



## **CLOTHING PROVIDED BY ANTARCTICA NEW ZEALAND**

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Due to the extreme conditions found in Antarctica special clothing must be worn outdoors. This clothing is issued to you by Antarctica New Zealand a couple of days before your departure to the Ice. You will be issued with clothing specific to the activities that your event will do – e.g. mechanics will receive clothing suitable for working outside on vehicles.

It is your responsibility during kit-out to ensure that all clothing fits correctly and that you can wear it in layers. Please ask questions during kit-out, as we are here to help you enjoy your Antarctic experience.

Antarctic clothing is worn in layers. The layers are designed so that clothing can be added and removed to maintain body heat. Please note that heat is maintained through the warm air trapped between the layers of clothing. If, for example, your fingers become cold yet you are wearing several pairs of gloves it may be that not enough air is trapped and you should reduce the layers of gloves in order to increase the air trapped and thus warm your fingers up. You will need to experiment to find out what is the best combination for you.

The layering system will be explained to you during kit-out. You will be told what clothing must be worn on the plane to Antarctica; however once in Antarctica you can experiment with your clothing layers to find out what is the best combination for you.

The following gives a breakdown of a general clothing kit and the basic uses. Winter over staff and people doing specialist activities may be provided with additional clothing.

### **Polypropylene long johns (top and bottom)**

These are not issued to science events. They are supplied at cost or you can bring your own. A general guide is to take two pairs to enable you to wash them.

### **Polar-fleece trousers**

These are issued to all event personnel. These are worn on top of your long johns.

### **Polar fleece shirt**

This is issued to all event personnel. This is worn over your long johns.

### **Polar fleece jacket**

This is issued to all event personnel. This is worn over your polar fleece shirt.

### **ECW jackets**

Antarctica NZ provides three different outer layer jackets which allow for differing combinations depending on need.

### **Salopettes**

These are issued to all personnel to complete the outer layer and provide wind and water protection.

## **Gloves**

You will be issued with a range of gloves, which may be worn in layers /combinations. Issue glove types include:

- Polypropylene gloves
- Woollen gloves or mittens (mittens are better for those with poorer circulation)
- Heavy external mittens (these insulated mittens are on a neck strap and are designed for extreme cold and are useful in re-warming cold hands)
- Leather work gloves (issued to mechanics, engineers etc)
- Water proof gloves (issued to scientists working near/in water)
- Nose wiper mittens (issued to deep field parties)

## **Socks**

All events will be issued with two pairs of thick woollen socks to be used when wearing external boots. You may also wish to bring an extra pair of socks.

## **Footwear**

You will be issued with a range of footwear for external use in Antarctica.

- Mukluks (for use in the field). These must be worn on the plane to Antarctica
- Sorrels. Lighter-weight boots for use around the outside of Scott Base
- Safety footwear (issued to engineers, chefs, mechanics)

## **Headwear**

You will be issued with a range of headwear suitable for wearing in layers.

- Neck gaiter (tube of polar fleece worn around the neck to prevent heat from escaping around the collar)
- Thermal balaclava
- Lined hat with ear flaps
- Fur lined hat (for deep field parties)
- Polar fleece head band (goes around the head and over the ears)

## **Eyewear**

You will be issued with sunglasses and spare lenses (you may also wish to bring your own and keep ours as a spare). You will also be issued with goggles. These are especially good for people who normally wear glasses.