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TECHNICAL SHEET 2025

IN THE FOOTSTEPS OF DIXIE DANSERCOER

ANTARCTICA



# POLAR ADVENTURES IN QUEEN MAUD LAND IN ANTARCTICA

**Nature of program:** expedition

**Difficulty:** moderate

**Duration:** 12 days (5 to 6 expedition days)

**Altitude:** nights below 2,500 m

**Accommodations:** hotel, camp, in tents

**Comfort:** bivouac

**Period :** 17 november 2025

**Price:** starting at €43,000 (see "Pricing" section)

**Carbon footprint:** 5.54 tons of CO<sub>2</sub>

## Highlights of this expedition

- Journey in one of the most splendid regions of Antarctica, Drygalski Mountains
- All the know-how of a luxury pioneer in Antarctica, our partner White Desert
- Bespoke activities on ice, from easy to challenging
- Guided by Julie Brown and experienced field guides
- Option to visit a 28,000 Emperor Penguin colony
- In a small group of 3 to 8 participants

You land at Wolf's Fang in the magnificent Drygalski Mountains. From here, accompanied by Julie Brown and guided by strongly experienced polar guides, you enjoy a week's polar activities in an extraordinarily wild and beautiful polar environment in the footsteps of Dixie. You explore this fantastic region at your rhythm, going on hikes, experiencing ice caves if they are accessible. For those who want, go out with your guide for abseiling, rock and ice-climbing and possibly on demande fatbiking and cross-country skiing. Relaxing massage and sauna, picnics with champaign out on the ice, will complete this once-in-a-lifetime experience of pure magic. If you are ready for, our Basler can take you to a rare visit of a 28,000 Emperor Penguin colony. Overall, this almost unique experience is one of the most beautiful you can have in Antarctica.

**This technical sheet contains the following informations**

- A brief introduction
  - Guiding
  - Map
  - Expedition program (itinerary)
  - Additional information
  - Booking details
  - Personal Equipment
  - Bibliography & filmography
  - Together for a sustainable development
  - General terms and conditions of sale
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Queen Maud Land, is located in East Antarctica between the British territories to the West and the Australian territories to the East. It covers 2.7 million square kilometers and is named after Queen Maud (1869-1938), wife of King Haakon VII of Norway.

The ice sheet of Antarctica covers this area and a thick wall of ice extends along the coastline with ice cliffs of 20 to 30 meters making its access by the sea, called "Haakon VII", complicated.

Heading inland, the mountain ranges stand out of the ice sheet (Alt. 2,000 m.) and offer a favorable site for flora as well as migratory birds. Its highest point is Jøkulkyrkja 3,148 meters above sea level in the Mühlig-Hofmann Mountain chain. Among others a little less high ranges are Heimefront in Orvin, Wohlthat and Sør Rondane, mountains free of ice in the hinterland.

The shorelines called "Prince Olav Coast" and "Princess Ragnhild Coast" were discovered in 1930 by Norwegian aviation pioneers and it is the Norwegian Hjalmar Riiser-Larsen who explored this territory for the first time. Since 1961, Queen Maud Land is considered a demilitarized zone under the Antarctic Treaty, but remains, with Peter the First Island, one of the two territorial claims of Norway in Antarctica and since 1939... as such, it is administered by the Norwegian Judiciary and Police Ministry's Polar Department in Oslo.

The first scientific expedition within Queen Maud Land is a British-Swedish-and-Norwegian expedition that took place from 1949 to 1952. To date, there are twelve stations that can house up to 40 researchers depending on the season. Six of the stations are permanently occupied, the others being used in the Austral Summer.

During the Austral Winter, this land is plunged into the polar night. During the summer, the sun is still low in the sky and most of the light that reaches the surface is reflected by the snow. This lack of heat lavished by the sun combined with the high altitude of the location (over 2,000 m above sea level) means that the temperature is cold. In the middle of the southern summer, so during our expedition, the average temperatures range between -10°C and -30°C. The climate is typical to that of a genuine polar desert and the place receives virtually no rainfall (snow representing the equivalent of 70 mm of water). The air humidity is near zero. However, the winds can be strong.

We move on crampons on the "Blue Ice" with ice ripples that make progression difficult. Near the mountains, snow is sometimes hard, sometimes soft, and sometimes deep. We also advance with skis on sealskin and snowkiting when the terrain and the wind are in our favor.

It is then within Queen Maud Land that we go on this expedition. We are located just 2,000 kilometers from the South Pole. For polar experts and enthusiasts, this area is probably one of the best places ever.

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## POLAR EXPERIENCE GUIDING

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This program is guided by a *Polar Experience* guide, accredited by the IPGA (International Polar Guides Association) with a solid experience in the polar regions and who adhere to a specific working method to help participants achieve their goals on an individual basis. They frequently lead participants in Svalbard, Iceland, Greenland, towards the North Pole, the South Pole and elsewhere in Antarctica like in Queen-Maud Land. Not only are they some of the best polar guides in the world, but they also have first-rate teaching and interpersonal skills, making the experience you are about to have, with and thanks to them, even rarer.

These guides were all trained by our late Dixie Dansercoer, who tragically passed away in June 2021 in Greenland. With many years of polar experience, he had developed a high-level team with a specific approach which can be summarized as follows:

- **Respect for the environment:** going places and leaving no traces, this is what we implement the best way we can during all our *Polar Experience* guided trips and expeditions. As expeditions are inherently based on a minimalist's attitude, we stick to the basics and avoid excesses. Respect for local cultures.
- **Safety:** our knowledge and know-how has been developed with a major focus on maximum experience and minimal risk for our participants. Preparation and high-quality equipment are obviously two major issues with no compromise. We have as well weather, medical and rescue partners on stand-by 24/7. Your guide has a satellite telephone, an Iridium Go! VHF radio, mountaineering safety equipment, a location beacon, GPS and other equipment necessary for a journey in the best safety conditions.
- **Preparation & training:** full immersion in physical and mental training, equipment knowledge, First Aid basics, logistical challenges and crisis management. Understanding the environmental, cultural and geographical characteristics of polar environment, learning from pioneering and contemporary expeditions. Preparation calls and expeditions training (theory, practice) over a weekend.
- **High quality equipment:** constant improvements and customized adjustments for maximum efficiency and performance. Screening of personal clothing and advice on purchase of special polar clothing at partner stores with special discounts.

Julie Brown, Dixie's partner of many years, now leads this dynamic little team.

Each participant receives the useful book, *Polar Exploration: A practical handbook for North and South Pole expeditions*, hard cover or electronic version, written by Dixie Dansercoer, which is the reference handbook that explains all aspects of polar journeys and expeditions: polar environment, safety, preparation, training and equipment.



# MAP







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# PROGRAM

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## **DAYS 1 & 2: (17 & 18 NOVEMBER 2025) ARRIVAL IN CAPE TOWN AND RESERVE DAY**

You arrive in Cape Town in South Africa with Julie Brown. Depending on your time of arrival, you have a free day. You are invited to a welcome dinner when all the group has finally gathered. There is a reserve day that is already planned here to give you the opportunity to fly to Antarctica one day before what is planned, in case weather deteriorates in the following days.

**Transfer/transportation:** taxi or hotel transfer

**Meals:** breakfast (not included) – lunch (not included) – welcome dinner with the team

**Accommodations:** night in hotel (not included)

## **DAY 3: (19 NOVEMBER 2025) BRIEFING DAY**

Preparation for the next day's flight. Safety briefing, detailed planning, weather forecast. Questions and answers. You get your equipment ready the following day.

**Meals:** breakfast not included – lunch not included – dinner not included

**Accommodations:** night in hotel (not included)

## **DAY 4: (20 NOVEMBER 2025) FLIGHT TO QUEEN MAUD LAND (ANTARCTICA)**

Loading of equipment onto the plane and boarding for Queen Maud Land. This flight is subject to the weather and runway conditions in Antarctica. The flight from Cape Town will take 5 to 6 hours. After a few hours' flight, you pass the Antarctic Circle and see your first icebergs! An hour before landing, you put on your polar clothes in preparation for the landing. You are met by our team at the camp. You should land directly at Wolf's Fang Camp.

**Transfer/transportation:** flight to Queen Maud land

**Flight duration:** approximately 6 h

**Meals:** in Cape Town (not included) then in camp in Antarctica (included)

**Accommodations:** depending on flight schedule, either on the plane, or in camp



## **DAYS 5 TO 9: (21 TO 25 NOVEMBER 20205) ADVENTURES IN QUEEN MAUD LAND**

### **ACTIVITIES FROM WOLF'S FANG**

We enjoy polar days, a rather mild temperature. Wolf's Fang is named after the Ulvetanna Peak, the "wolf's tooth" in Norwegian. Ulventanna stands at an altitude of 2,930 meters, and located in the Drygalski Mountains. Three Norwegians climbed this summit for the first time in February 1994 by the northwest side and in 2006 by the north face...

The scenery is sumptuous, as is our infinite playground for experimentation. Fauna is sparse: the occasional bird, a solitary and isolated Adélie penguin. To the east and west, magnificent mountain ranges of varying heights, from bare rock to ice-covered alpine peaks, for our backcountry ski ascents and descents. To the north and south, flat expanses of the Antarctic ice sheet.

Theoretically, the weather is fine and dry, with a little wind, and the temperature is still mild for this time of year, between -15°C and -30°C! We feel a little like the first explorers.

They are many activities that are possible from Wolf's Fang. You together with Julie, the group and our team will decide according to your desires, your physical abilities and the environment constraints. The activities listed below are all possible from the camp, some must be planned before you arrive in Antarctica:

- Exploring the magnificent surroundings of the camp
- Trekking and ropewalks
- Nunatak mountains hikes
- Ice caving (if accessible)
- Abseiling
- Rock-climbing
- Ice-climbing
- Fatbiking (on demand, to be confirmed)
- Cross-country Skiing (on demand, to be confirmed)

Luxury will be part of your adventure with a Champagne picnic, sauna and massage...

### **EMPEROR PENGUINS OPTION**

For those who have booked in advance, you have the option for a pure magic day tour (which price is not included in this package, see price below in the "Price does not include" section).

Two hours flight in a Basler BT-67 from your camp and you are at a site of more than 14,000 penguins and their young chicks. Both are totally unafraid of humans and will come within a few meters of our group, immersing you in the noise, commotion and the sheer beauty of it all. This is one of the greatest – and yet least observed – wildlife events on the planet.

**Meals:** *breakfast in tents – lunches on the ice – dinners in tents*

**Accommodations:** *nights in tents*



## **DAY 10: (26 NOVEMBER 2025) RETURN FLIGHT TO CAPE TOWN**

Today, weather permitting, we fly direct to Cape Town. Then we board our return flight to the north and the heat of Cape Town! We land early in the morning.

***Flight duration:** approximately 6 h*

***Meals:** meals in tents in Antarctica (included) or in Cape Town (not included)*

***Accommodations:** night on the plane*

## **DAYS 11 & 12: (27& 28 NOVEMBER 2025) RESERVE DAYS / TAKE OFF FOR EUROPE**

You must not forget that you may be stranded at camp for weather reasons, and that the plane may not be able to fly. You therefore need to plan at least one more day before scheduling the return flight. You keep busy with team and guides around the camp or relax in your tent.

You can usually plan a return from midday on day 12, probably landing in Europe on day 13.

***Meals:** meals included in Antarctica / non included in Cape Town*

***Accommodations:** night in tents in Antarctica / in a hotel and not included in Cape Town*

### **----- END OF THE PROGRAM -----**

**For reasons that cannot be foreseen at this stage, such as unpredictable weather, the physical fitness or lack of fitness of participants or other circumstances (customs formalities, road conditions, traffic, landslides, force majeure, etc.), your expedition leader may have to adapt the program, if necessary, to ensure the smooth running of your trip. He remains the sole judge and the one who guarantees your safety. Activity times are given as an indication and may vary from one participant to another.**

**The itinerary for all our expedition programs, or the ascent program for our high-mountain expeditions, are given here as a guide only. They are flexible enough to adapt to weather conditions with a few contingency days. In any case, you should follow the recommendations of your guide, who may suggest that you cancel your expedition due to weather, safety or physical conditions.**

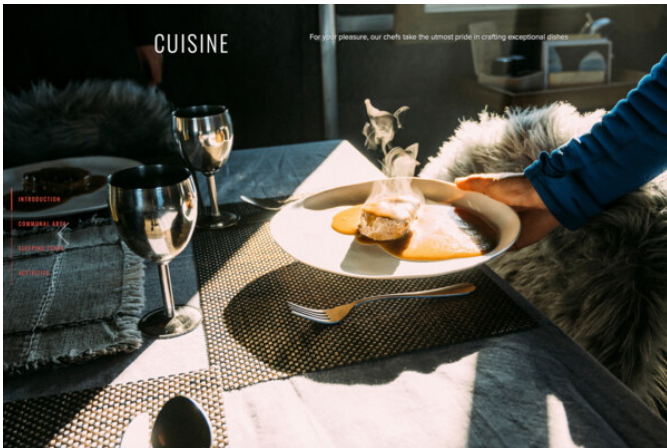
**It is important to remember that this is a truly unsupported expedition, and that anything can happen. Expeditions Unlimited, your expedition leader, your guide or our local teams can in no way be held responsible.**

**Any costs incurred as a result of a change in the expedition schedule (extra nights' accommodation, extra flights) will be borne by the participants and not by the organizers. "Contingency days" refer to the expedition in the strict sense of the term (base camp/base camp in the mountains, departure point/exit point on a traverse, etc.).**

**Any early return of the expedition or of certain members only (early success, abandonment, etc.), generating costs for accommodation, meals, changes to air tickets or other activities not provided for in this program, will be charged in full to the participants.**







## ADDITIONAL INFORMATION

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### **FITNESS LEVEL: MODERATE**

This journey is accessible to anyone in good health who participates in a weekly physical activity.

The main difficulty of this expedition is the potentially extreme weather conditions. The temperature at this time of the year can reach  $-40^{\circ}\text{C}$ .

A good physical and mental condition is therefore imperative. Each participant is responsible for the application of safety rules and in some cases, of the equipment and its maintenance. Depending upon the activity you chose, you should be ready to contribute as much as you can to the installation of outside camps, preparation of meals.

Key to success remains the collective and team spirit.

Participation in one of [our seminars or polar courses of our School of Adventure](#) is, if not required, strongly recommended.

### **IFREMMONT MEDICAL ASSISTANCE**

#### **RISKS RELATED TO COLD**

An expedition in the polar environment is not without risk. The cold in particular can cause frostbite and lead to the interruption of the expedition which, in addition to the risk of consequences on the person, will generate repatriation costs which are often very high due to the isolation of the group. To avoid this inconvenience, it is important to be well equipped, to well trained ... and to be well informed.

We are partners of the Ifremmont Institute of Chamonix, Institute for Training and Research in Mountain Medicine. It was founded by Doctor Emmanuel Cauchy in 2005, who tragically passed away in April 2018.

Ifremmont is a center of excellence in the Mont-Blanc region, for research, training in mountain medicine ranging from first aid to the treatment of mountain diseases, such as Acute Mountain Sickness (AMS), documentation on all aspects of mountain medicine. It is an innovative player in e-health: on-board sensors and telemedicine for mountain people and extreme sports.

Over time, the institute has naturally transposed its expertise in altitude to other isolated environments and is developing clinical and fundamental research on cold, altitude and extreme environments pathologies.

We offer several services in partnership with Ifremmont, whether it be pre-departure medical teleconsultation, hypoxia tests, an expedition medical hotline and [training for our guides and participants in our trips](#). Do not hesitate to contact us for more information.

[Do not hesitate to consult the Ifremmont website.](#)



## FREE MEDICAL TELECONSULTATION AND H24 MEDICAL HOTLINE DURING YOUR EXPEDITION

On this program, you are eligible for a free preventive medical teleconsultation with Ifremmont and the H24 medical hotline with Ifremmont/Altidoc during your expedition. Initially set up to deal with potential problems of acute mountain sickness (AMS), the Ifremmont/Altidoc service, a leader in its field, has also been extended to cover frostbite and other health issues arising during expeditions in hostile environments.

To make sure you are even better informed and have everything on your side for your next expedition, we recommend a preventive medical teleconsultation with a specialist doctor from Ifremmont. This fifteen-minute medical teleconsultation is covered by medical confidentiality, and the subjects raised will range from your general state of health to the precautions you should take in any given situation, and answers to any specific questions you may have.

To carry out this teleconsultation, you must take the initiative yourself by visiting <https://www.altidoc.ch>. Click on the "Consultations and teleconsultations" menu. Book your Mountain Medicine teleconsultation with Doctor Lecoq or Doctor Duperrex on +33 (0)4 50 47 30 89. Monday to Friday, 8am to 12pm and 1pm to 6pm or by e-mail: [centredesante.ensa@ensm.sports.gouv.fr](mailto:centredesante.ensa@ensm.sports.gouv.fr)

Important: appointments must be made well in advance. Don't wait until the last minute!

Please note that this teleconsultation is limited to 15 minutes and that we also offer it for your expedition.

To help you determine whether you personally need to undergo this preventive medical teleconsultation, please answer the questions below. **If you answer YES at least once to any of these questions then this teleconsultation is necessary for you.**

- |                                                                        |     |    |
|------------------------------------------------------------------------|-----|----|
| ▪ Have you ever had frostbite?                                         | Yes | No |
| ▪ Do you have a chronic health problem (heart, lungs, diabetes, etc.)? | Yes | No |
| ▪ Do you take medication regularly?                                    | Yes | No |
| ▪ Has it been more than a year since your last medical check-up?       | Yes | No |

*Please note that a medical check-up is recommended in the year preceding a trip to an isolated environment, particularly over the age of 50 and/or when you have a chronic illness.*

## MEETING POINT

We meet in Cape Town, where our staff welcomes you.

## ACCOMMODATION

In a hostel or hotel in Cape Town (self-catering, not included in the price), precise accommodation to be decided with the group of participants.

At Wolf's Fang in a tent with twin or double beds. Wolf's Fang offers laidback yet sophisticated interiors that evoke the bygone age of explorers. It features six heated bedroom tents that are equipped with en-suite washrooms, replete with shower rooms.



The relaxed lounge area is a haven of comfort and warmth, no matter what the conditions outside.

The inviting dining area is the ideal space to revisit the day's exploration with fellow adventurers.

## **MEALS**

Meals (not included) at restaurant or hotel in Cape Town.

Meals are included at Wolf's Fang camp.

## **GUIDING**

You will be accompanied by Julie Brown throughout your journey.

In Antarctica, our experienced White Desert team of polar guides is here to take you to all your activities in security.

## **TRANSFERS / TRANSPORT**

Transfers are not provided for organizational reasons, as participants generally arrive at Cape Town airport in dispersed order. Plan to take a cab from the airport to your designated accommodation.

It could be that your transfer is provided by your hotel.

## **GROUP SIZE**

This group is privatized to your team in the footsteps of Dixie Dansercoer

## **EQUIPMENT**

Personal equipment is not provided. However, a complete list is provided to allow you to check that you are taking what is necessary.

All logistics equipment is provided.

## **HEALTH FORMALITIES**

No vaccinations are required.

We strongly recommend that you are up to date with all standard vaccinations: diphtheria, tetanus, poliomyelitis and hepatitis A. Anti-typhoid, hepatitis B and rabies vaccinations are also recommended. Talk to your general practitioner or your international vaccination center.



Your guide has a small first aid pharmacy, which he himself manages. Each participant must carry common medication to limit the use of the collective pharmacy. A list of medication to bring in your personal pharmacy is specified later in this document.

## **SECURITY AND CONSULAR PROCEDURES**

No visa required.

A passport valid for 6 months after the date of return is required.

These procedures may change and we thank you check the entry requirements with the consular authorities. Each traveler is responsible for complying with these formalities.

Regarding security, we analyze situations on a case-by-case basis and we stick to the reality on the ground which we know well and follow its evolution. With our long-standing roots, we rely on responsible and competent local teams and offer our programs to you with confidence. We explain our choices to you in complete transparency. To better assess a destination, we advise you to regularly consult the section "travel advice" on the website of the Ministry of Foreign Affairs.







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# BOOKING DETAILS

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## NUMBER OF DAYS

Europe / Europe: 14 days (or 13 days, depending on first flight schedule)

Cape Town / Cape Town: 12 days

## DATES

November

- 17 November - 28 November 2025 (Cape Town - Cape Town)

## PRICING

€43,000/participant based on 3 to 8 participants.

## PRICE INCLUDES

- Return flights from Cape Town to Wolf's Fang.
- 30 kilos of baggage allowance plus one piece of hand luggage no larger than (46cm x 41cm x 26cm) between Cape Town and Wolf's Fang.
- Safety briefing (return transfers provided).
- Airport/hotel transfers in Cape Town for your Antarctic flights.
- Accommodation in Wolf's Fang on a twin-shared (or double for a couple) room basis.
- All meals and drinks (including all alcohol) at Wolf's Fang.
- All meals in the form of picnics in the field.
- Accompaniment by Julie Brown.
- English-speaking polar guide with extensive experience in polar environments.
- Equipment necessary for the activities.
- Taxes and Antarctic activity permits.
- Payment by White Desert of a 'Carbon Tax' for offsetting emissions created by all logistics associated with your Antarctic journey.
- Medical hotline by Ifremmont during your journey in Antarctica (see above).
- A satellite phone for the group entrusted to you for emergencies.
- InReach communications beacon and subscriptions.



## PRICE DOES NOT INCLUDE

- The international flight to/from Cape Town.
- Hotel accommodation and meals in Cape Town.
- Consular fees (visa).
- Excess baggage, over the 30 kg allowance between Cape Town and Wolf's Fang.
- Any customs duties on arrival in South Africa.
- One-day Emperor Penguin excursion and flight option: \$25,000.
- Any taxes for the import of satellite phones, professional communication equipment and commercial filming.
- Expenses related to a change in the expedition schedule (additional nights' accommodation, airfare supplements).
- Expenses related to an early return from the expedition or from certain members only (early success, abandonment, etc.), generating expenses for accommodation, meals, changes to airline tickets or other activities not planned in this program.
- Tips for the guides, to be shared with the other participants according to your satisfaction.
- Personal equipment (see list below).
- Drinks and all personal expenses (personal visits, taxis, souvenirs, dry cleaning, etc.).
- Travel and expedition insurance (assistance, evacuation and repatriation).

Everything not mentioned in "Price includes".

## TIPPING

At the end of your trip, it is customary to show your satisfaction by tipping the team, whether they are the guides, the cooks, etc. This gratification is of course to be evaluated according to the satisfaction that has been brought to you. Julie will help you calibrate these. It is not a duty and is never a salary.

## YOUR COMMITMENT TO SUSTAINABLE DEVELOPMENT

Our commitment to a better planet has been a reality since the beginning of our story but we always need to do more and better. [Please find out more about our charter and our commitments in terms of sustainable development. We have drafted our charter and take action through six themes](#) on which we act as concretely as possible, most often with you: social equity and cultural respect, preservation of water, waste management in expedition, protection of biodiversity, raise public awareness on these subjects and finally, the optimization and recovery of CO2 emissions.

Regarding carbon emissions, most of which are due to air travel, we calculated and communicated in 2018 on the carbon footprint of each of our programs, expressed in tonnes of CO2.

These calculations made us aware of the importance of the total carbon emissions generated by our activity. Also, **we have committed in 2022 to a carbon reduction that we believe is unprecedented in the tourism industry, aiming to reduce the total emissions of our activity by 5% per year, taking 2019 as the reference year** (3,430 tonnes of CO2). This commitment is in line with the trajectory of the Paris climate agreements of 2015, the current benchmark. Thus, in 2030, we commit ourselves not to exceed 2,160 tonnes of CO2. Thus, our maximum "carbon"



budget for 2024 is 2,950 tonnes and for 2025, this budget will be reduced to 2,800 tonnes. And so on until 2030. [To find out more about all of our calculations and our commitments in terms of reducing our carbon emissions.](#)

**In addition, since 2019, we have been encouraging you when you book for your journey to contribute with a donation to an independent NGO, among the two we have selected that share the commitments made in our charter.** We matched the amount of this donation to this program's carbon footprint. Thus, the journey you are considering generates **5.54 tons of CO2, which corresponds to a 100% donation of €166** for an estimated value today of €30 per tonne of CO2. This donation remains of course optional and you can decide to give between nothing and 100% of this amount. **Since 2019, including covid years of 2020 and 2021, we have been able to collect thanks to you nearly €7,000 for these associations.**

## COMPLEMENTARY INSURANCES

All our expeditions require that our participants have taken out health insurance and repatriation (via their bank cards, other personal insurance, etc.). Also, if you have not taken out insurance with us, we ask for your registration the name of your insurance company, policy number and the telephone number of the assistance to be quickly operational in case of emergency.

If you are a European Union resident, a few insurance should work including the very good French Alpine Club <https://www.ffcam.fr/assurance.html>.

If you are not, then you will need to find an insurance coverage from your country. There are also international insurers that offer solutions so you can check with them. Here is a shortlist:

- Tokyo Marine HCC: [www.hccmis.com](http://www.hccmis.com): [sales@hccmis.com](mailto:sales@hccmis.com)
- Redpoint: [clientservices@redpointresolutions.com](mailto:clientservices@redpointresolutions.com)
- Global Rescue: [tkoeth@globalrescue.com](mailto:tkoeth@globalrescue.com)
- Travelex: [www.travelexinsurance.com](http://www.travelexinsurance.com): [CustomerSolutions@travelexinsurance.com](mailto:CustomerSolutions@travelexinsurance.com)
- IMG Global: <https://www.imglobal.com/travel-insurance/itravelinsured-se>



# LIST OF PERSONAL EQUIPMENT AND MEDICAL SUPPLIES

- A large 90/120-liter duffel bag (optionally on wheels). This luggage must be solid and waterproof.
- A small backpack of about 35 liters for your personal belongings during activity days. It will also serve you as carry-on and cabin luggage during flight.

## CLOTHES

The technique is immutable: You must plan several layers, to add or remove depending on the temperature and of your activity. You can wash some items along the way that dry quickly, especially underwear and socks. For T-shirts, underwear and socks, plan to change them twice a week if you do not wash anything along the way. In countries with insects, prefer dark color clothing (but neither black nor dark blue).

- A waterproof jacket like Gore-Tex®
- A pair of waterproof over-trousers like Gore-Tex®
- An expedition down jacket
- A down expedition pant / dungarees
- A thick fleece jacket
- A sweatshirt or thinner micro-fleece jacket
- Long sleeve thermal t-shirts (stay away from cotton shirts, they take a long time to dry)
- A pair of fleece pants
- A pair of thermal tights
- Pairs of warm socks
- A hat or a cap or headband for protection against the sun.
- A beanie that covers ears
- A fleece balaclava
- A scarf or headband
- Pairs of thin thermal gloves
- A pair of thick wool mittens
- A pair of mountain gloves
- A pair of fur-lined mittens
- A pair of very warm expedition down mittens with wrist straps

## SHOES

- Warm mountain boots 5500/6500 Millet Shiva, Scarpa Phantom 6000 or Sportiva G2SM high-mountain boots with shell, overboots and removable insulating liner
- A pair of warm waterproof boots (Sorel, Baffin, etc.)





## TECHNICAL EQUIPMENT

- Glacier goggles with cord
- One ski mask (category 4)

## SMALL AND MISCELLANEOUS EQUIPMENT

- Folding trekking poles
- Water bottle and water disinfection tablets
- A quality thermos
- Pocket knife like Opinel® or Laguiole® or swiss knife (to be checked in at the airport!)
- Disposable Bic type lighters
- Powerful Petzl® headlamp + spare batteries for upper camps and summit push
- Solar cream (high protection grade) and lipstick
- Masks for Covid-19 covering the mouth and nose
- Photo and/or video camera and/or drone with charger. Drone depending on country's legislation (prohibition, paying permit, etc.), please check before you travel. Remember to protect it from cold, dust and humidity. It is possible to recharge the batteries before and after expedition. Provide spare batteries and additional memory cards.
- Think of your watch, your mobile phone (photos, WhatsApp,...) and, for moments in the tent, of your e-reader and of downloading your best podcasts!
- Individual power bank and solar panel
- A card game, always fun for the atmosphere, with a few rules if it's been a long time since you've played... Other games can also be fun (other card games, chess, checkers, etc.). Some of them can be downloaded on your phone so that you do not pack too much! Your travel companions will love it, and so will the local teams!
- Food supplements (cookies, chocolate, cereal or energy bars), according to your taste.
- Possibly some snacks for your expedition (cereal bars, energy bars, chocolate, dried fruit) that you particularly appreciate. Everything is provided, but you may not be able to find your favorite snacks on site. Remember to take a few mineral tablets to supplement your ice-melted water.
- Color photocopy of the passport major pages facilitates administrative procedures in the event of loss or theft (not to be kept in the same place as the passport!). Also in the event of lost or stolen passport, having two ID photos aside can be of great service.
- Four passport photos (for visas and other permits)
- Four to five waterproof bags of different sizes to compartmentalize your belongings in your bag, which is very practical

## WASHING

- Personal toiletry bag (toothbrush, toothpaste, etc.)
- Medium sized towel that dries quickly
- Biodegradable wipes and tissues
- Toilet paper



## PERSONAL MEDICAL SUPPLIES

- Your personal medication for the duration of the trip. Above all, if you are undergoing a specific treatment, it is imperative that you take your prescriptions, which you must always carry with you in the event of an inspection, when boarding the plane for example.
- Painkiller, fever: Ibuprofen, etc.
- Antibiotics: enough for a complete treatment au 8 days
- Analgesics: Paracetamol 500 mg
- Corticosteroids: Solupred 20 mg
- Antidiarrheals: Smecta (bring ten sachets), Intetrix (treatment of amoebiasis), Imodium.
- Antivomitives, gastric dressings: Volagène®, Phosphalugel® / Ulcar®, Domperidone, Primperan.
- Antihistamines (for bites, urticaria, etc.): Zyrtec®, Clarytine®, Phénergan®, Polaramine®
- Local antiseptics: Betadine, Biseptine
- Ointments: Niflugel®, Voltarene® (anti-inflammatory), Arnigel (blows, bruises), sunscreen.
- Biafine for treatment of burns
- Antimycotics powder (feet): Econazole, powder and ointment.
- Eye drops: antibiotics, anti-irritation
- Set of adhesive bandages and compresses
- "Double skin" dressings for blisters
- Elastic adhesive tape (Elastoplast type)
- Earplugs (anti-snoring! Optional)

**This is an indicative and non exhaustive list, you will need at least one of the products from each group, follow the advice from your doctor especially since the examples of brands given above might not exist in your country so you will need to find the equivalent medication. Old batteries or hazardous waste are to be brought back to your home country. When traveling do not, under any circumstances, give any medication to anyone who asks without the authorization of your guide. If you have any questions, please ask.**

## BIBLIOGRAPHY & FILMOGRAPHY

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### FOR A MORE SERIOUS APPROACH

- ***Antarctic ice Expedition - Beyond challenge*** , Dixie Dansercoer & Sal Deltour, editions Snoeck, 2012.



- ***Empowering outperformance***, Dixie Dansercoer, editions La Chartre, 2018.
- ***Surpassing sastrugi - Empowering Outperformance***, Dixie Dansercoer & Julie Brown, editions Snoeck, 2014.

## GUIDES

- ***Polar exploration - A practical handbook for north and south Pole expeditions***, Dixie Dansercoer, editions Cicerone press, 2012.

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## FOR ADDITIONAL INFORMATION YOU CAN CONTACT US

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