

In the sub-Antarctic

So you're on your way to Macquarie or Heard - the forecast is rain rain rain, wind & rain or wind.

Nude bathing is not popular in the sub-Antarctic. Daytime temperatures average 5°C.

Cold? Na, this photo was really taken in the store.

Layers, layers, layers are the secret to staying warm without overheating.

One part of your body will require particular love and attention...

Don's handy hint: Eat more!

This is warmer than Antarctica but the wet conditions make the sub-Antarctic climate more dangerous.

Don's handy hint: first socks, then shoes.

- your feet. Always carry dry socks. Remove your boot linings and dry them in the hut at night, but don't cook your boots (unless starving).

Don't let the wind in (or out). Wear your wind and water proof gortex parka over your layers.

Most days I don't need my waterproof trousers, but my gaiters keep the mud and elly poo YUK! out of my socks. Don's handy hint: Beware the feather bed and rotting kelp.

Cover the bits that poke out. Hands, neck and head can lose enormous amounts of heat. To cool down quickly, ventilate sleeves and neck and remove your hat.

Don's handy hint: When you can see the hills, it's sure to rain. When you can't, it's already raining.

Interesting, first dry spot I've seen on this island.

A japara and gum boots are fine most days around the station.