

WHITE DESERT
ANTARCTICA



ANTARCTIC HANDBOOK

ECHO

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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 enter into South Africa twice on your holiday. If you need any assistance with invitation letters, please inform your guest liaison on guestadmin@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.



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 3-5pm.



SAFETY BRIEFING

DATE: THE DAY BEFORE YOUR FLIGHT
TIME: USUALLY HELD BETWEEN 3-5PM
LOCATION: WILL BE COMMUNICATED CLOSER TO YOUR TRIP



3. SAFETY BRIEFING

Your briefing will begin with a short presentation where we will cover any changes to the flight schedule, and further explain your time on the continent. This is the perfect forum for you to ask any questions; from the shower facilities at camp, to how the daily activities are organised.

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 go through your luggage with you to ensure that you have all the clothing required for your time in camp and during your activities. We will also 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 your guest liaison 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 ice climbing 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:

- 23kg for hold luggage
- 7kg for hand luggage
- Hold luggage must be in **one soft duffel bag**, a requirement from our pilots due to limited payload on our Basler planes in Antarctica (we do allow duffel bags with wheels).
- 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.

THIS IS EXTREMELY IMPORTANT: You will need to bring ALL your Antarctic luggage with you to the safety briefing, both hold and hand baggage. We will be taking your hold luggage from you after the briefing to load onto the plane. You will not have access to it until you reach Antarctica.

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 KIT

The below list is the clothing you should bring to Antarctica. A White Desert Kit List will be sent to you separately with images of each item, as well as an order form included. Should you wish to purchase your kit through White Desert, you will need to return this order form in advance of your trip. Please note that items are only available through this channel whilst stocks last.

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. It can take time to get used to regulating your temperature with this system, but please remember, our guides are always happy to help and give advice.

When relaxing at camp, you can dress in normal winter clothes that you feel comfortable in (i.e. shirts, thick jumpers, sturdy boots etc) as it is a short walk from your pod to the dining room and lounge. However, when you leave camp for any type of activity or flight, it is imperative that you dress in technical clothing that is specifically created for extreme temperatures.

ICE CLIMBING BOOTS

These are used for all ice-related activities and are a requirement for this trip. 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.

HIKING BOOTS

A good, strong pair of winter hiking boots are useful as 'approach' shoes. These can be used when hiking to reach the ice activities as they offer more comfort and flexibility when walking

BASE LAYER

Thermal top and leggings

MID-LAYER

Lightweight stretch fleece top and bottom

INSULATION LAYER

Mid-weight fleece or synthetic jacket

WINDPROOF LAYER

Gore-tex jacket with a hood and Gore-tex pants

OUTER LAYER

800g or more fill down jacket with a hood and pants*

HEAD

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)

HANDS

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.

FEET

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*

SKIN

Lipbalm and sunscreen with minimum SPF50

LUGGAGE

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.

**This kit can be loaned from White Desert for the duration of your stay in Antarctica along with an Antarctic-rated sleeping bag. These items, with the exception of the Baffin or similar polar boots, are generally only used for guests travelling to the South Pole, however these will be made available to you should you wish to use them. All loan items will be handed out to you at the safety briefing for return at the end of your stay with White Desert.*



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 AIRPORT.

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. The main bulk of your Antarctica kit (i.e. your hold luggage) will have been taken from you after the safety briefing.
- 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.

We operate either a private Airbus A340 or a Gulfstream G550 business jet. 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 and transfer to Echo, approximately 5km away from the runway.



FLIGHT BACK TO CAPE TOWN:

You will retrace this route when travelling back to Cape Town

On arrival at Cape Town International Airport, White Desert staff will meet you and guide you through the airport terminal, ensuring that you are collected by your private car for the drive back to your hotel. If you wore any loan items onto the plane, please ensure these are left on the jet.

SCHEDULE CHANGES

If changes to your schedule occur which result in your departure to Antarctica being moved forward or pushed back (due to weather or associated logistics), the date of your flight back to Cape Town **will not be altered**, which could result in your time in Antarctica being shortened or lengthened accordingly. Your day-to-day itinerary once in Antarctica is also contingent on weather and your flight date to the South Pole or Emperor Penguins will vary entirely according to the pilot's assessment of safe operating conditions.

Due to this, we request that you book your hotel room for the night of your scheduled flight into Antarctica, in case your flight is pushed back. We also ask that you ensure you have fully flexible plane tickets in case changes need to be made due to a delay coming out of Antarctica. Wherever possible, White Desert will assist you in changing any tickets or liaising with your chosen travel agents and hotels. Please bear in mind that it is ultimately your responsibility to re-organise tickets in the event of any delay.

Although rare, it is possible that you may not reach the South Pole or Emperor Penguins during your stay. The South Pole especially is a complex flight involving three different landing locations, however we have an excellent track record of our trips reaching this destination. In the unlikely event that it does not happen, we offer a refund for that portion of the trip. Details can be found in our Terms & Conditions under Clause 10.



6. WEATHER IN ANTARCTICA

Antarctica is technically the world's largest desert, averaging only 166mm (6.5in) of precipitation per year. On most parts of the continent the snow rarely melts and is eventually compressed to become glacial ice which makes up the ice cap.

At our camp on the coast of Droning Maud Land, the ambient temperature is usually between -5°C to -8°C (23°F to 17°F). The main factor to your comfort is wind and high winds can dramatically lower the temperature – called 'Wind Chill'. 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. Katabatic winds (regular winds governed by daily temperature changes) mean that afternoons at camp can often be still with the wind rising in the evening.

The weather in Antarctica can be extreme to the point that it is prohibitive to organise activities outside the camp. Although rare, in such cases you will have staff available to you to ensure you are safe and comfortable at all times.

For those travelling to the South Pole, you are venturing onto the High Polar Plateau where the ambient temperature drops significantly. You will experience temperatures of approximately -25°C to -35°C (-13°F to -31°F), but often there is much less wind at the South Pole. We will go into further detail about how to manage these temperatures later in this document and prior to your flight once in Antarctica.

As a general rule, the weather in Antarctica can be highly variable and conditions can change quickly. This means that activities and flights can be delayed or rescheduled at the last minute. As such, please be patient and accept the advice of your highly qualified guides.



7. CAMP AND SAFETY

ARRIVAL AT ECHO

Echo is our brand new space-inspired sister camp to the renowned Whichaway, based a short flight away on the Schirmacher Oasis. Opened for our 22/23 season, you will be amongst the first to ever stay at our newest offering.

Echo is surrounded by some of the most impressive Nunatak mountain ranges on the planet. Set on a massive glacier, the expansive views in the area are unrivalled. This location lends itself to some of the more adventurous activities including ice climbing, mountain climbing, and abseiling.



Retaining the comfort and luxury synonymous with White Desert, this camp comprises six individual sleeping 'Sky Pods'. Echo's 'Sky Pods' are futuristic and luxurious, the six bedrooms are created from composite fibreglass with floor to ceiling windows allowing guests to soak in the mesmerising wilderness. Each sleeping pod is heated and equipped with an en-suite wash area and toilet facility. The wash area has a sink which is supplied with warm water via a thermos. The beds are configured as double beds but can be altered to become twin if preferred; privacy partitions can also be provided. A hot water bottle is available on request.



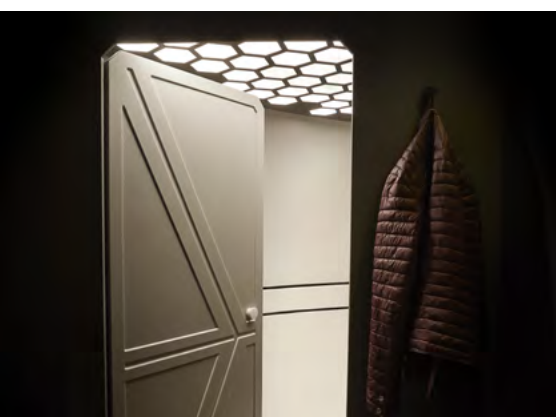
All bedrooms have plug points (South African three-prong plugs) for charging electrical items, as well as USB ports while there are also multiple charging points in the communal areas.

Guests have access to a number of communal areas within Echo Camp, including a central pod welcome area from which the other rooms radiate. The dining pod is the ideal place for you to savour your sumptuous three-course meals, whilst the lounge offers a modern and inviting area to enjoy a pre-dinner cocktail at the bar with your fellow travellers. If you're looking to relax, our beautifully curated library pod is a warm and comfortable space in which to curl up with a good book after a busy day of activities.



All the communal pods are open for use at your leisure with a selection of hot and cold drinks and snacks available day and night. Three hot meals are served during the day when you are in camp. The heated shower room situated off the central pod contains two shower cubicles with changing room, two full toilet facilities and a central double vanity area.

Water is a precious resource at camp with all our water being hand shovelled and melted in one of our industrial ice melters before being transferred to our shower facility. We would therefore ask that guests are mindful of their consumption throughout their stay on the continent.





SAFETY

Due to the remote nature of the camp and the extreme environment, guests must **ONLY leave the camp when accompanied by a guide**. This is the most important rule of our camp. It is easy to become disorientated in such a landscape, and the visibility can change rapidly. Distances around camp can also be highly deceptive

Please be aware that alcohol can reduce your ability to deal with the cold. The entire camp is based on snow and ice which means it can be slippery under foot and more difficult to navigate when under the influence. Whilst we fully acknowledge that your visit to Antarctica is a holiday and designed to be highly enjoyable, please note that White Desert cannot be held responsible for any reckless behavior. Alcohol consumption is not permitted on the Basler plane or during the South Pole and Emperor Penguin visits.

TRANSPORT AROUND CAMP

The main method for transport around camp and to the daily activities is skidoo and passenger sleds. All vehicles carry communication equipment, a small medical box, safety equipment and GPS in case of reduced visibility.

ENVIRONMENT AND WASTE

Antarctica is a pristine environment and staff and guests are obliged to protect it during their time on the continent. White Desert goes well beyond the legal requirements for waste management and instead strives towards a 'zero impact' policy. This is something we pride ourselves on and we would ask you to help us achieve this goal and become 'Antarctic Ambassadors'.

Please do not leave anything behind, all litter must be collected and kept on your person until you are able to dispose of it at camp. Do not remove any rocks or samples to take home with you.

Please see further information on the **IAATO Antarctic Guidelines we follow on page 19**.

We separate urine and solid human waste for responsible disposal and ask that guests always use a designated urine toilet at camp. There are full toilet facilities in each of your pods.

Smoking inside pods presents a serious fire hazard and is strictly prohibited. There are ashtrays and designated smoking areas around camp which our staff will point out to you. Please ensure all ash and cigarette butts are collected and disposed of safely and responsibly.





8. COMMUNICATION IN ANTARCTICA

As the world's most remote holiday destination, we would like to manage your expectations in terms of communications – in a word, it is limited.

Guests can send and receive text-only emails via the White Desert ipad. We have created a guest email account address for your use through which text-only emails are sent and received every morning and evening, with service charged at US\$1 per sent or received email. Attachments can be sent or received by request at an additional charge of US\$5 per Mb. There is no web-browsing internet access available at Echo to staff or clients.

GUEST EMAIL: echo-guest@white-desert.com

Please note that this is not a private account but is shared with the other guests. Please ask senders to type your full name in the subject title so that it can be identified.

For voice calls in camp, you can purchase phone credit and use one of our satellite phones in camp. Credit will be charged at US\$60 for 45 minutes. If clients would like to make calls on the satellite phones when out of camp then we ask that this is requested in advance. Please note that these phones are used for communication between camps by our team and will only be available when not in use for such.

TIME ZONES IN ANTARCTICA

Antarctica effectively encompasses all the lines of Longitude, so we could theoretically choose our time zones! The international bases often make use of the time zones from their relevant countries in order to aid communication. White Desert works on **Greenwich Mean Time (GMT)**.



9. ACTIVITIES AROUND CAMP

Each day, our field guides will suggest a number of excursions and activities for you to choose from depending on the weather. They can be easy and relaxing, or adrenaline-charged... it's entirely up to you. We always have a high ratio of guides to guests at Echo, so experiences can be tailored.

At camp you will have the opportunity to spend time exploring the surrounds on foot, bike, ski or skidoo. The nearby activities vary in length, technicality and difficulty depending on your ability and level of fitness. There is the option to scale local nunataks, have a go at ice climbing, abseil from dizzying heights or even summit one of the peaks of the Drygalski range.

At all times, you are accompanied by a qualified White Desert Field Guide who has planned the route in advance, carries GPS, compass, Sat phone, VHF radio, medical supplies and is fully briefed in emergency procedures. White Desert guides are all aware of any ASMAs in the area and are careful to avoid trekking through them, or in any way disrupting scientific experiments.

Obtaining permission to fly your own drone in Antarctica is extremely complicated and only possible for commercial outfits.

During extreme weather you may not be able to venture outside the camp. Our staff will liaise with you to ensure you are safe and comfortable at all times, as well as provide in-camp entertainment. This may be in the form of a presentation by one of our guides, either about a facet of Antarctica or one of their ground-breaking expeditions, or perhaps a movie night. There are also a number of books and board games available in the communal areas.

MEDICAL SUPPORT AND FACILITIES

White Desert has three qualified medical doctors on staff, one located in each of our main camps (Echo, Whichaway and Wolf's Fang Runway). Guides and other staff members have also received medical training ranging from basic to advanced. We have a fully stocked medical kit in camp and mobile kits for excursions and overnight trips.

There are also a number of local national stations nearby which can be accessed for emergency medical treatment. Our team of guides are skilled at remote location and mountain rescue, however, clients should be aware of the environment and their capability when undertaking an activity in order to minimise the potential for injury. Our guides are trained to support you in challenging and new activities no matter what your level of fitness.



12. FEMALE-SPECIFIC INFORMATION

Here is a compilation of information and tips that ladies often find useful.

- When flying into Antarctica, remember that you need to change into your Antarctic clothing on the flight. A good idea is to wear your thermal layers under your normal clothes, so getting into polar gear is easier on the plane.
- Electricity is an issue in Antarctica, so we ask that you do not use hairdryers.
- White Desert provides biodegradable soap, shampoo and conditioner. You are welcome to bring your own products if you would like, but please ensure that you bring biodegradable products.
- Your moisturisers and other products won't freeze as the pods are heated. There are also hot water bottles available for extra warmth.
- There are toilet facilities in each pod. However, during menstruation women are asked to use a product such as a mooncup, sanitary pad or tampon which can then be emptied or disposed of in the sanitary bin provided in your room.
- There are a number of female staff at camp who will be happy to assist you with any questions that you have.



13. TIPPING SUGGESTIONS

TIPPING SUGGESTIONS IN SOUTH AFRICA

PORTERS:	R3 - R5 PER ITEM OF LUGGAGE
RESTAURANT BILL:	10% - 20%
RANGER:	R100 - R200 PER DAY PER COUPLE
GENERAL STAFF:	R1,250 PER DAY

TIPPING SUGGESTIONS IN ANTARCTICA

Camp Personnel: Should you wish to reward our staff for outstanding work, we would suggest a trip gratuity of US\$150 per staff member. Given a camp team of 12, this would equate to US\$1,800 in total per guest. Ideally, we prefer to receive tips through electronic transfer rather than cash. This can be arranged with your camp manager in Antarctica or your guest liaison in Cape Town.

Please note that this is for guidance only, gratuity is solely at your discretion.

CASH IN ANTARCTICA

Please note you need to bring cash to pay for any purchases at our Echo shop, any purchase of Iridium Dome email, satellite phone usage, drone footage and tips. US Dollars are the recommended currency.



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.



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 the relevant 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, 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 (ASPA) 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. Site Guidelines can be found at www.ats.aq/e/ats_other_siteguidelines.htm.

PROTECT ANTARCTIC WILDLIFE

WILDLIFE

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

- When in the vicinity of wildlife, walk slowly and carefully, keep noise to a minimum, and maintain an appropriate separation distance. Consider the topography of the site, as this may have an impact on the vulnerability of wildlife to disturbance.
- 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.
- 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.

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 minimize 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 SPECIALY PROTECTED AREAS

- A permit from your 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.

OPERATORS

- Obtain permission before visiting Antarctic stations.
- Reconfirm scheduled visits no less than 24-72 hours before arriving.
- All visitors must comply with any site specific rules when visiting Antarctic stations.

VISITORS

- 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 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 is strictly forbidden. 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 minimize 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 seals. 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.
- 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, animals or animal products and must be checked for the presence of any soil, plants, animals or animal products 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.



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YOUR UNFORGETTABLE JOURNEY AWAITS

WWW.WHITE-DESERT.COM