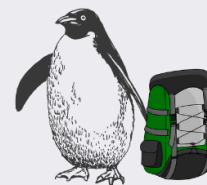




# APECS SOUTH AFRICA MEN - SANAE RELIEF PACKING LIST



OWN GEAR				
ITEM	QTY	TYPE	COMMENT	CHECK
<b>CLOTHING</b>				
COLD WEATHER				
Beanie	1	water repellent	to improve on the one issued	
Buff/scarf	1	winter buff	highly recommended	
Gloves: inners	1	water repellent	you will generally work only in these	
Gloves: ski	1	wind proof, water repellent, pocket for hand-warmers	for snowmobile rides	
Hat	1	any	visor-type hats work well	
FORMAL/SMART CASUAL				
Shirt: collar	1		for dinner on the ship & Take-Over function	
T-shirt: collar	1		for dinner on the ship & Take-Over function	
Trousers/good jeans	1		for dinner on the ship & Take-Over function	
GENERAL				
Board shorts	1	any	for meeting King Neptune (initiation)	
Boxer shorts	7	any	take enough for 2 weeks not washing your clothing	
Dress-up set	1	any	the Oceanographer's have dress-up parties so take something inventive with that can be applied to many topics	
Gym clothes	1-2 sets	any	there is a gym on base and the ship	
Shorts	2	any	for every-day wear in the base	
Socks	7	any	take enough for 2 weeks not washing your clothing	
T-shirt	2	any	for every-day wear in the base	
SHOES				
Closed shoes	1	any	for dinner on the ship & Take-Over function	
Sandals/plakkies/Crocs	1-2	any	for every day on the base and the showers, try to get ones with one broad strap	

OWN GEAR				
ITEM	QTY	TYPE	COMMENT	CHECK
			- this allows you to wear them with socks	
Tekkies	1	any	for every-day wear on the base and the gym	
OTHER				
Towel: large	1		travel (recommended) or normal	
Towel: small	1		for 'French' showers on the base - small towels double up as large cloths	
TOILETRIES				
Aftersun	1			
Conditioner	1		if required - your hair will dry out	
Cotton wool	Pack			
Dental floss	1		if required (highly recommended)	
Deodorant	1	anti-perspirant		
Ear buds	Pack			
Eye drops	2		the best is to go to an optometrist and get the eye drops that come in individual single doses - these also don't expire	
Foot scrubber (pumice stone)	1		your feet will dry out	
Foot balm/moisturiser	1		your feet will dry out	
Hair clipper	1			
Hand sanitiser	1		for the field	
Lip-ice	3	SPF+30 e.g. Lipsano or Labello	1 for your jacket, 1 for your backpack, 1 as a back-up	
Moisturiser	2	intensive moisturiser	don't buy the run-of-the-mill normal stuff	
Nail clipper/scissors	1			
Razor and blades	1			
Shampoo	1	normal or dry shampoo	if required	
Shaving cream	1		for when water is restricted	
Soap	2	environmentally friendly		
Sunscreen	2	SPF + 40		
Talcum powder	1		it speeds up the drying process	
Tissues	Lots			
Toothbrush	1			
Toothpaste	2			

OWN GEAR				
ITEM	QTY	TYPE	COMMENT	CHECK
Tweezers	1			
Wet wipes	Pack		for the field	
<p><b>TOP HINT:</b> It is also perhaps worthwhile to invest in those empty travel bottles you can buy at Clicks etc. When you get to the shelf your luggage will be offloaded and you will be left with only your backpack. You must then store spare clothing, your computer, anything else you need with you as well as toiletries in this bag. It's best to decant moisturizer, shampoo etc. into these small bottles when you have to give up your bags so the big bottles go with the Cat-Train to the base and you take the small bottles in your backpack.</p>				
MEDICINE				
ACC			if required - the base and ship have the basic necessities	
Antihistamine				
Nose spray				
Sinutab/Sudafed				
Myprodol/Iboprufen				
Disprin/Panado				
Strepsils				
Throat spray		anti-bacterial		
Berocca			if required	
Essentiale			if required	
Rehydrate			if required	
Vitamins		multi-vitamins	if required	
Ginger drops/ginger sweets/ginger biscuits/ginger tea	Lots		sea / motion sickness	
Stugeron	6 packs			
Gaviscon/Rennies				
Plasters			if required	
Whatever you are on...			enough for three months	
HARDWARE				
Camera				
Camera bag				
Camera charger				
Lens filters		polarising sort		
Lenses				
Tripod/ Gorillapod				
CDs/DVDs	Few	any	to back-up crucial data and photos	
External HD				
Flashdrive				
Laptop				
Laptop bag				
Laptop charger				

OWN GEAR				
ITEM	QTY	TYPE	COMMENT	CHECK
Speakers				
Batteries charger				
Batteries	Lots	rechargeable or Duracell		
Binoculars				
Double Adaptor				
Earphones				
Head lamp				
iPod/MP3 player				
Multi-plug				
Torch				
Book reader/Kindle				
SOFTWARE				
Anti-virus			backup and update!	
Camera software				
Field equipment software				
ENTERTAINMENT				
Movies	Lots		share on the ship and base intranet	
Music	Lots			
Series	Lots			
STATIONERY				
Clutch pencil	Few			
Eraser	1			
Notebooks	Few			
Pen	Few			
Pencil sharpener	1			
Pencils	Few		pencils work much better in the cold than pens	
MISCELLANEOUS				
Alcohol			buy through a ship's chandler-it is tax free	
Backpack	1	day pack	for flying to the base	
Book: bird watching			if you are a bird watcher	
Book: general reading	Few		you might get bored, but there is a library on ship and base	
Book: whale watching			if you are interested in whales	
Cash		R 2,000.00 - R 3,000.00		
Coffee		filter or instant		
Coffee filters		if taking filter coffee		
Ear plugs				

OWN GEAR				
ITEM	QTY	TYPE	COMMENT	CHECK
Laundry bag		1	if required	
Lock	2	padlock with combination lock	just in case	
Sewing kit				
Sunglasses				
Sunglasses strap				
Sweets and snacks		anything you like: chocolate, Sparkles, Salticrax, juice etc.		
Thermos flask	1		for the field	
Travel mug			for the ship and base	
Washing powder/sunlight bar	2 kg		for the ship and base	
Water bottle	1		for your room/gym/the field	

DEFF ISSUED GEAR		
ITEM	KEPT	COMMENT
2 kit bags		ask for the greenish ones, not the black ones
4 shirts		
Balaclava: 1 wind-block	Y	
Balaclava: 1 woolen	Y	
Beanie: 1 fleece hat	Y	
Boots: 1 pr plastic climbing		
Boots: 1 pr Sorrel (glacier/mukluks)		
Boots: 3 prs felt inners for Sorrel boots	Y	
Eye wear: snow goggles		look like diving masks - good
Eye wear: sunglasses		get your own - these are not great
Gloves: 1 pr freezer	Y	
Gloves: 2 prs fleece	Y	
Gloves: 2 prs leather	Y	pig skins
Jacket: padded		
Jacket: Polar fleece		try this on with your jacket and dungarees to ensure it fits properly
Pant/trousers: 1 pr trousers		blue overall type
Pant/trousers: Padded dungarees		
Sleep kit: duvet, sheets, pillow & pillowcases for base		
Sleep kit: inner sheet for field		
Sleep kit: mummy bag		used as an emergency/backup
Sleep kit: sheep skins		sometimes these are not issued
Sleep kit: sleeping bag for field		used as an emergency/backup
Swiss army knife		

Thermals: 4 tops	Y	
Thermals: 6 long johns	Y	sometimes they only issue 4
Thermals: 6 prs thick winter socks	Y	

**TOP HINT:** Try everything on! Do **not** trust the size labels. Even if the issuer gets irritated with you, it doesn't matter. You **must** try everything on before you accept it. Also, remember that you will be layering up, so you'll tend to have to go for a size greater than your normal size.

USEFUL WEBSITES	
DESCRIPTION	WEBSITE
Tracking the ship	<a href="http://www.sailwx.info/shiptrack/shipposition.phtml?call=ZSNO">http://www.sailwx.info/shiptrack/shipposition.phtml?call=ZSNO</a>
Antarctica twice daily satellite images: <ul style="list-style-type: none"> <li>• r06c04 - Akta Bukta</li> <li>• r06c03 - Penguin Bukta</li> <li>• r05c03 - SANAE IV</li> <li>• r05c04 - Troll Base</li> </ul>	<a href="http://rapidfire.sci.gsfc.nasa.gov/subsets/?mosaic=Antarctica">http://rapidfire.sci.gsfc.nasa.gov/subsets/?mosaic=Antarctica</a>
Sea ice conditions	<a href="http://www.iup.uni-bremen.de:8084/ssmis/index.html">http://www.iup.uni-bremen.de:8084/ssmis/index.html</a>
SANAP	<a href="https://www.sanap.ac.za/">https://www.sanap.ac.za/</a>