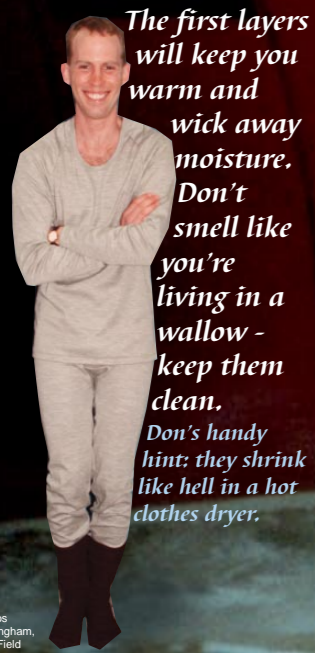


In the Antarctic

So, you're on your way south... dress for it. We want you to bring back ALL the bits you take with you. Antarctica is the highest, driest, coldest, windiest place on earth. A beautiful sunny day can become a blizzard in less than half an hour. Don't get caught out. It could mean your life.



The first layers will keep you warm and wick away moisture. Don't smell like you're living in a wallow - keep them clean. Don's handy hint: they shrink like hell in a hot clothes dryer.

20°C



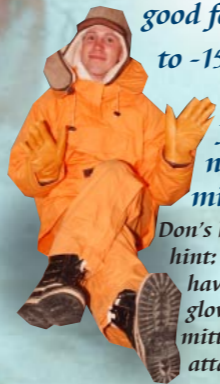
Layers, layers, layers are the secret to staying warm without overheating. Don's handy hint: not too loose, not too tight.

10°C



Keep your feet dry. Use chains for walking on icy ground. Don's handy hint: Remove your boot liners to dry every night. Change them at lunch time if you're working hard.

0°C



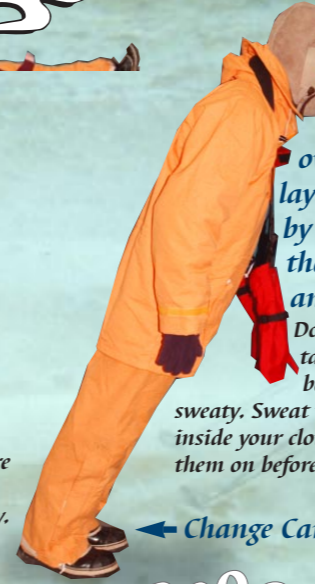
Look after the bits that poke out. Gloves are good for -10°C to -15°C, but then you will need mitts. Don's handy hint: Always have your gloves and mitts attached.

-10°C



Beware the Antarctic UV. Wear your sunglasses or snow goggles and wear lots of sunscreen. Don's handy hint: take care of your sunglasses and goggles - they scratch easily.

-20°C



Expeditioner failed to heed Don's advice.



← Change Cariboo's for mukluks →

Don't let the wind in (or out). Wear your wind proof parka over your layers. Ventilate by loosening the neck, cuffs and zips. Don's handy hint: take off layers before you get sweaty. Sweat turns to ice inside your clothes. But put them on before you get cold.

-30°C



If you're not doing physical activity, then a freezer suit is a good option. Don's handy hint: Wear a freezer suit on quads and tractors, but not for manhauling sledges.

-60°C



Poster by Pauline deVos for Rod Ledingham, Station and Field Operations, Australian Antarctic Division, 1997. Photography by Murray Eric and Rod Ledingham.