmer im Hotel Cabo de Hornos sind mit heimischem Holz und luxuriösem Teppichboden ausgestattet. Sie verfügen über private Bäder, eine separate Badewanne und einen TV.

Regionale Köstlichkeiten genießen Sie im À-la-carte-Restaurant und entspannen bei einem Glas Wein vor dem Kamin. Morgens stärken Sie sich am Frühstücksbuffet.

Das Hotel Cabo de Hornos bietet Blick auf die Meerenge von Magellan und liegt nur 18,3 km vom internationalen Flughafen Presidente Carlos Ibáñez del Campo entfernt.







# Hotel Rey Don Felipe

Das in Punta Arenas, der südlichsten Stadt der Welt gelegene Rey Don Felipe befindet sich nur 2 Blocks vom Hauptplatz entfernt und bietet luxuriöse Unterkünfte mit kostenfreiem WLAN.

Die Architektur des Hotels Rey Don Felipe ist an die Tradition und Geschichte der Provinz Magallanes angelehnt. Die komfortablen, geräumigen Zimmer sind beheizt und verfügen über Kabel-TV und eine Minibar. Einige Zimmer sind zudem mit einem eigenen Whirlpool ausgestattet.

Morgens erwartet Sie ein reichhaltiges Frühstücksbuffet mit Brot, Obst, Müsli und Joghurt. Abends werden regionale und internationale Gerichte sowie erlesene chilenische Weine serviert.

Das Rey Don Felipe Hotel liegt 22 km vom Flughafen Presidente Carlos Ibañez del Campo entfernt. Ihr Auto stellen Sie gerne kostenfrei auf dem hoteleigenen Parkplatz ab. Im gesamten Hotel herrscht Rauchverbot.







# Hotel Dreams del Estrecho

Neben einem großen Innenpool mit Blick auf den See erwarten Sie im Dreams del Estrecho eine Sauna und ein Whirlpool. Alle Zimmer bieten einen Panoramabalkon. Das WLAN nutzen Sie kostenlos.

Im Hotel Dreams del Estrecho trainieren Sie im Fitnessraum und finden Entspannung bei einer Massage. Besuchen Sie auch den nur 2 km entfernten Park Maria Behety.

Die hellen Zimmer sind mit einem Flachbild-Kabel-TV, einem Schreibtisch und einer Minibar ausgestattet. Sie sind in eleganten Naturtönen gehalten und mit dunklen Holzmöbeln eingerichtet.

Das Regionalmuseum ist 450 m und das nationale Naturschutzgebiet Magallanes 20 km vom Hotel entfernt. Am Tourenschalter erhalten Sie Tipps und Ratschläge.

Vom Flughafen Presidente Ibañez trennen das Dreams del Estrecho 6 km. Sollten Sie mit Ihrem eigenen Fahrzeug anreisen, können Sie kostenfrei am Hotel parken.







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Schiffsname	
Reisename/ -Route	
Abfahrt von - bis (tt/mm - tt/mm/jj)	
Alternative Abfahrt (tt/mm - tt/mm/jj) (falls ausgebucht)	
Kabinenkategorie	
Alternative Kabinenkategorie (falls ausgebucht)	

- ☐ Doppelkabine ☐ Doppelkabine zur Einzelnutzung ☐ Halbe Doppelkabine zur Mitbenutzung

Zubringerflüge:

Abflughafen	
Hinflugdatum (tt/mm/jj)	
Rückflugdatum (tt/mm/jj)	
bevorzugte Airline	

- ☐ Economy-Class ☐ Business-Class

Zusätzliche Hotelübernachtungen:

Hotelname/Übernachtungsort	
Aufenthalt von - bis (tt/mm - tt/mm/jj)	
Hotelname/Übernachtungsort	
Aufenthalt von - bis (tt/mm - tt/mm/jj)	

Reiseversicherungen:

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☐ Reiserücktrittskostenversicherung  
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