



WHITE DESERT

ANTARCTICA



GUEST HANDBOOK

THE GREATEST DAY

# CONTENTS





# 1. VISAS, PASSPORTS AND IMMUNISATIONS

There are no visa requirements for visiting Antarctica. White Desert holds a British permit for travel to the continent and our guests will be covered by this permit. There may be additional visa requirements for some nationalities visiting South Africa so please check with your local Government Authority as to what these are, as far in advance of your trip as possible. Please note that you will need a multi-entry visa as you entering into South Africa twice on your holiday. If you need any assistance with invitation letters, please inform Catherine Stott on [catherine@white-desert.com](mailto:catherine@white-desert.com). Please also note that all visitors will need two consecutive blank pages in their passports for South African immigration purposes.

You may require vaccinations for South Africa, but none are necessary for Antarctica as it is an inert environment. Please visit [this website](#) for more details.

## COVID-19

White Desert has created a comprehensive set of Covid-19 protocols, covering (among other things) guest and staff safety, medical checks, the use of PPE and enhanced cleaning procedures. We are continuing to monitor the situation as the pandemic evolves and are amending our protocols accordingly, which we will communicate to you at least two months before your travel commences.



## 2. TIMELINE IN CAPE TOWN

You are required to arrive in Cape Town at least two days prior to your scheduled flight to Antarctica. This is to allow flexibility should your flight be brought forward due to weather conditions – something that can, and does, happen!

There is a mandatory safety briefing held the day before your scheduled flight into Antarctica, which you will need to attend. This is usually held between 11am - 1pm.





BRING ALL  
HOLD & HAND  
LUGGAGE TO  
BRIEFING

# SAFETY BRIEFING

DATE: THE DAY BEFORE YOUR FLIGHT

TIME: 11AM - 1PM

LOCATION: WILL BE COMMUNICATED CLOSER TO YOUR TRIP



## 3. SAFETY BRIEFING

The briefing will cover any changes to the flight schedule and ensure that you are suitably equipped for your day in Antarctica. This is also the perfect forum for you to ask any questions you may have.

Everything is designed with your safety in mind and attendance is a legal requirement. You will also be shown a short video from the International Association of Antarctica Tour Operators (“IAATO”) explaining our responsibilities whilst on the continent.



## KIT REVIEW

At the briefing, we will discuss your clothing for the trip and will explain what you need to pack into your hand luggage so that you are prepared for landing in Antarctica.

For those of you wishing to order clothing, you will need to inform Catherine well in advance of the briefing - a kit list and order form will be sent to you separately. We have a third-party clothing supplier in Cape Town who will have a mini 'shop' at the briefing where you can collect and pay for your clothing orders. They will have a range of sizes and colours available so that you can change any items as necessary, but please note that this is limited to the stock available. To avoid disappointment, we highly recommend that vital items (such as hiking boots) are purchased in advance to ensure that they are the correct size and of the specification required. Items will need to be paid for at the briefing using credit card or cash (South African Rand).

During the briefing, we will also fit you for your loan items, including Baffin boots and down jackets.

## RULES FOR LUGGAGE IN ANTARCTICA:

Luggage allowance for Antarctic flights:

- 7kg for hand luggage
- Hand luggage must be in a 30 – 40L backpack. This backpack will be used as your daypack during activities in Antarctica, so please do not bring anything smaller than this.

**EXTREMELY IMPORTANT:** You will need to bring ALL your Antarctic luggage with you to the safety briefing to be checked and weighed.

**PLEASE NOTE:** Cape Town does not have a separate private jet immigration clearance. As such we will pass through normal airport security in Cape Town and normal hand luggage rules will apply. Please therefore ensure that all liquids are under 100ml and you are not carrying any prohibited items. For any luggage that is to remain in Cape Town, please store with the concierge at your hotel.





## 4. ANTARCTIC WEATHER & KIT

On the coast of Droning Maud Land, the ambient temperature is usually between  $-5^{\circ}\text{C}$  to  $-8^{\circ}\text{C}$  ( $23^{\circ}\text{F}$  to  $17^{\circ}\text{F}$ ). The main factor to your comfort is wind and high winds can dramatically lower the temperature. As always, our guides will be on hand to help and advise you on how to dress appropriately and what to do to stay warm.

Given you will be joining us for a day trip, we simply encourage you to dress in warm, comfortable clothing. For more information, the below list is a summary of what you may wish to bring. A White Desert Kit List will be sent to you separately which has images of each item, as well as an order form included.

Layering correctly is the key to staying warm in Antarctica. A combination of the following layers can be worn depending on the temperature. It is just as important to take a layer off if you start to feel too warm, and by wearing several thin layers it means that you have options.

<b>ICE CLIMBING BOOTS</b>	These must be firm-soled boots with ankle support that are crampon-compatible. Eg. La Sportiva Nepal Cube Gortex / Boreal Triglav Mountain Boots. Please ask if you have questions regarding your boots as it is vital that you have the correct footwear for your daily excursions. You will be walking on ice and as such, inadequate equipment will lead to you being unable to join particular activities.
<b>BASE LAYER</b>	Thermal top and leggings
<b>MID-LAYER</b>	Lightweight stretch fleece top and bottom
<b>INSULATION LAYER</b>	Mid-weight fleece or synthetic jacket
<b>WINDPROOF LAYER</b>	Gore-tex jacket with a hood and Gore-tex pants
<b>OUTER LAYER</b>	800g or more fill down jacket with a hood and pants*
<b>HEAD</b>	Very dark sunglasses and goggles (ideally with polarized lens), hat that covers your ears, neck gaiter or buff, balaclava. Please ensure your beanie will fit under a helmet (i.e. no bobbles)
<b>HANDS</b>	Thin-liner gloves, fleece gloves with windstopper fabric and a pair of large waterproof, lined gloves. Down over mittens will be provided by White Desert if necessary.
<b>FEET</b>	Thin liner socks, thick ski socks. Climbing boots (as above) and additional footwear such as regular hiking boots or trainers for use around camp. Baffin boots*
<b>SKIN</b>	Lipbalm and sunscreen with minimum SPF50
<b>LUGGAGE</b>	30-40 litre rucksack for hand luggage (cameras etc, and any carry on Antarctic clothing you will change into on the flight). 90 litre soft duffel bag for all hold luggage.



White Desert  
Gulfstream G550

## 5. ANTARCTIC FLIGHTS

### INBOUND (CAPE TOWN - WOLF'S FANG RUNWAY)

ALL UP-TO-DATE FLIGHT INFORMATION WILL BE COMMUNICATED TO YOU AT YOUR SAFETY BRIEFING.

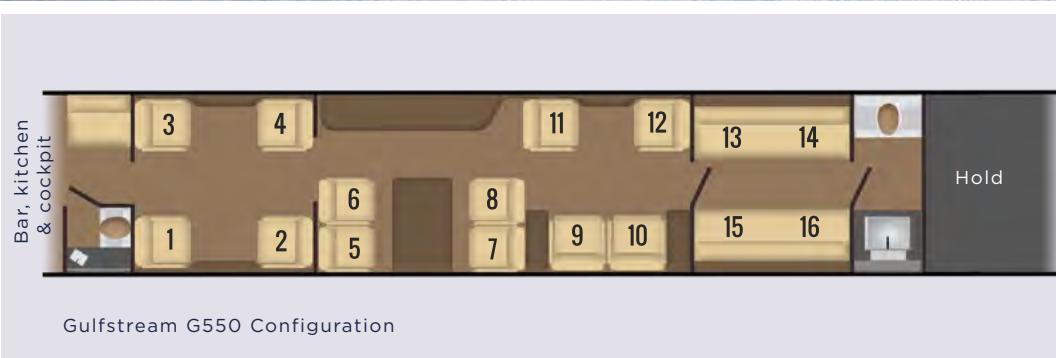
2 HOURS PRIOR TO YOUR CONFIRMED FLIGHT, WHITE DESERT CARS WILL PICK YOU UP FROM YOUR HOTEL AND TAKE YOU TO THE EXECUJET PRIVATE JET LOUNGE.

### YOU WILL NEED TO BRING:

- Passport with two consecutive blank pages. South African immigration can be very strict and have been known to refuse entry.
- Any medication you require plus some spare.
- Your hand luggage, containing your Antarctic clothing that you will have been advised to pack during your safety briefing (along with any items such as laptops, cameras etc.) We will cover all of this in the safety briefing in more detail.
- Please ensure you have proof of your return flight ticket (from South Africa back to your country of origin) with you. Customs may need to see this when we fly back into Cape Town after Antarctica.

Please be aware that the exact timing of the flight is entirely dependent on the prevailing weather in Antarctica. This means that there may be changes to the schedule and you will need to be flexible in terms of your travel arrangements and hotel bookings. You will be informed with as much notice as possible if there is a delay to your flight, and also informed of the next possible window to fly. With this in mind, please ensure you are contactable at all times whilst in Cape Town.





**ESTIMATED FLIGHT TIME TO ANTARCTICA: 5 HOURS**

**TOTAL DISTANCE FLOWN (CPT TO ANTARCTICA): 4,150KM**

Please understand that flying to one of the most remote locations in the world is a complicated procedure. Changes to the exact schedule, delays and, on rare occasions, even the aircraft type are a reality. Last-minute changes do happen and above all, safety is our primary concern.

Our Gulfstream 550 can accommodate 12 guests, accompanied by White Desert staff. The flight time to Antarctica is approximately 5 hours and during the entire flight, our crew are in constant communication with the runway regarding the weather conditions. You will be served a meal, snacks and drinks on board. Seating will be allocated on a first-come-first-served basis with groups and travelling companions placed together wherever possible.

All flights operate a no smoking policy and in case of misconduct, our pilot has the authority to remove passengers from the plane, or to send them directly back to Cape Town without any refund.

Approximately 1 hour before landing you will be directed to change into your Antarctic clothing. Please don't forget to apply sunscreen on the aircraft as the sun is exceptionally strong in Antarctica.

Once in Antarctica, you will land at Wolf's Fang runway to be met by your guide and your day of adventure begins.



# WHITE DESERT

ANTARCTICA



FURTHER INFORMATION



## IAATO / ANTARCTIC TREATY

Antarctica remains a relatively pristine environment and White Desert work with IAATO to minimise the risk of transferring non-native species (these that do not occur naturally in Antarctica) to the continent.

### HOW TO HELP BEFORE YOU HEAD SOUTH

#### **CLEAN & EXAMINE CLOTHES THOROUGHLY**

Examine all clothing, including pockets, seams, velcro fasteners & boot soles for dirt & organic material.

#### **PACK CLEAN GEAR**

Make sure your gear & outdoor equipment are freshly cleaned & free of dirt & organic material.

# GENERAL GUIDELINES FOR VISITORS TO THE ANTARCTIC



All visits to Antarctica should be conducted in accordance with the Antarctic Treaty, its Protocol on Environmental Protection, and relevant Measures and Resolutions adopted at Antarctic Treaty Consultative Meetings (ATCM). Visits may only occur after prior approval by a relevant national authority or if they have met all the requirements of their national authority.

These Guidelines provide general advice for visiting any location, with the aim of ensuring visits do not have adverse impacts on the Antarctic environment, or on its scientific and aesthetic values. ATCM Site Guidelines for Visitors provide additional site-specific advice for some locations.

Read these Guidelines before you visit Antarctica and plan how to minimise your impact.

If you are part of a guided visitor group, abide by these guidelines, pay attention to your guides, and follow their instructions.

If you have organised your own visit, you are responsible for abiding by these guidelines. You are also responsible for identifying the features of the sites you visit that may be vulnerable to visitor impacts, and for complying with any site specific requirements, including Site Guidelines, Antarctic Specially Protected Area (ASP) and Antarctic Specially Managed Area (ASMA) management plans, or station visit guidelines. Guidelines for particular activities or risks (such as aircraft use, or avoiding the introduction of non-native species) may also apply. Management plans, a list of historic sites and monuments, and other relevant information can be found at [www.ats.aq/e/ep\\_protected.htm](http://www.ats.aq/e/ep_protected.htm). Site Guidelines can be found at [www.ats.aq/e/ats\\_other\\_siteguidelines.htm](http://www.ats.aq/e/ats_other_siteguidelines.htm).

## PROTECT ANTARCTIC WILDLIFE

**The taking of, or harmful interference with, Antarctic wildlife is prohibited except in accordance with a permit.**

### WILDLIFE

- When in the vicinity of wildlife, walk slowly and carefully and keep noise to a minimum.
- Maintain an appropriate distance from wildlife. While in many cases a greater distance may be appropriate, in general don't approach closer than 5m. Abide by any guidance on distances in site specific guidelines.
- Observe wildlife behaviour. If wildlife changes its behaviour stop moving, or slowly increase your distance.
- Animals are particularly sensitive to disturbance when they are breeding (including nesting) or moulting. Stay outside the margins of a colony and observe from a distance.
- Every situation is different. Consider the topography and the individual circumstances of the site, as these may have an impact on the vulnerability of wildlife to disturbance.
- Always give animals the right of way and do not block their access routes to the sea.
- Do not feed wildlife or leave food or scraps lying around.
- Do not use guns or explosives.

### VEGETATION

- Vegetation, including mosses and lichens, is fragile and very slow growing. Do not damage the vegetation by walking, driving or landing on any moss beds or lichen covered rocks.
- When travelling on foot, stay on established tracks whenever possible to minimise disturbance or damage to the soil and vegetated surfaces. Where a track does not exist, take the most direct route and avoid vegetation, fragile terrain, scree slopes, and wildlife.

### INTRODUCTION OF NON-NATIVE SPECIES

- Do not introduce any plants or animals into the Antarctic.
- In order to prevent the introduction of non-native species and disease, carefully wash boots and clean all equipment including clothes, bags, tripods, tents and walking sticks before bringing them to Antarctica. Pay particular attention to boot treads, velcro fastenings and pockets which could contain soil or seeds. Vehicles and aircraft should also be cleaned.
- The transfer of species and disease between locations in Antarctica is also a concern. Ensure all clothing and equipment is cleaned before moving between sites.

## RESPECT PROTECTED AREAS

**Activities in Antarctic Specially Protected Areas (ASPAs) or Antarctic Specially Managed Areas (ASMAs) must comply with the provisions of the relevant Management Plan.**

**Many historic sites and monuments (HSMs) have been formally designated and protected.**

### SPECIALLY MANAGED AND SPECIALLY PROTECTED AREAS

- A permit from a relevant national authority is required for entry into any ASPA. Carry the permit and obey any permit conditions at all times while visiting an ASPA.
- Check the locations and boundaries of ASPAs and ASMAs in advance. Refer to the provisions of the Management Plan and abide by any restrictions regarding the conduct of activities in or near these areas.

### HISTORIC SITES AND MONUMENTS AND OTHER STRUCTURES

- Historic huts and structures can in some cases be used for tourist, recreational and educational visits. Visitors should not use them for other purposes except in emergency circumstances.
- Do not interfere with, deface or vandalise any historic site, monument, or artefact, or other building or emergency refuge (whether occupied or unoccupied).
- If you come across an item that may be of historic value that authorities may not be aware of, do not disturb it. Notify your expedition leader or national authorities.
- Before entering any historic structure, clean your boots of snow and grit and remove snow and water from clothes, as these can cause damage to structures or artefacts.
- Take care not to tread on any artefacts which may be obscured by snow when moving around historic sites.

## RESPECT SCIENTIFIC RESEARCH

**Do not interfere with scientific research, facilities or equipment.**

- Obtain permission before visiting Antarctic stations.
- Reconfirm scheduled visits no less than 24-72 hours before arriving.
- Comply with any site specific rules when visiting Antarctic stations.
- Do not interfere with or remove scientific equipment or markers, and do not disturb experimental study sites, field camps or stored supplies.

## KEEP ANTARCTICA PRISTINE

**Antarctica remains relatively pristine. It is the largest wilderness area on earth. Please leave no trace of your visit.**

### WASTE

- Do not deposit any litter or garbage on land nor discard it into the sea.
- At stations or camps smoke only at designated areas, to avoid litter and risk of fire to structures. Collect ash and litter for disposal outside Antarctica.
- Ensure that wastes are managed in accordance with Annexes III and IV of the Protocol on Environmental Protection to the Antarctic Treaty.
- Ensure that all equipment and rubbish is secured at all times in such a way as to prevent dispersal into the environment through high winds or wildlife foraging.

### WILDERNESS VALUES

- Do not disturb or pollute lakes, streams, rivers or other water bodies (e.g. by walking, washing yourself or your equipment, throwing stones, etc.)
- Do not paint or engrave names or other graffiti on any man-made or natural surface in Antarctica.
- Do not take souvenirs, whether man-made, biological or geological items, including feathers, bones, eggs, vegetation, soil, rocks, meteorites or fossils.
- Place tents and equipment on snow or at previously used campsites where possible.

## BE SAFE

**Be prepared for severe and changeable weather. Ensure that your equipment and clothing meet Antarctic standards. Remember that the Antarctic environment is inhospitable, unpredictable and potentially dangerous.**

### SAFETY PRECAUTIONS/ PREPARATIONS

- Know your capabilities, the dangers posed by the Antarctic environment, and act accordingly. Plan activities with safety in mind at all times.
- Keep a safe distance from dangerous wildlife like fur seals, both on land and at sea. Keep at least 15m away, where practicable.
- If you are travelling in a group, act on the advice and instructions of your leaders. Do not stray from your group.
- Do not walk onto glaciers or large snow fields without proper equipment and experience. There is a real danger of falling into hidden crevasses.
- Do not expect a rescue service. Self-sufficiency is increased and risks reduced by sound planning, quality equipment, and trained personnel.
- Do not enter emergency refuges (except in emergencies). If you use equipment or food from a refuge, inform the nearest research station or national authority once the emergency is over.
- Respect any smoking restrictions. Use of combustion style lanterns and naked flames in or around historic structures should be avoided. Take great care to safeguard against the danger of fire. This is a real hazard in the dry environment of Antarctica.

## LANDING AND TRANSPORT REQUIREMENTS

**Act in Antarctica in such a way so as to minimise potential impacts on the environment, wildlife and associated ecosystems, or the conduct of scientific research.**

### TRANSPORT

- Do not use aircraft, vessels, small boats, hovercraft or other means of transport in ways that disturb wildlife, either at sea or on land.
- Avoid overflying concentrations of birds and mammals. Follow the advice in Resolution 2 (2004) Guidelines for the operation of aircraft near concentrations of birds in Antarctica, available from [www.ats.aq/devAS/info\\_measures\\_list.aspx?lang=e](http://www.ats.aq/devAS/info_measures_list.aspx?lang=e).
- Refilling of fuel tanks for small boats should take place in a way that ensures any spills can be contained, for example onboard a vessel.
- Small boats must be free of any soil, plants, or animals and must be checked for the presence of any soil, plants, or animals prior to the commencement of any ship-to-shore operations.
- Small boats must at all times regulate their course and speed so as to minimise disturbance to wildlife and to avoid any collisions with wildlife.

### SHIPS\*

- Only one ship may visit a site at any one time.
- Vessels with more than 500 passengers shall not make landings in Antarctica.

### LANDING OF PASSENGERS FROM VESSELS

- A maximum of 100 passengers may be ashore from a vessel at any one time, unless site specific advice requires fewer passengers.
- During landings from vessels, maintain a 1:20 guide to passenger ratio at all sites, unless site specific advice requires more guides.

\* A ship is defined as a vessel which carries more than 12 passengers



# WHITE DESERT

ANTARCTICA

YOUR UNFORGETTABLE JOURNEY AWAITS

[WWW.WHITE-DESERT.COM](http://WWW.WHITE-DESERT.COM)