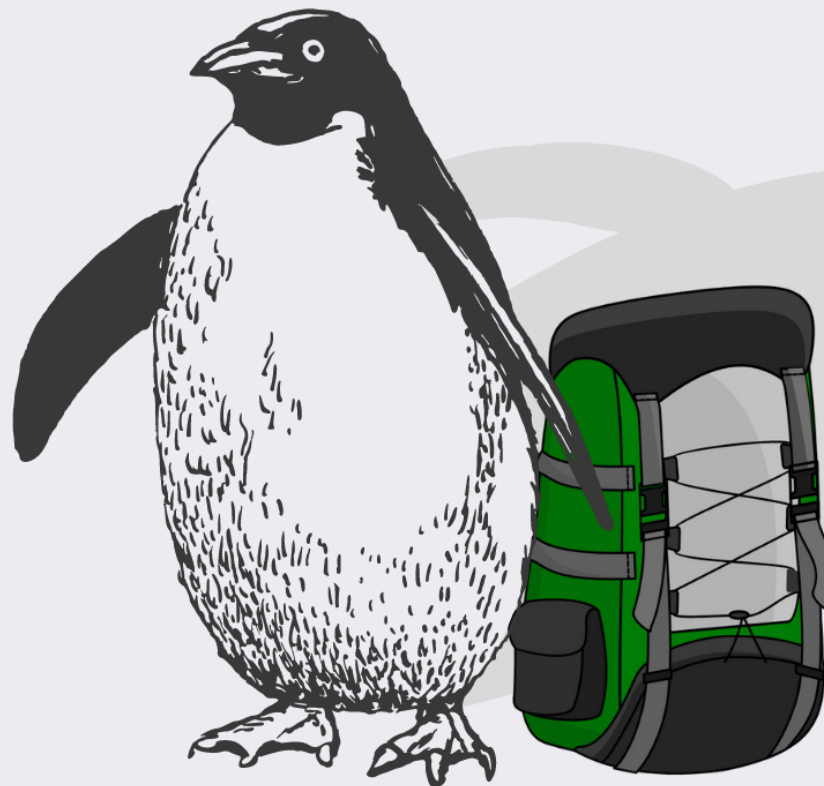




APECS SOUTH AFRICA
TRAVEL GUIDE

RESEARCH EXPEDITIONS **GREAT & SMALL**

THE ROAD LESS TRAVELLED



Contents

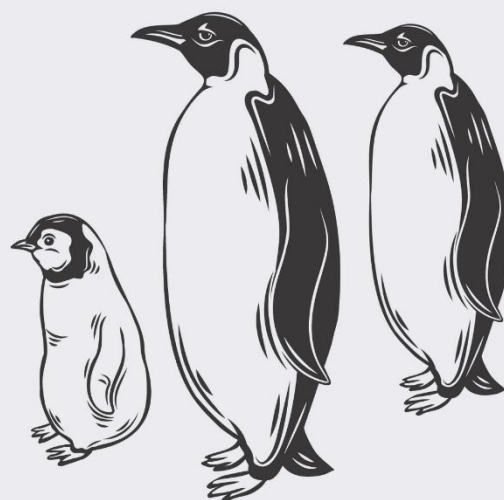
Introduction.....	4
Your vessel to adventure: S.A. Agulhas II	5
Arriving at the docks.....	5
Aboard the S.A. Agulhas II	7
What to bring with you	11
Expeditions to SANAE IV, Antarctica	16
From ship to SANAE IV	16
At the research station	18
What to bring with you	24
Expeditions to Marion Island.....	26
From ship to Marion Island.....	26
At the research station	27
Overwintering advice	33
Attending a conference	37
Why conferencing?	37
Getting to a conference	38
Finding, securing, spending funding	39
At the conference.....	42
International travel.....	46
Planning your trip	46
Getting ready to leave	47
The transit: at the airport & in the air.....	48
Bibliography	50
Appendices	51
SA Agulhas II Packing List.....	51
Men – SANAE Relief Packing List	52
Women – SANAE Relief Packing List	58
Women – Marion Relief Packing List	65
Marion Overwintering Packing List.....	71
International Travel Checklist.....	74
Budget Example.....	75

GLOSSARY

APECS, AEPCSSA – Association of Polar Early Career Scientists, South African National Committee

DCO – Departmental Coordination Officer

DEFF – Department of Environmental Affairs and Forestry



INTRODUCTION

Whether you are overwintering at one of the South African National Antarctic Programme's (SANAP's) bases, completing fieldwork during a relief voyage to Antarctica (SANAE IV), Marion Island, or Gough Island, or conducting research aboard the *S.A. Agulhas II*, help is at hand! We, as the South African National Committee of the Association of Polar Early Career Scientists South Africa (APECSSSA), have collected information from seasoned voyagers, experienced overwinterers, and those that have spent many weeks (or months) in the field to bring you this 'how-to' guide. In this guide, you will also find a useful section on why and how to attend international conferences. If you have never been on an expedition, never been overseas, nor attended a conference, don't fear! This guide is packed with helpful hints and tips, and ready-to-use downloadable checklists to help you prepare for (and survive) your upcoming adventure!

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Disclaimer: This guide is not intended to replace existing resources but has been designed to support the South African Early Career Scientist on SANAP-specific expeditions, as well as international travel, such as attending conferences. The SANAP's website (www.sanap.ac.za) is an excellent source of information for a more detailed read on SANAP-specific expeditions and voyages. Other resources you may find useful in preparation for travel, conference, or fieldwork can be found on the APECS website (www.apecs.is), as well as in the bibliography at the end of this guide

YOUR VESSEL TO ADVENTURE: S.A. AGULHAS II

All expeditions to the Antarctic, the Islands (Marion or Gough), and across the Southern Ocean require a voyage on-board the *S.A. Agulhas II*. Whether you are merely in transit to your destination (*i.e.* land-based scientist), or if you will be conducting research from the *S.A. Agulhas II* (*i.e.* ship-based scientist), this travel guide contains many tips on how to prepare for, survive, and **enjoy** your voyage. You can read more on the specifications of the *S.A. Agulhas II* and other vessels used in the SANAP programme on the [SANAP website](#) or in our [APECSSA Newsletter of 2019](#).

Arriving at the docks

The ship docks in Cape Town at the East Pier of the V&A Waterfront. This is also the departure and arrival point for all SANAP expeditions.



Figure 1: The South African Polar research vessel – the *S.A. Agulhas II* – docked at Cape Town's V&A Waterfront, with Table Mountain always keeping watch. Photo: Liezel Rudolph.

If it is the first time you are taking a trip on our red lady (*aka* the *S.A. Agulhas II*), you will be met with organised chaos when you first arrive at the docks. There will be a sea of people trying to understand where to go, what to do, or where to drop off their luggage. If you are going solo, ask someone with a team-branded t-shirt (this will be the overwintering team) or an orange overall (this is the ship's crew).

Otherwise, your team leader should be able to direct you. Luggage is usually loaded with a crane from the side of the ship, fragile items can be carried up the gangway.

Once the luggage has been loaded, people will start to board the ship. Greet your loved ones before you do as you may not be able to alight again. There will be an official farewell for the overwintering team (if you are going on a relief voyage) before departure. At this point, you probably will not be allowed back off the ship. Give the overwintering team members and their families' space – they won't see each other again for many months. Also, try to stay out of the way of the ship's crew working on the dock. Enjoy the scenery while you wait for the organised chaos to abate and the ship to ready for her voyage. Finally, wait for the blast of the ship's horn that announces her departure and wave your goodbye to Table Mountain!

PS: You must wear closed shoes when boarding the ship. You will also have to complete a breathalyser test when boarding the ship. So do not have your last drink, in flip-flops, with your friends shortly before departure or you will have to stay behind. **Also, remember your passport!** You will be leaving South African territory; without your passport, you will also stay behind.

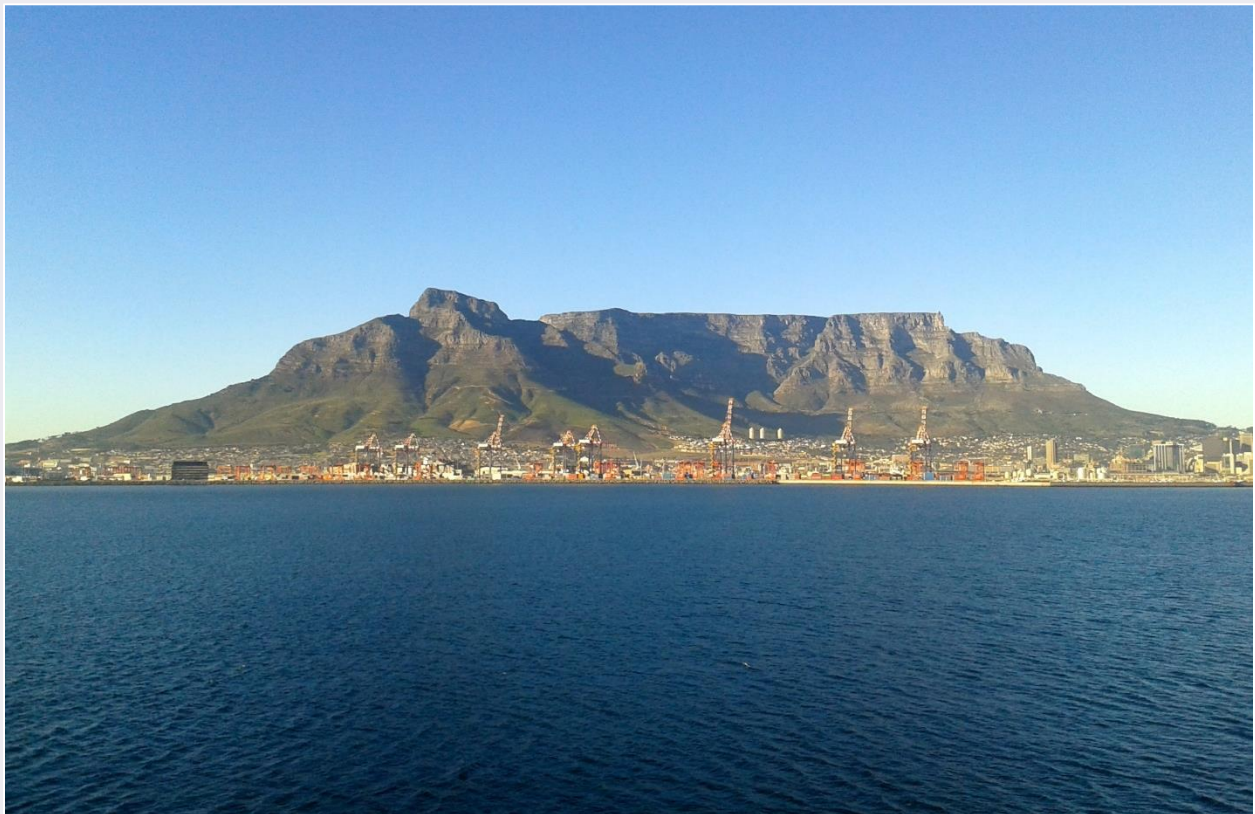


Figure 2: View of Table Mountain and the V&A Waterfront as you depart South Africa. Photo: Christel Hansen.

Aboard the S.A. Agulhas II

The ship's environment

All vessels in the SANAP programme are working vessels and should be treated as such. If you are only a passenger, journeying on the ship to your destination (SANAE IV / Marion Island / Gough Island), then do your best to stay out of the way of those that are there to work. If you are going to be staying on the ship for the duration of the journey to complete your research, then you probably already know what to do. Otherwise, ask your team leader what is expected of you.



Figure 3: Laboratory work on the S.A. Agulhas II continues 24-hours a day. Photo: Johan Viljoen.

Laboratories are found below the cabins on Deck 3. On Deck 4 you will find the dining room, gym, sauna, and kiosk where you can purchase non-alcoholic beverages, snacks, as well as some SANAP-branded clothing. You can also make use of dedicated workspace (open office type space) on Deck 4 and the library on Deck 5. There are two bars (Decks 6 & 7) where you can buy a selection of alcoholic and non-alcoholic drinks, as well as some snacks – but only during ‘bar hours’. The Monkey Deck outside provides a platform from which you can observe for seabirds, whales, seals, and penguins (once you get close enough to Antarctica and the Islands).

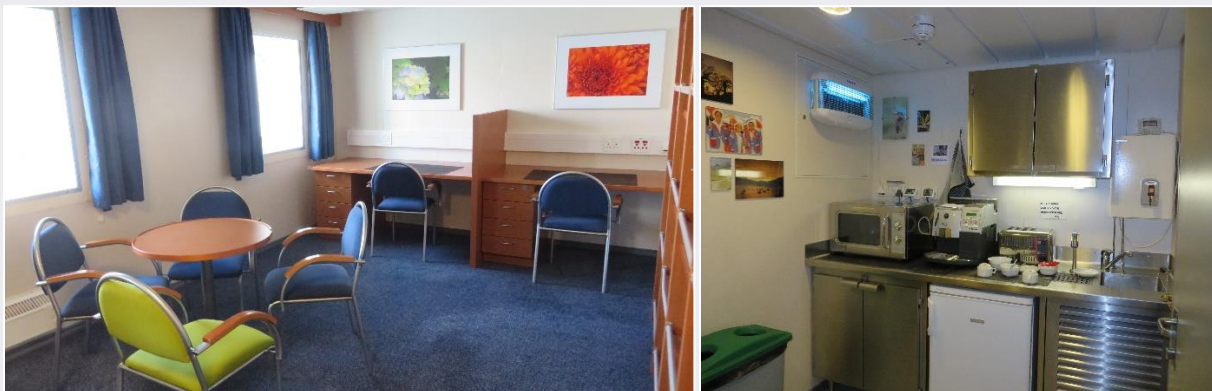


Figure 4: The library (left) and one of the coffee stations (right) for your use to work or relax on board. Photos: Liezel Rudolph

During these expeditions, it is also important to get enough rest and relaxation when you can. There are two lounges (on Decks 6 & 7) where you can find board games, and cards. Forgotten to bring movies or books? Don't worry! The library has a good selection of books (in several languages) that have been left by previous explorers like you, and you may find several movies in the computer system of the ship.

WiFi is available throughout the ship. As with everything, please use it sparingly. The Internet connection is shared between the ship, SANAE IV (Antarctica), and the Islands (Marion Island and Gough Island). Limit your usage to sending WhatsApp or email messages to your loved ones, there is no need to stream anything (and you won't be able to in any event – the connection is not good enough). Instead of hogging the Internet, rather spend some time outside on the deck observing the wonders of the Southern Ocean around you.

You will have the chance to visit the Captain and the officers in their work environment on the bridge – you can arrange such tours with the Purser. Similarly, you might be lucky enough to get a tour of the engineering rooms. This can also be arranged with the Purser. Remember that irrespective of the vessel, these are working ships and you are a guest.

Everything on the ship is also scheduled. Breakfast, lunch, and dinner are served at a set time. The same applies to access to the kiosk and service (if operational) in the bar. Morning and mid-afternoon tea are also served. These times are subject to change, but you will be briefed by the Captain soon after departure. In comparison, the gym can be used at any time. Access to the sauna is generally organized through a sign-up sheet that is posted on the door of the sauna. Please respect these bookings.

Breakfast	07:00-08:00	Kiosk	10:00-10:30
Lunch	11:30-12:30	Bar	17:00-18:00; 20:00-22:00
Dinner	18:00-19:00	<i>Ship's schedule</i>	



Figure 5: The dining area (left) and the 7th deck lounge (right). Photos: Liezel Rudolph.

Your living spaces

The ship is beautifully designed. She can take 100 passengers and consists of 46 cabins for individual, two-person, four-person, or six-person occupation. If you are lucky (here's looking at the team leaders), then you will probably have a single cabin on Deck 7. Deck 6 has a mixture of two-person and four-person cabins, whereas Deck 5 has mostly four-, and six-person cabins. A single and a two-person cabin consists of individual beds. Four- and six-person cabins consist of bunk beds. Either way, prepare for some relatively comfortable lodgings.

There is a bed (of course) that a safety rail can be added to for times of rough weather. You don't want to be shaken and rolled out of bed in 30m+ swells! Each cabin has an *en suite* bathroom that includes a shower, a toilet, and a small mirror cabinet. There is cupboard space and additional drawers under each bed. Just remember that no large luggage can be stored in the cabins – this will have to be stored in the luggage store on Deck 5. Each cabin also has a small desk and chairs, a telephone, and a LAN port. For the best Internet access, you can plug your computer into this port (be sure to bring a LAN cable). Although, if you wish to work, it is recommended that you make use of the dedicated office space rather than work in the already small cabins (if you are sharing). Finally, you will find a TV in each cabin but don't expect DSTV. You are on a research cruise, after all! Rather, bring an HDMI cable so you can connect your computer to the TV and convert your cabin into a small movie theatre. Alternatively, bring a USB cable to connect your hard drive to the TV.

Captain and the crew

The *S.A. Agulhas II* has a crew complement of 45. By the time you arrive at the docks, you will see the ship's crew milling about completing their work. You will also see them about their daily tasks on the

ship. Always be respectful of both the Captain and the crew. You are only a guest on their ship, after all. The Purser will look after your needs and is normally your first point of contact if you need anything or anything is amiss (such as a blocked toilet). A Steward will clean your cabin but do not treat him or her as your domestic servant. Keep your cabin neat and tidy; the steward will simply empty your bin and change your bedding every few days. The Radio officer oversees communications, whereas the Ice Pilot will take you safely through sea ice and ice flows. The Captain and officers dine in their dedicated section in the same dining room as you will. Other crew members will dine in the crew mess.

Cabin inspection

Keep your cabin clean and tidy. The steward who empties your bin and changes your bedding is not your servant, and tidying your room is not their only job. If you are sharing a cabin, it is especially good manners to be mindful of your bunkmates. Inspections are occasionally carried out at random by the ship's management, just to keep things in check. They have the right to enter at any time, unannounced, so don't attempt to keep any contraband (such as alcohol or illegal substances) in your cabin! This will have serious consequences.



Figure 6: Parked in the bay-ice near the Antarctic ice-shelf, the S.A. Agulhas II waits for her passengers who are en route from SANAE IV to return home after 15 months on the continent. Photo: Liezel Rudolph.

What to bring with you

A packing list is available in appendix on pg. 51 and downloadable format [here](#).

Clothes at sea

You will need both warm and cold weather clothing to survive on the ship. The cabins and common areas are heated (air-conditioned) and you can often walk around in t-shirts and sandals. Outside is another matter, the further South you voyage the colder it gets.

Most importantly, for the boys, pack at least one shirt with a collar! This, together with long trousers and closed shoes, is the mandatory dress for evening dinners and in the lounge bar. Girls should wear appropriate clothing too – strap tops are not allowed at dinner. Headwear, buffs, or caps are not allowed. If you are a ship-based scientist and you happen to work late in the labs, keep a set of clothes close by in the lab or ready in your bunk to quickly change before going to dinner. If you know you will be working through dinner or lunch, you can ask the Chief Scientist to arrange a plate of food to be kept aside for you. Also note that no pyjamas nor slippers are allowed, so if you are an early riser and never miss breakfast, dress accordingly. Officers must dress formally (wear their uniform) at all times, therefore, be courteous in return and dress appropriately in the dining hall and the lounges.

One last note. Big luggage won't fit in the cabins as space is limited. The best is to pack what you need for the ship into one bag and leave all other gear (if you won't stay on the ship beyond the journey to Antarctica or the Islands) in the luggage store. You will have access to this store during the voyage in case you need something. Access can be arranged with the Purser.



Figure 7: The S.A. Agulhas II sailing through pancake ice as it approaches Antarctica. Photo: Johan Viljoen.

Snacks, entertainment, and other comforts

Any expedition, long or short, can be tough and you might feel physically and mentally tired. To 'wake you up' and keep the strength, take a special 'First Aid Box' (and share with your colleagues if you wish). This should contain any type of snacks you prefer: sweets, chocolates, special coffee (you might not be a fan of Ricoffy and the bean-to-cup coffee machine does not always work), tea (not Five Roses - that is always available), energy bars, fruit juices, crackers, cookies, popcorns – the list is endless, whatever tickles your fancy. Take anything you feel you cannot be without on such an intensive expedition. But be careful! You may not bring any alcoholic drinks or illegal substances onto the ship. If the crew finds any of these goods in your cabin, you will get in serious trouble. But not to worry, generally, you will be allowed to have a glass of wine or a bottle of beer in the bar areas at the designated times. The ship has two bars, one on Deck 6 and one on Deck 7, that supply alcoholic (and non-alcoholic) drinks (see The ship's environment, pg. 7). If you happen to run out of sweets and chocolates, you can purchase these in the kiosk on Deck 4.

Do not forget to bring movies or books to share with your colleagues and to while away the long hours. Store movies on a hard drive for ease of sharing with others (and for getting movies from others). And don't forget your earphones – you don't want to keep your bunkmates up at all hours of the night when you are watching your favourite series.

Are you a keen birdwatcher? Then consider taking a small book on the birds of the Southern Ocean and don't forget your binoculars. This is a once-in-a-lifetime experience to see some of these beautiful and majestic birds in action. Binoculars are also good for spotting whales.

Bring some soap for the washing machine (there are washing machines, dryers, and irons to share with everyone on board). And don't forget your exercise gear. The ship has a small gym and if you feel up for it (unfortunately, some of us are seasick the whole time but others luckily not), you should make use of it. Bring a small towel, closed exercise shoes, and some sports clothes. The ship also has a sauna. To use the sauna, you should wear a bikini or swimming suit (for the girls), and boardies (for the boys). Your sports towel should be used to sit on while you are in the sauna.



Figure 8: The ship going through swells of the Southern Ocean. Photo: Christel Hansen.

A note on seasickness

Some of us are prone to seasickness, others not. It is the luck of the draw. Until you have been on a seafaring vessel, you will not know if you are susceptible. Some unlucky few never get accustomed to the motion of the ship, no matter how many times they are on it. Others only ever get 'motion sickness' – the dizzy, lethargic feeling you experience from the ship's constant movement – but are never nauseous. Others experience motion sickness together with nausea.

There is a range of medication available, and only experience will tell you which one will be best for you. Some medication, for example, *Stugeron* typically helps with the motion sickness, whereas *Valoid* helps with nausea. Speak to your GP on what may be the best option for you. Be sure to take the first tablet at least 2 hours before you set foot on the ship. Yes, it is possible to get seasick when anchored in the port. Take enough tablets (non-drowsy) to last the whole duration of your journey. If you run out – don't

worry! There is a medic or doctor on the ship, and you will be able to get more medication if you need it, but out of courtesy to your fellow ship passengers try to take enough for yourself.

Seasickness can also be managed without medication. Take a walk outside on the Monkey Deck. Fresh air can be a great cure for a mild bout of seasickness. Some people find ginger biscuits, ginger sweets, and ginger tea help somewhat too. For others, snacking on something salty such as plain crackers or salted chips does the trick. If you need something more filling, eat a slice of toast with Bovril or Marmite on it. Avoid alcohol, greasy foods, and strong spices. Coke or Pepsi may also help. Make sure that you drink enough fluids. If you are seriously unwell and have been for days, then contact the medic or doctor. Seasickness can lead to dehydration and should be treated immediately.

Bon voyage, red lady!

If you are a land-based scientist, *i.e.* a passenger that will disembark at Antarctica or the Islands, you should evacuate your cabin when you leave for land. You can leave anything you don't need for your fieldwork in the luggage store until you return to the ship.

When you finally reach the end of the expedition, don't forget to greet, and thank the ship's crew. Before you disembark in Cape Town, be sure to return any books you have borrowed from the library, tidy your cabin, and ensure you remove all personal belongings from it. Pack up all scientific equipment, clean your lab space, and thank the ship's crew that have been your companions for many weeks (or months).

Parts of this section were adapted from Tips for Going to Sea.

ALL ABOUT EXPEDITIONS

The South African National Antarctic Programme (SANAP) runs expeditions to three research bases: SANAE IV (Antarctica), Marion Island (part of the Prince Edward Islands), and Gough Island. Each research base is manned with a team throughout the year, to ensure continued weather observation and scientific investigation. This team is typically referred to as the ‘overwinterers’. Once a year, the overwinterers are relieved of their duties when a new team takes-over from the old team during the annual relief expedition. It is also during this time that a specific set of research personnel can visit the field / land for science, and a maintenance team can repair any damage to the base infrastructure. These persons are generally referred to as take-over personnel. The size and purpose of the overwintering and take-over teams differ between the three bases, and so do the duration of the relief voyages. The ship naturally departs for Antarctica during the austral Summer with a voyage of 3 months between November-February. The voyage to Marion Island is only 5 weeks during Autumn, from early April to mid-May. The expedition to Gough Island takes place in August / September.

This next section will give you an overview of the expeditions to SANAE IV and Marion Island, with accompanying packing lists to be found in the appendices. We don’t have a guide for Gough Island yet...

Parts of this section were adapted from the SANAP information on expeditions.

EXPEDITIONS TO SANAE IV, ANTARCTICA

So, you get to spend a summer in Antarctica? Congratulations! You are in for the adventure of a lifetime.

From ship to SANAE IV



Figure 9: The S.A. Agulhas II busy offloading its cargo onto the ice shelf. Photo: Ehlke de Jong.

The South African National Antarctic Expedition's fourth base (SANAE IV) is built on a nunatak (mountain tips that protrude from the ice) called *Vesleskarvet*, which is Norwegian for 'Barren Little Mountain', approximately 200 km inland from the ice-shelf. Once you have reached the ice shelf after \pm 14 days aboard the *S.A. Agulhas II*, the ship will start offloading cargo. If the weather is good, the helicopter pilots will start ferrying the passengers to SANAE IV, but your luggage will reach the base via the CAT train, which can take many days to weeks (depending on the weather).



Figure 10: Arriving via helicopter at SANA IV. Photo: Christel Hansen.



Figure 11: The CAT train on its journey between SANAE IV and the shelf. The CAT-train transports most cargo from the ice shelf to the base. Photo: Christel Hansen.

You will only be allowed to take a small backpack of personal belongings with you when being ferried on the helicopter to the base. Ensure you pack well! Take several spares of underwear and t-shirts, stuff your outer gear pockets with gloves, and socks, and don't forget your sunglasses! Pack toiletries in travel bottles to save space but don't be stingy with toothpaste and ensure you pack important

medication. Also, don't forget to pack a pair of sandals / Crocs as you won't be allowed to wear your heavy snow boots inside the base. A pair of sandals will also come in handy, especially when you take a shower – these are shared bathrooms and you don't want to get athlete's foot.



Figure 12: The fourth research station of the South African National Antarctic Expedition, located on a nunatak called Vesleskarvet. Some of the nunataks on the horizon in the background are over 60 km away. Photo: Liezel Rudolph.

At the research station

The base environment

The base comprises three blocks, A to the South, B in the middle, and C with the helipad on the Northern end. It is built on 'stilts' on solid rock to allow wind to move through, so that snow accumulation is kept to a minimum.

Block 'A' houses laboratories on both floors on the Southern end. Accommodation, laundry, and ablution facilities are located on the top floor. Offices are located on the lower floor, as well as a hospital, storerooms, and a conference room. All bathrooms are shared – no exception, although the ablution facilities in Block A are reserved for women. The middle block (Block 'B') has the dining room,

kitchen, pantry, waste room, bar (the *Sastrugi Inn*), and games room on its lower floor. More accommodation is found on the top floor, with a library, a video lounge, and more ablution facilities. The 'C' Block on the Northern end of the base has a hanger for 2 Super-Puma sized helicopters, water tanks, three generators, a flight operations room, sauna, gym, sewage plant, and a whole number of workshops and storerooms.



Figure 13: The research station's double story structure is built on stilts to avoid it being buried under snow. Notice the sastrugi (snow mounds) in front of the base. Block C can be seen in the middle of the picture, Block B on the right. Each block is 50 m in length. Photo: Camilla Kotzé.

Upon your arrival at the base, an overwintering team member will give you a tour of the base and its immediate surroundings. Pay careful attention! The Antarctic environment is dangerous, and you do not want to lose your way outside.

Like the ship, everything at the base is scheduled. Breakfast, lunch, and dinner are served at specific times (06:30-07:30; 12:30-13:30; 18:30-19:30 respectively), so don't miss these. You won't have to prepare meals – a chef does that for the whole complement of the base. Coffee and tea are available throughout the day but be considerate of others and don't eat all the biscuits and sweets.

Everyone at the base is expected to do chores, or 'skivvies'. There will be a roster drawn up and on your allotted day, you must complete the chores assigned to you. The whole base is cleaned every week; kitchen duty (when you help the chef), and the dining room duty (when you clean the dining room after each meal) are done daily. Don't miss these days! Everyone at the base does their bit and you are part of a much larger team. *If* you happen to miss your allotted slot for some reason (Perhaps you are away

in the field?), then be sure to swap with someone and make up your chore later. One of the most fun chores is ‘Smelly’ duty - when you fill the ice smelter with ice and snow (*i.e.* you make water for the base). This task will be performed by the overwintering teams when the weather is too poor to venture outside. If the weather is good brace yourself for an hour or so of shovelling snow.



Figure 14: ‘Smelly’ duty during a storm. Two people are shovelling snow into the ice smelter, while the remainder of the group waits for their turn. Photo: Christel Hansen.

The workday spans from 08:00 to 18:00, Monday to Sunday. There are no off days. You are now in one of the most extreme environments on the planet and you are here to do a job. Until that job is done, no one rests. But time is also set aside for relaxation. The base has a bar, the *Sastrugi Inn*, where you can relax after dinner. Bar times run from 19:00-24:00. Adjacent to the bar is the lounge and a games room with table tennis, darts, a foosball table, and a snooker table. When you make use of these facilities, remember to keep the noise to a reasonable level – you don’t want to bother those who wish to sleep. If you wish to drink alcoholic and non-alcoholic drinks, such as Coke and Sprite, you must bring these with you to the base. Such drinks are not catered for. Alcohol consumption is also strictly regulated.

You may not drink inside of working hours, or outside of the bar. Adhere to these rules – they are there for a reason.

Showering is also assigned to a roster. Expect to be able to shower every second day and within a 10-minute time limit. Water (running water) is scarce and the sewerage system of the base is not designed for the 100-odd people that ensconce there each summer. When water is scarce enough that the normal showering schedule cannot be kept, you can take a hand towel and use a bucket to take a French shower...This normally happens when there is a storm severe enough that the water reserves of the base drop, due to no one allowed outside (for safety reasons) to do 'Smelly' duty.

The cleric will hold a non-denominational service every Sunday from 09:00-10:00 in the library (upstairs, Block B), for those that wish to join. There is also Internet and WiFi. Remember that this is shared between the Islands, SANAE IV, and the *S.A. Agulhas II* so be considerate in its use.

The area around the base is also subdivided into zones, known as exclusion zones. Never approach the cliff! The snow overhangs give the appearance that you are standing on rock when you are actually suspended in the air on a thin snow bridge that can collapse at any time. Do not venture into the scientific area east of the base (where SANSA keeps numerous sensitive and expensive equipment), nor onto the Northern Buttress (another scientific exclusion zone). In short, stay within the zones you have been cleared for.

Your living spaces

The lucky few will have single rooms, but these are usually assigned to senior personnel, such as the Chief Scientist or DCO. Some will be able to share twin rooms, while others will have to share four-person rooms. Four-person rooms have bunk beds, the remaining rooms all have single beds. Each room has ample cupboard space, a table, chairs, as well as a phone. Bedding is provided as well, as are good quality blinds in front of each window. You need these to block out the sun during your stay in Antarctica. It is summer and the sun won't set.

The overwintering team

SANAE IV will be busy during the take-over. If you are based at the base, then you will be central to all activity the entire take-over. If you are part of a field team then you will only spend the first and last few days of the trip at the base. Remember that everyone is there to work and that the base is also a home. It has been home to the previous overwintering team for the last ± 14 months and will be a home for the incoming overwintering team for the next ± 14 months. Respect the teams and their space. Pay attention

to the base team leader, the Chief Scientist, the ECO (Environmental Compliance Officer), and the DCO (the Departmental Coordination Officer). When in the field pay close attention to your security officer and team leader. They will have the most experience of how to conduct yourself in this extreme environment. Mistakes can kill you – don't ever venture off alone, especially without signing out!

Fieldwork

Fieldwork is special, so if you are one of the few who can perform fieldwork-based research, count yourself lucky. You could either do daily field trips from the base (meaning you will stay at the base but spend the day in the field), or you could spend all your time in the field. If you are mostly involved in daily field trips you will only take emergency equipment (tents, sleeping bags, food, medical supplies, *etc.*) to last you a week on each trip. You will travel to your study sites using snowmobiles (*Skidoos*) and sleds. When out in the field you must conform to safety protocol. You will have to radio in to the base when you arrive at your destination and when you plan on returning to the base (or at other pre-arranged times) to inform them of any issues, your continued safety, and to provide a weather report. Consult with your team leader about the specifics.



Figure 15: A snowmobile is used to drive long distances to field sites. These need to be filled with fuel that is specially prepared for the cold temperatures. No garage card needed here! Photo: Liezel Rudolph

If you are staying in the field for a longer duration (*i.e.* camping) you will likely spend days preparing for such trips. You must take everything you might need with you when you leave the base, including all scientific and emergency gear. SANAP will have organized the minimum food requirements for you, but your team leader will also have purchased additional items in South Africa. Familiarise yourself with all equipment, how to de-ice the snowmobiles, how to pack sleds, check and double-check that you have all your scientific equipment and climbing gear, and pack your personal belongings. Your team leader will guide you on what needs to be done. Leave your cabin tidy and inform your chore group members that you will not be able to perform your chores while away from the base (see From ship to SANAE IV pg. 16). Send a message to your family back home – they won't hear from you for a while. Irrespective of your fieldwork activity, before departure, the radio technician will give you a training session on radio protocol and when calling into the base. The doctor will refresh your First Aid skills. Still worried? A brilliant guide on fieldwork in polar regions can be found on the [INTERACT](#) website.

When it's time to say goodbye

At the end of January / beginning of February, just as the sun starts dipping behind Lorentzenpiggen (neighbouring nunatak), the DEFF and SANAP will hold the take-over function, during which the old overwintering team hands over the base to the new overwintering team. This is preceded by the take-over games, a series of games where individuals or teams are pitted against each other in activities such as boot throwing, soccer, tug-of-war, darts, snooker, or table tennis. Sign up to the various events and enjoy yourself. But remember that if you have been called away for work and your event is in progress, you will have to forfeit the event. Work comes first.

Towards the end of the take-over, always be prepared to leave on short notice. When the weather clears you might hear the call that you will depart in half an hour, so always be on stand-by. The DCO will make flight lists available so ensure you know which group you are on. Your bulky luggage will be taken back to the *S.A. Agulhas II* on the CAT train and you will be left with only a few items that you can carry in your backpack. Apply the same packing strategy you used when you left the ship to fly to SANAE IV (see From ship to SANAE IV, pg. 16). Clean your room, tidy your lab space, and safely store all equipment that will remain at the base. Thank the overwintering team that will stay behind, wish them all the best, leave any left-over snacks, sweets, chocolates, alcoholic, or non-alcoholic drinks behind for them, and say your good-bye to the magic that is SANAE IV.

What to bring with you

Remember that once you leave the *S.A. Agulhas II*, there will be no opportunity to buy anything. You must have everything you need (and want) for the duration of the trip! An extensive packing list for men and women visiting SANAE IV during a relief expedition can be found in the appendix on pg. 52 (download [here](#)) and pg. 58 respectively (download [here](#)). We don't yet have a custom SANAE IV overwintering packing-list, but the Marion Overwintering Packing list in the appendix on pg. 71 (download [here](#)) should give you great guidelines.

Clothes

The DEFF and SANAP will provide you with clothing essentials. Have a look at the list published by SANAP on their [website](#) (under supplies). If you will spend your entire trip at the base this clothing issue is more than enough. If you happen to be part of a field team, it is advised that you purchase additional items.

The base is heated so when inside you can wear comfortable clothing, even sandals, and shorts. Outside is another matter. You must always wear protective gear when venturing outside. There are links between Block A and B, and Block B and C. These serve as changing rooms and have lockers, where you can store your gear. These links are also heated so any wet clothes should dry quickly if placed here. There is also a sunscreen station – be sure to slather this one before leaving the base. And when you do leave the base sign out, either on the sign-out sheet or on the digital screen. When you return to base be sure to sign back in. The sign-out sheet is checked every night and if someone is still flagged as 'outside' a search might be organized. This should only be done if someone is actually in need of help, not because you forgot to sign back in. Bring gear to wear in the gym and take a pair of semi-casual clothes for the take-over function (a nice shirt and trousers for the boys, the same applies to girls, or you can pack an appropriate dress).

Toiletries and other comforts

Ensure you pack enough toiletries to last you the entire trip and that all products are environmentally friendly, especially for when you are on base – you don't want to kill the bacteria of the sewerage system. Sunscreen is one of these essential items, as well as lip balm.

That hard drive of movies that stood you in good stead on the ship should also come with you, as well as your headphones and music playlists. Your stash of chocolates, sweets, coffee, snacks, tea, and other goodies should go on the CAT train, so you can access these when you are at the base.



Figure 16: Be prepared to see some spectacular views when visiting Antarctica! Photo: Ehlke de Jong.



Figure 17: Sunset at sea, observed from the deck of the S.A. Agulhas II. Photo: Christel Hansen.

Parts of this section were adapted from *Landscape Processes in Antarctic Ecosystems*.

EXPEDITIONS TO MARION ISLAND



Figure 18: Offloading the S.A. Agulhas with a helicopter at Marion Island. Photo: Liezel Rudolph.

From ship to Marion Island

There is no harbour at Marion Island and the ship moors offshore but as close to the base as possible. Passengers are usually the first to be offloaded and this is done via either helicopter or by boat. If travelling to the Island by boat, you will be lifted onto the island by crane. Apply the same packing strategy you used when you left the ship to fly to SANAE IV: you are only allowed a small bag, with your laptop and essential / fragile equipment on the helicopter. Everything else will be offloaded at a later stage (weather permitting). Pack your hand luggage wisely (see From ship to SANAE IV, pg.16). The weather changes very quickly and you don't want to get stuck on the Island without the essentials such as clean underwear and a toothbrush. It is also advisable to have some of your work clothes with you just in case you must go into the field before the rest of your luggage is offloaded (if you're an overwinter it may be best to fly over wearing your Gore-Tex and a pair of gumboots). A relief packing list, tailored specifically for women, can be found in the appendix on pg 65. or downloaded [here](#).

At the research station

The base environment

You will be welcomed by the old overwintering team and they will show you around the base and to your room. During the take-over period, the base is packed to maximum capacity and you will most likely be sharing a room with other people. Upon arrival, the DCO will welcome everyone and explain all the rules and regulations, clarifying what is expected of everyone. If you are unsure about anything, do not hesitate to ask the more seasoned Islanders questions. It is best to sort out any uncertainties with your project leader or team leader at the beginning of take-over to avoid any complications.



Figure 19. Offloading of passengers by rubber duck and crane when conditions do not allow the helicopters to fly. Photos: Liezl Pretorius.

As with all the other bases, a schedule will be drawn up for everyone to participate in base 'skivvy', aka cleaning of the base. It is your responsibility to do your allocated chores on the date allocated. If you are unable to do your chores on the day allocated, make sure to swop with someone beforehand. Be considerate towards everyone else at base and keep things tidy. If you use something, clean it and pack it away; this includes mugs and cutlery. If you spill something on a table or counter, clean it up. Always be considerate towards your roommates and keep things clean and quiet in your room. Everyone has different work schedules and you need to respect that. Also, the bathrooms are shared, and the warm water is limited, thus shower quickly and give the next person a chance.

It is expected of everyone to assist in the unpacking of the containers once they are offloaded from the ship during take-over. Try your best to help with this as much as possible. Not only does it make things easier for the logistical team, but it is also a great way to get to know people that you might not yet have

met. You will start your work almost immediately upon arrival at the Island and remember that work comes first. Once the work for the day is completed you can relax and enjoy some of the activities around base. Just remember, everything in moderation! You will be expected to jump right back into your work early the next morning.

The overwintering team

The base exists predominantly to support continuous weather observations and scientific investigations that are carried out on Marion Island. Each person on the overwintering team is hired for a specific job that supports this purpose. The technical support team, comprised of the base engineer, diesel mechanic, and radio technician, are responsible for the power distribution (generators and electrical), water (fresh and waste), and communications (internal and external) systems of the base, respectively. There is one base medic, he / she will be responsible for the team's physical and mental wellbeing. The 'metkassies' (weather team), usually a senior and two junior technicians, perform hourly weather observations and report back to their HQ. They work in shifts, so be considerate during the day as some of them might be sleeping after a night shift. The Environmental Compliance Officers (*aka* ECO's – there are usually two) are managed by the DEFF, their function is to ensure the Island stays as pristine as possible. The SANSA engineer is affiliated with the South African National Space Agency, which entails keeping their systems and data-logging running on the Island. He / She will also be responsible for the screen in the dining area.

The field assistants are the biggest group on base, responsible for continuing the research of their PIs (Principle investigators, *aka* heads of a research group) throughout the year. Field assistant positions include botanists, geomorphologists (*aka* Geos), avian and marine mammal ecologists (*aka* Birders, Sealers, and a Killer Whaler). Their jobs are going to be very physically and mentally strenuous, and often they will require a helping hand with their work. This is a great opportunity for you to get stuck in and learn about Island life.



Figure 20: Wildlife you might encounter on the Island. F.I.t.r. a rock hopper penguin, an albatross nesting, King penguins. Photos: Christel Hansen.



Figure 21: An elephant seal pup playing amongst a bed of kelp. Photo: Liezl Pretorius.

Laboratory- and fieldwork

Everyone will be appointed office and laboratory space and it is your responsibility to ensure that your space is kept in good working order and that you perform all your duties safely. Those of you that are lucky enough to go into the field, please remember that safety always comes first. Tell someone where you are going and at what time you expect to be back. Similar to the safety protocol at SANAE IV, **you**

must sign out upon departure (see pg. 24). There is a list at the Radio room and every person that leaves the base needs to complete this form. Upon your return, sign in again to let everyone know that you are safely back in base. The Radio technician always checks this list towards the end of the day to make sure everyone is back at base, otherwise a search party will need to be organised.

Never leave base without a few basic items, including a warm waterproof jacket, gloves, warm headgear, a headlamp, GPS device, map, food, water, and a basic emergency kit (including a small bottle of disinfectant, space blanket, and an energy bar or two). The weather on Marion changes in a blink of an eye; you might leave base in full sunshine with no clouds on the horizon, only to be caught in a severe snowstorm an hour later. Do not take any chances by being unprepared.

Some of you will be lucky enough to spend time at the field huts during take-over. There are seven huts around the periphery of the Island and another one (8th) in the interior. A hut schedule will be drawn up before the fieldwork around the Island commences. Always try to stick with this schedule as there is limited space in the huts. If you pitch up at an already fully booked hut, you might have to spend a very uncomfortable night on the bench. Not only does it make for an uncomfortable stay, but you will also seriously inconvenience the other people in the hut. This, of course, does not apply to emergencies where you must just get to the nearest hut as soon as possible!



Figure 22: Katedraal hut is the only hut in the interior of Marion Island. Photo: Liezl Pretorius.



Figure 23: How a hut can look on the inside; the changing room on the left and living and sleeping area on the right. Photos: Christel Hansen.

When it's time to say goodbye

Towards the end of take-over, there will be a take-over function where the old team will be officially relieved from their duties and the new team will take over responsibility for the maintenance and function of the base, as well as their individually appointed duties. Make sure to finish off all your experiments and other work by the 'Last day of Science' date, as you will need enough time to pack up, clean up and get ready to leave the Island on short notice. Also, make sure all your personal belongings are in one place, making for easy loading and packing. Pack your hand luggage in the same way as mentioned before, as to ensure yourself access to the basics. You might find yourself in a situation where you are still on the Island and your luggage already on the ship. There will also be one last base skivvy to complete so that the base is left in an acceptable state for the new overwintering team. When the flight plan has been drawn up, it is time to say goodbye to the overwintering team staying behind. Be respectful towards the old team as there are a lot of emotions leaving the Island after calling it their home for more than a year. Take many pictures of the Island as you fly off towards the ship, as you never know when you will see this sub-Antarctic jewel again!



Figure 24: View of Marion Island from the ship. Photo: Christel Hansen.

OVERWINTERING ADVICE

So, you're ready to go down in history as a SANAP Overwinterer? Congratulations! This is going to be one of the most incredible years of your life. In this time, you are going stretch your limits a lot further than you imagined, make life-long friendships, and most magical of all, bear witness to intricacies of the sub-Antarctic life cycle or the longest night of your life – south of the Antarctic circle. If you're staying on Marion Island, you'll see albatross chicks through to fledging, seal harems grow and dissipate, and snow-capped peaks melt into green and red. If you're at SANAE IV, you will see the magical *aurora Australis* and experience the breath-taking might of the katabatic winds. Enjoy every moment and don't take it for granted because you will look back and miss it when it's gone.

Before you get into the thick of things, with so much to consider for the upcoming 14 months you inhabit these beatific places, we'd like to help you out with our unofficial guide to overwintering. This guide has been adapted from Pierre Joubert (previous overwinterer on Marion) who modified the original version from a colleague before him (Jon Ward - previous overwinterer at SANAE IV, Antarctica). It is based on experience from countless overwinterers before you, detailing everything you need to know, from team dynamics to packing recommendations.

Speaking of which, the packing checklist can be found in the appendix on pg. 71 or downloadable from [here](#). It has been compiled with the sole purpose of ensuring this adventure you're about to undertake is the best and most comfortable experience possible. You don't need to go out and purchase anything or everything on this list, it is possible to get by on the Island with only DEFF-issued gear (but we can't guarantee it will be as cosy).

The team

As part of a small, select group the most important aspect is that you operate as a team. In a remote, challenging environment you need team players with good interpersonal skills. While each individual on the team has his / her crucial role to play, nobody can perform their job without the support of the rest of the team. It is therefore important to recognise that each person on the team plays an equally important role. The success of your team and its scientific mission will depend on your ability to work together.

In addition to your designated role on the team, you will also be expected to play a role in the other, more menial day-to-day tasks – preparing and managing food and meals, cleaning your toilet,

organising your entertainment, and keeping yourselves sane and happy for an extended period. Please be considerate and pull your weight equally, if one team member is slacking then the rest of the team will be forced to make up for that team member. It is imperative to recognise that although you are hired to perform a specific job, you are part of a team that will rely on you and that you will be accountable to in both a work and a social setting. Members of your team are not only your work colleagues but are quite literally your friends and family for the next ± 14 months, the only people you will have direct contact with. How you work together will affect your social relationships. Remember to be there and accountable to fellow teammates both in work and play! If you expect to work a 9-5 job and then disappear into your room for the rest of the day, you are going to have an awfully long, rough, and lonely year. Prepare yourself to have plenty of social events and encourage everybody to get involved.

The team leader

DEFF will appoint somebody on the team to be the team leader. That individual will be responsible for what happens during the year and will direct the activities that will need to be carried out. It is not an easy job being the team leader. The person who is appointed would not have necessarily asked or volunteered for the appointment. Be as supportive as you can towards this person as he / she has a lot resting on their shoulders. Recognise that not every decision that is made will coincide with what you would want to happen. Be prepared to sometimes be disappointed. The team leader should be doing what he / she believes is best for the entire team. If you have an issue with what the team leader is doing communicate it by arranging to speak to him / her privately before involving the rest of the team. Remember that after many long months of relative isolation, emotions and tempers are more likely to be sensitive. A deputy team leader will be appointed and can also be involved in decision making or in mediating disputes with the team leader.

The starting line

The ship is really where you set the tone for the whole trip. This is a great place to socialise and get to know the people with whom you will be spending the next few months. Build relationships, be friendly and the time will go quickly. Make use of the bar hours, attend special events, organise card games, movie nights, the list is endless - just don't hide in your cabin! Otherwise, nobody will even know who you are by the time you get to the research station, and everybody else would have already formed their own social clubs.

Sponsors, gifts, and team clothing

Before you depart from Cape Town, the team leader is usually responsible for organising sponsors and donations. This should be done as early as possible to ensure that you receive the items in time. This is not his / her official job and be prepared to assist should he / she decide to delegate certain tasks to other team members. The team leader may do this intentionally to assess your work ethic before departure and to get the team to start working together. It is also recommended that the team leader represent the group when dealing with potential sponsors as they would have been properly informed of the relative DEFF policies to which you must adhere to.

The team leader should also get the ball rolling in designing a team logo and ordering team clothing (this must be approved by DEFF, so get the guidelines from them before you start your designs). It is a good idea to involve the whole team and to get submissions from each team member. The team can then vote and decide on a logo and what team gear to purchase. This is an important aspect as the logo will need to be digitised and the team clothing ordered. This needs to be done as soon as possible. Make sure that you understand any expectations that sponsors may have (within the DEFF policy), and make sure that you communicate with them during the year and send them a few photos; this will keep most sponsors happy.

In terms of what team clothing to get, a team golf-shirt is recommended (with a collar) as it is also acceptable attire in the dining hall of the *S.A. Agulhas II* and can be used to identify year-team members on the ship. A team buff and / or beanie is also a great idea. Team badges that can be sewed onto clothing are popular and you will be able to trade them with other teams so get several per team member. It is a nice idea to have a team jacket or something that you can all wear for team photographs. It looks good when the whole team is wearing official gear in their photos. In addition to these things, you should get a rubber stamp of your team logo, as well as a team flag.

Team clothing can turn out to be quite expensive, especially since you will be spending quite a bit of money on gear and supplies for your year away. A good way to deal with this expense is to work out how much each team member needs to pay and then order extra gear to sell on the ship so that you can make your money back. You will find that many people will want to buy your team memorabilia, so work out a fair price and you will probably make your money back with enough to supplement your gear as well.

During the take-over function, the teams are expected to exchange gifts. This usually takes place in the form of a buff or an article of team clothing but can be anything. Make sure you have enough team clothing and other items to exchange with the other teams (for both take-over functions, *aka* one at the beginning and one at the end of your expedition).

A word of wisdom

There may be days when you wonder why you chose this adventure when you are homesick or tired. Above all, do your work and do it well but do not forget to also enjoy yourself. Try to find something extraordinary in each day. It is easier than you think, and it doesn't have to be something big. Once you actively start looking out for these special moments (whether it is the smell of blooming Cotula, the taste of the cleanest water on earth, or the excitement of seeing the first albatross chick for the season), you will easily find them. 'And above all, watch with glittering eyes the whole world around you because the greatest secrets are always hidden in the most unlikely places. Those who don't believe in magic will never find it' (Roald Dahl).

For more advice, visit the [SANAP information on advice for overwinterers](#).

ATTENDING A CONFERENCE

This section is aimed at helping you attend (international) conferences successfully - from knowing why to attend to identifying a suitable conference and using your time at the meeting as best you can to reach your goal. In the next section, we help you to plan and execute your trip successfully and safely. The same aspects of conferencing internationally would apply for attending local conferences, but the funding and organising process is much easier for local travel than for travel abroad.



Figure 25: Attending conferences is a good way of broadening your scientific knowledge and networking. Photo: Johan Viljoen.

Why conferencing?

One of the most important parts of establishing a successful science career (or any career for that matter) is the network of colleagues you create. A fantastic way to broaden your network, and to broaden your thinking, is through conferencing. Conferences are also sounding boards. This is your

chance to get valuable feedback on your work from experts in your field. Therefore, choosing a particular conference is incredibly important. Researchers have busy programmes, and given the climate change crisis, trying to lessen their travel. They, therefore, chose conferences that are either valuable for their time, or absolutely necessary. As an ECR, you should too.

Choosing a suitable conference

Speak to your study supervisor about recommended conferences or societal meetings that will be valuable to attend. There are usually a few key meetings that occur biennially⁸ that will help you kick-start your network. What's more, if you attend the same meeting as your supervisor, they will be able to introduce you to some of their colleagues or collaborators, helping you break the ice. You can also have a look at the [APECS event listings](#) for upcoming events that might be of interest.

Once you've identified a conference with potential, scan the proposed session* themes before making a decision on one. Sometimes conferences may only have one or two suitable sessions that are applicable to your field of research, meaning that many of the attendees and presenters may not be in your line of work, or relevant to your networking prospects. Although, with that being said, if there are only one or two researchers that you are looking to connect with, the meeting may be worth your while! The key message here is, do your homework: what do you hope to gain from the meeting? Who do you hope to meet? Who would you like your audience to be? You will probably only be able to attend one, or two, international meetings during your post-graduate studies -planning takes time and attending costs money.

** Sessions refer to the sub-themes of a conference, wherein talks of a similar theme or focus are grouped together to draw an audience that is interested in the specific theme. You will typically submit your abstract to an appropriate session.*

Getting to a conference

So, you've found an amazing conference with all your science celebs and there is a session *especially* for you. The catch – even if your work is ground-breaking, you can't just waltz into a venue and expect an audience. No, you must register (and pay!) to attend and you must submit a 'proposal' (in the form of an abstract*) of the work you would like to present. Here is how to gain entrance.

** An abstract is a short and informative outline of your work that provides the reader with a snapshot of what you did, what you found and why it is important. It should be interesting, contain all the key*

words, and avoid complex sentences. It is not a summary! What differentiates an abstract from a summary (i.e. conclusion)? Unlike the summary, the abstract should also refer the background and purpose of your study, as well as methods employed. Help on writing an abstract is found at the end of this section, pg. 44.

Secure your attendance

Each conference registration process is different, but they all follow the same general process. The dates and venues of the conference will be announced months in advance, but the most important deadlines to be aware of are the opening (and closing) dates for registration, abstract submission, and payment of fees. It's essential that you stick to these deadlines; most conference organisers don't allow late submissions. The conference may have a dedicated website, which generally is an excellent source of information on the venue, accommodation, sessions, the registration process, abstract submission, and costs involved.

If you plan to only attend the conference, *i.e.* sit in on talks and visit posters, you usually simply need to register (and pay the registration fee). If you plan to also partake in the conference as a presenter, you need to submit an abstract of the paper you hope to present, which first needs to be approved by the organising committee. In this case there are often (usually) extra activities before or after the conference that may be of interest to you, such as an early career meeting, a workshop or field trip. These will extend your travel and increase the cost of your trip but may be well worth it.

Completing the registration and abstract submission process can take some time, but planning your international travel takes longer – so plan in advance! Do a bit of research at the beginning of each year, or the end of the year prior to plan your calendar and speak with your supervisor early enough if you need assistance.

Finding, securing, spending funding

You have registered for the conference, and now must budget and plan your entire trip before you can start looking for funding. This will take time and effort (more on this in the next section). So, before you start this process, ask yourself: Is it absolutely necessary that I attend this conference? Is it the most appropriate conference for me or my work? Is the standard of my work worthy of the audience I will present to? If you answer yes to all these questions you should go all in as *you* will have to find funding, it does not find you!

Where to find funding

There are many opportunities for ECRs to fund their conference attendance and travel so be on the lookout for different types of funding from all possible sources. Sign up to mailing lists that are run by societies or associations in your research field. Otherwise, consider the options below.

- If you have a bursary from the [NRF](#), contact them for a possible conference funding grant. Masters students can generally apply for R 5,000.00 for a local conference, whereas Doctoral students can apply for an R 50,000.00 international conference grant or an R 15,000.00 local conference grant. * *These values are correct for 2020/2021.*
- Contact the research office at your university. Many universities make funds available for senior students to attend conferences (both local and abroad).
- Speak with your supervisor, there might be money available through research grants.
- Have a look at the conference website. Organisers often make funding opportunities available there, especially for ECRs, or attendees from the global South or nations with weaker currencies.
- Keep an eye on the [APECS funding resources database](#).

Applying for funding

Once you have located a potential funding source, ensure that you set aside enough time for the application process. Read all requirements and ensure you comply with each one. You don't want to complete the entire process and then be rejected because you do not meet the basic requirement criteria, for example being from a particular region or age group. Some funders are unlikely to fund you if you have received funding from them before or are receiving funds from elsewhere. If something in the funding call is not clear to you, ensure that you contact the funders for additional information before you commence the application process. Just don't do this the night before submissions close!

Many applications require a short motivation on *why you think you should be funded*. Be honest, straightforward, and concise. Don't exaggerate but don't hide your achievements. Also, say why attending the conference is important to you, what you expect to learn from it, and how your experience can benefit others in your country. Perhaps you will hold a workshop when you return to South Africa on what you learnt from the conference? Or write an article for a newspaper? This shows that you are

willing to 'give back'. Be sure to write about specifics, *e.g.* 'I really want to learn about the work in xx session and speak with these potential collaborators.

Budget enough, but conservatively, and only ask for what is necessary. It is important to remember that funding should not go toward a luxury holiday – you are attending a conference, which is the same as going somewhere for work, and your budget should be realistic and affordable. This also increases your chance of being funded. Proofread your application before you submit it. There must be no spelling mistakes and you must answer all sections / questions. Importantly, don't miss the application deadline and ensure you have included all the required documents when submitting. Remember, grants are highly competitive and only a small proportion of applicants can be awarded funds. If you are unsuccessful, and fortunate to receive the reason(s) as to why your application was unsuccessful - use the 'rejection' to improve your application for the next funding opportunity.

Using your funding, wisely

If your application was successful, you will be notified by the funders if and what the conditions are associated with your funds. Some may require you to personally pay all your expenses upfront, and then claim from the funding body afterwards. Others may pay you the full amount that has been awarded to you before the conference and expect that you return unused funds afterwards. They may also stipulate that the funds may only be used for travel, or registration fees or subsistence – make sure you understand these terms and conditions and follow them closely.

Whether you receive the money in advance or as reimbursement, be sure to keep a record of all the expenses you made *before* and *during* the event. Keep all the original invoices and receipts. This may include the conference registration receipt, boarding passes, accommodation, and bus tickets. You will need these to claim your reimbursement or prove that you did indeed attend the event you were funded for. Any missing documentation will either delay your reimbursement or result in you having to pay back the money you were awarded. The best is to keep an electronic copy in addition to the original hardcopies (take a picture or scan the docs and email or upload to the cloud), since things do get lost, after all.

TOP TIP: International payments / transfers take a few days to process, so plan for these delays.

At the conference, be sure to seek out your funders (if they are also there) and thank them for the opportunity they have provided for you. If they are not at the conference, be sure to thank them after your return home. After all, the only reason you were able to attend the conference was because of their

support. Also, ensure that you include the funding body's logo on your presentation / poster to acknowledge their support.

Lastly, make the most of the conference and enjoy it! Don't waste the opportunity given to you. Attend as many sessions as you can, and network, network, network (more on this in Networking).

At the conference

Welcome to the conference red carpet, you young scientists you! The next few days will probably be exhausting, but also incredibly rewarding. Again, preparation is key. You only have a few days to accomplish what you set out to do, and every session counts. Don't leave a conversation until you've asked what you wanted – you might not see that person again. Don't be afraid to ask for an email address or give out yours – you might not have the opportunity again. Time will fly by you in a wink. Here's how to make the most of it.

Networking

Conferences offer you the opportunity to network. These events present a unique opportunity to engage with people from other nations, backgrounds, views, opinions, research fields, and expertise. You get to engage with your peers, experts in your field, and colleagues, but **you** need to make it happen. No one will randomly introduce you to new people, you must do it yourself! Don't be afraid to approach someone. Established researchers are often very accommodating toward ECRs and will take time out of their schedule to answer your questions. If you are shy remember that there is safety in numbers – approach others together with a friend / colleague. Don't be scared - almost everyone will assist an ECR, they have been where you are (or they are also in your position), so approach people, ask questions, discuss opportunities, collaborations, and potential postdocs.

Conferences can be very busy, so if there is someone you really want to speak with or show your work to, send them an email a week before asking if they have the time to chat with you. This will both make them aware of you and tell them that you are interested in their opinion, which can be beneficial if you want to work with them moving forward. Many professors use the lunch break for networking, if you are proactive, you may be invited to a lunch that might include other people in your field.

Ensure you attend the session that interests you, but don't forget to leave your comfort zone and attend sessions a bit further afield. Attend workshops and joint panel discussions. These can often occur over the lunch break. Consider joining any association, a group, or network that is aligned with your

interests. Why not volunteer? Conference organisers are always on the lookout for additional help and this is often the chance to meet many interesting people, and better yet, for them to get to know you.

Networking is about people, not just work. You collaborate with people, not with projects, so take a keen interest in them and not only the work they do. Start with the work and move closer towards the inner psyche of the human you are talking with (not in a weird way!). Ask about their home country, and culture (especially fun if you compare languages / food / customs). All people appreciate you taking an interest in them as much as you appreciate it. Remember that it is not what you know but who you know that makes the difference. Networking doesn't stop when the sessions stop; some networking also takes place during the evening. Early career meetups or more casual outings to local restaurants are a great way to get to know the people you want to work with. If you are South African, **just be your friendly South African self**. Just remember to always remain polite, courteous, and professional. Don't be too jovial that you dominate the room or conversation **every** time. Also, if someone does not wish to speak with you don't push it.

Presenting your work

If your abstract was accepted, then you will also get the chance to give an oral presentation or display your poster in a session. Regardless of the format (poster or oral presentation*), ensure you are prepared. Practice, practice, practice in every sense! Familiarise yourself with the room, the equipment, the type of audience, your voice volume, and your slideshow or poster. Dress appropriately and don't use a pointer if you are nervous – your hands will shake. Time yourself and **never overrun your limit**. Speak calmly and to the audience, not the screen, or your poster. Smile, some people like to make a joke to lighten the mood. It helps you to relax and to make contact with the audience. Also, sound enthusiastic about your research but do not overdo it. Nerves are normal and practice will help reduce these. If you get nervous when speaking take a moment to compose yourself, take a breath, and just talk to the audience. Keep water at hand since nervousness tends to dry the mouth. Do not end your talk abruptly. Thank the audience and ask if there are any questions. Intensely listen to each question and repeat it to ensure you have heard it correctly. If you do not know the answer don't stress – we don't know everything, and it means you can have constructive discussions with your audience about it. Throughout, keep calm and remain professional.

** For more help on preparing your presentation or poster, find the links at the end of this section, pg. 44.*

Some last tips

Go to as many sessions as possible, but don't feel guilty to skip one or two, *i.e.* don't get conference fatigue. Take some time to explore your host city (there are often post-conference field trips dedicated to this). Conferences are about engaging with other researchers, but it should also be fun. Make the most of it, but don't forget why you are attending the conference.

Wear something comfortable – not every conference requires you to wear a suit – but dress appropriately, it's not necessarily a casual club meeting. Remember that first impressions count, and you are an ambassador for yourself, your research field / project, your supervisor / colleagues / institution, but also of your nation.

Conferencing level 2 (recommended for PhDs)

Next time consider proposing a session. Most conferences have a call for session proposals, where you can send the title and short description of your session idea. If accepted, the conference organisers will include your session in the official programme so that participants can submit their abstracts to it.

Or bigger yet, why not offer to convene the session you have proposed. Being a session convener (chair / leader) allows you to stay up to date with the latest research of your field. It offers the opportunity to network, as well as give you the platform for potential collaboration. It is also a position that comes with a lot of responsibility. Once your session proposal has been accepted you will have to advertise it to encourage abstract submission. Once the submission deadline has passed you (and your co-conveners) will review all submitted abstracts and make recommendations on whether or not a submitted abstract should be 1) included in your session, 2) moved to another session, 3) make decisions on the format (poster / oral presentation), or 4) rejected entirely. During the conference, you will be in charge of running your session. This means ensuring speakers upload their presentations before their slot, that all equipment is in working order, introducing speakers, ensuring speakers do not overrun their time slot, and facilitating question and answer sessions.

If you are an ECR, see where you can become involved – it is a great learning experience. Many conferences, especially the biennial SCAR OSC and Ocean Sciences OSC, actively look for ECR participation (normally facilitated by [APECS](#)).

How to prepare your abstract, presentation, or poster

For tips on how to write an abstract, how to prepare and successfully present an oral or poster presentation, check out these resources:

- Mark Tippett's '[Down to Earth Research Advice](#)'
- Colin Purrington on '[Fantastic tips on poster design](#)';
- Kristin Timm on '[The art of the poster session](#)';
- Dave Carlson's '[Giving your best presentation](#)';
- For other tips and templates at the [NYU Library site](#), [here](#) or [here](#).

INTERNATIONAL TRAVEL

There are many reasons why you would travel overseas – conferences, fieldwork, lab-work, for a research exchange or training. Irrespective of the why, the ‘how’ is similar. In this section, we will cover how to plan your trip effectively, and the checklists associated with this section (appendix pg. 74 or downloadable from [here](#)) can easily be adapted, irrespective of the reason for your international travel.

Planning your trip

Itinerary: where, when, and how are you travelling

Where are you going and how will you get there? When are you going and how long will you stay there? Sign up to alerts from flight search engines such as [Travelstart](#), [Kayak](#), [Opodo](#), or [Google Flights](#) and receive updates on your flight route. Try to book early to get the best deals. It is also worth contacting the conference organisers for information on any flight deals they might have been able to negotiate with airlines.

Pre-book accommodation using search engines such as [Booking.com](#), [AirBnB](#), or [Agoda.com](#). Consider sharing, this will bring down your costs. Apartments and flats are a great option since you can cater for meals at these for better prices than at a hotel. Youth Hostels should also not be discounted, and they are often a lot of fun. Also, have a look at the conference website –good options are often given there.

Budgeting

As soon as you know when, where, how, and how long for, you should start drawing up a budget. An example can be found in the appendix on pg. 75, but an editable budget can be downloaded in ready-to-use format [here](#).

Remember, the lower the costs, the easier it will be to secure funding. So, look-out for the best deals around: flight specials, sharing accommodation, weekly bus / train passes (or similar). The options will depend on the purpose and destination of travel. You need to plan your trip step-by-step. How will you get from the airport to your accommodation? How much does the average backpacker spend per day (or week) on food, water, transport? Websites and blogs such as these: [Budget your Trip](#), [TripSavvy](#), or [Trip Advisor](#) offer great advice on the costs of travelling and living in a certain city, as well as giving you tips and tricks on how to keep your costs low. Also, they usually give you great tips on ‘things to do’ in the region, which you may have time for in between conference days.

You will have to attach a budget, with quotes, along with any application you submit for funding, so do your homework and don't over-budget, nor underestimate your costs. It is a good idea to speak with your supervisor as well. They have likely travelled a lot over their career and will have a good idea of what your budget should be.

Getting ready to leave

Important travel documents: passport, visas, insurance

For any international travel, you will need a valid passport. Make sure your passport does not expire within 6 months after your planned return date, and that you have more than 5 empty (unstamped) pages left in your passport.

Find out if you need certain vaccinations for your destination country, make sure you are up to date with these and have the necessary documentation to prove it (*e.g.* yellow card). You may be refused entry when you arrive and are not up to date, or worse, you may contract a disease and have complications with your medical insurance if your vaccinations are not up to date.

Some countries require you to obtain a visitors' visa* before arriving. Find out from the consulate or embassy whether South Africans need a visa and apply in time! If so, follow their requirements when applying. Most visa applications can be done online, but some require you to submit hardcopy documents and to do an in-person interview. In either case, make sure you have all your documentation ready (originals and photocopies) before you start the application process. A list of the most common documents is provided as a downloadable checklist [here](#) and in the appendix on pg. 74.

** The philosophy behind a visitor's visa is that a country wants to know you will not be a burden on their social system, nor that you are planning to stay and work illegally. Make sure to not leave this to the last minute as some countries can take weeks to process a visa and you don't want to miss a conference because of poor planning.*

It is advisable to have (at least medical) insurance, which covers you during your travel. Your employer / university may have deals with certain service providers or enquire from your travel agent / airline / bank / medical insurer. You will have to inform your employer and insurer of your travels to see that you are covered. Some banks, when you purchase flight tickets with your credit card, will also provide travel insurance free of charge, so phone your bank to find out if this applies to you.

Compile a list of important contact numbers and keep it with you at all times. This is important in case of a medical emergency, if your passport or credit cards / money are stolen, if a flight gets delayed, or you get lost. Addresses are also helpful if you need to ask for directions or to tell a taxi / driver of your drop-off location when there is a language barrier. Your contact list is important not only to you but can be used by others to help you – especially if you travel alone. Share this list with a friend / colleague / family member back home who can be on standby in case of an emergency.

In addition, it is helpful to have hard copies of all your important documents on your person in case customs ask for them, and in your luggage, if the original documents get lost. It also helps to store these documents in the cloud (*i.e.* in a Dropbox / OneDrive / Google Drive folder). Such a ‘cloud’ folder is especially useful if you are part of a travelling group - this way everyone will be able to assist the other during emergencies.

Money Matters

Call your bank and make sure they know you will be accessing your account from outside of South Africa and arrange means to access foreign currency. You can either pre-exchange currency, have it in electronic format (on a debit card / cash passport), or exchange cash currency before you leave. You can also exchange currency when you arrive at your destination or draw it from an ATM. Just be sure that you will be able to do so. At some destinations, you might not be able to draw money.

Connectivity while abroad

Find out about connectivity at your destination. Will there be Internet or WiFi at your accommodation or the conference venue? Will you have roaming or do you need to buy a SIM card. It is often much cheaper and simpler to buy a SIM card in your destination country. Just check if this is possible before you depart. In some countries you need to apply for SIM cards – the process can take longer than your trip to the country will be. In such instances ensure your phone is roaming enabled.

The transit: at the airport & in the air

Most airlines allow you to check into your flight 24 hours before departure. When checking in online you will also be able to choose your seat. You may prefer window or aisle, so don’t wait to check in until an hour before as your choice might be gone! Websites such as [SeatGuru](https://www.seatguru.com/) are a great help here. Such websites collect opinions on the comfort of seats for all kinds of aircraft so visit these before you make the final decision on which seat to choose.

Pack comfortable and warm clothes (including comfy shoes), pack noise-cancelling headphones, a travel pillow, and lots of patience. Try to get some rest but also enjoy the entertainment on offer. And be kind to your fellow travellers – don't hog your seat or be noisy.

You might also have to do one (or more) layovers. Again, be patient. Some countries require you to pass multiple security gates. Always adhere to the rules! Don't bring any liquids greater than 100 ml in quantity. If you have a water bottle, make sure it is collapsible and empty when you pass such security gates. Most airports have water taps available so having a water bottle is good if you don't want to overpay for bottled water.

If you are expecting a long layover bring a pack of cards or a small game to play with your friends. Ensure you have a playlist on your phone or music device and bring some cash so you can purchase food and drinks at the various airports you will be spending your time in. If you have a seriously long layover (12 hours or more) enquire at the airport information desk if they offer complimentary food vouchers, shower or resting facilities, or guided tours into town. Have a look at the airline website before you leave.

BIBLIOGRAPHY

Your vessel to adventure: SA Agulhas II (pg. 5)

- [APECSSA Newsletter of 2019](#)
- [SANAP information on vessels](#)
- [Tips for Going to Sea](#)

Expeditions to SANAE IV, Antarctica (pg. 16) & Expeditions to Marion Island (pg. 26)

- [INTERACT Fieldwork Planning Handbook](#)
- [INTERACT Practical Field Guide](#)
- [Landscape Processes in Antarctic Ecosystems](#)
- [SANAP information on expeditions](#)
- [SANAP information on supplies](#)

Overwintering advice (pg. 33)

- [SANAP information on advice for overwinterers](#)

Attending a conference (pg. 37)

- [APECS events listings](#)
- [APECS funding resources database](#)
- [APECS tips for conferences](#)
- [NRF](#)
- Mark Tippet's '[Down to Earth Research Advice](#)'
- Colin Purrington on '[Fantastic tips on poster design](#)'
- Kristin Timm on '[The art of the poster session](#)'
- Dave Carlson's '[Giving your best presentation](#)'
- [NYU Library site](#)
- [SeatGuru](#)

APPENDICES

SA Agulhas II Packing List

The quantities of the items below depend on how long you will be on the ship, and if you are a ship-based scientist you would need (want) much more than land-based scientists who are off the ship for most of the voyage. If you're going on a long voyage, you can split your luggage in two bags and keep one in the luggage store (the cabins aren't big enough for copious amounts of luggage).

- ☐ Passport! – you are leaving South Africa and need to pass customs first. No passport = you will have to stay behind.
- ☐ Clothing – think of the ship as a hotel. Casual during the day in the cabins and in the lounges; neat and sophisticated in the evenings, during bar hours and all meal times. For men this means collared shirts and for ladies covered shoulders, all need to wear closed shoes. Everyone should wear warmer clothes and closed shoes when outside. Bring gym clothes, bathing / swimsuit for the sauna. An extra towel helps for these activities.
- ☐ Toiletries and medication – bring your own, although there is a Doctor onboard that can help with emergencies.
- ☐ Cash and/or credit card – the ship sells merchandise; has a canteen and you should pay for your bar bill at the end of the voyage.
- ☐ Snacks – the ship meals are sufficient, but the stretch between lunch and dinner can feel very long. If you get sea sick, you need to keep your stomach full. Even if you snack on crackers or chips. Popcorn, energy bars and cookies are great – but should not be consumed in cabins, only in the lounges.
- ☐ Travel mug – for coffee and tea on board. The ship has mugs, but they're small and they often get left in the rooms – leaving other passengers mug-less. An insulated mug is best for the cold outdoors.
- ☐ Hot drinks – the ship has Five Roses tea (black/Ceylon tea), Ricoffy, and a bean-to-cup machine (which is sometimes out of order). Bring any other warm drinks you may fancy. No personal alcohol allowed!
- ☐ Entertainment – books, movies, series, hacky-sack, board games, cards, binoculars.
- ☐ Electronics – earphones, chargers, adaptors, LAN cable, HDMI cable (for the cabin and lounge screens), camera.
- ☐ Miscellaneous – washing powder, magnets to keep the cabin blinds from banging against the walls.
- ☐ If you're going to the pack-ice or Antarctica's ice-shelf wrap-around polarized sunglasses are a must, as are extra warm clothes for long hours of observation.

Men – SANAE Relief Packing List

OWN GEAR				
ITEM	QTY	TYPE	COMMENT	CHECK
CLOTHING				
COLD WEATHER				
Beanie	1	water repellent	to improve on the one issued	
Buff/scarf	1	winter buff	highly recommended	
Gloves: inners	1	water repellent	you will generally work only in these	
Gloves: ski	1	wind proof, water repellent, pocket for hand-warmers	for snowmobile rides	
Hat	1	any	visor-type hats work well	
FORMAL/SMART CASUAL				
Shirt: collar	1		for dinner on the ship & Take-Over function	
T-shirt: collar	1		for dinner on the ship & Take-Over function	
Trousers/good jeans	1		for dinner on the ship & Take-Over function	
GENERAL				
Board shorts	1	any	for meeting King Neptune (initiation)	
Boxer shorts	7	any	take enough for 2 weeks not washing your clothing	
Dress-up set	1	any	the Oceanographer's have dress-up parties so take something inventive with that can be applied to many topics	
Gym clothes	1-2 sets	any	there is a gym on base and the ship	
Shorts	2	any	for every-day wear in the base	
Socks	7	any	take enough for 2 weeks not washing your clothing	
T-shirt	2	any	for every-day wear in the base	
SHOES				
Closed shoes	1	any	for dinner on the ship & Take-Over function	
Sandals/plakkies/Crocs	1-2	any	for every day on the base and the showers, try to get ones with one broad strap	

OWN GEAR				
ITEM	QTY	TYPE	COMMENT	CHECK
			- this allows you to wear them with socks	
Tekkies	1	any	for every-day wear on the base and the gym	
OTHER				
Towel: large	1		travel (recommended) or normal	
Towel: small	1		for 'French' showers on the base - small towels double up as large cloths	
TOILETRIES				
Aftersun	1			
Conditioner	1		if required - your hair will dry out	
Cotton wool	Pack			
Dental floss	1		if required (highly recommended)	
Deodorant	1	anti-perspirant		
Ear buds	Pack			
Eye drops	2		the best is to go to an optometrist and get the eye drops that come in individual single doses - these also don't expire	
Foot scrubber (pumice stone)	1		your feet will dry out	
Foot balm/moisturiser	1		your feet will dry out	
Hair clipper	1			
Hand sanitiser	1		for the field	
Lip-ice	3	SPF+30 e.g. Lipsano or Labello	1 for your jacket, 1 for your backpack, 1 as a back-up	
Moisturiser	2	intensive moisturiser	don't buy the run-of-the-mill normal stuff	
Nail clipper/scissors	1			
Razor and blades	1			
Shampoo	1	normal or dry shampoo	if required	
Shaving cream	1		for when water is restricted	
Soap	2	environmentally friendly		
Sunscreen	2	SPF + 40		
Talcum powder	1		it speeds up the drying process	
Tissues	Lots			

OWN GEAR				
ITEM	QTY	TYPE	COMMENT	CHECK
Toothbrush	1			
Toothpaste	2			
Tweezers	1			
Wet wipes	Pack		for the field	
TOP HINT: It is also perhaps worthwhile to invest in those empty travel bottles you can buy at Clicks etc. When you get to the shelf your luggage will be offloaded and you will be left with only your backpack. You must then store spare clothing, your computer, anything else you need with you as well as toiletries in this bag. It's best to decant moisturizer, shampoo etc. into these small bottles when you have to give up your bags so the big bottles go with the Cat-Train to the base and you take the small bottles in your backpack.				
MEDICINE				
ACC			if required - the base and ship have the basic necessities	
Antihistamine				
Nose spray				
Sinutab/Sudafed				
Myprodol/Iboprufen				
Disprin/Panado				
Strepsils				
Throat spray		anti-bacterial		
Berocca			if required	
Essentiale			if required	
Rehydrate			if required	
Vitamins		multi-vitamins	if required	
Ginger drops/ginger sweets/ginger biscuits/ginger tea	Lots		sea / motion sickness	
Stugeron	6 packs			
Gaviscon/Rennies				
Plasters			if required	
Whatever you are on...			enough for three months	
HARDWARE				
Camera				
Camera bag				
Camera charger				
Lens filters		polarising sort		
Lenses				
Tripod/ Gorillapod				
CDs/DVDs	Few	any	to back-up crucial data and photos	

OWN GEAR				
ITEM	QTY	TYPE	COMMENT	CHECK
External HD				
Flashdrive				
Laptop				
Laptop bag				
Laptop charger				
Speakers				
Batteries charger				
Batteries	Lots	rechargeable or Duracell		
Binoculars				
Double Adaptor				
Earphones				
Head lamp				
iPod/MP3 player				
Multi-plug				
Torch				
Book reader/Kindle				
SOFTWARE				
Anti-virus			backup and update!	
Camera software				
Field equipment software				
ENTERTAINMENT				
Movies	Lots		share on the ship and base intranet	
Music	Lots			
Series	Lots			
STATIONERY				
Clutch pencil	Few			
Eraser	1			
Notebooks	Few			
Pen	Few			
Pencil sharpener	1			
Pencils	Few		pencils work much better in the cold than pens	
MISCELLANEOUS				
Alcohol			buy through a ship's chandler-it is tax free	
Backpack	1	day pack	for flying to the base	
Book: bird watching			if you are a bird watcher	

OWN GEAR				
ITEM	QTY	TYPE	COMMENT	CHECK
Book: general reading	Few		you might get bored, but there is a library on ship and base	
Book: whale watching			if you are interested in whales	
Cash		R 2,000.00 – R 3,000.00		
Coffee		filter or instant		
Coffee filters		if taking filter coffee		
Ear plugs				
Laundry bag		1	if required	
Lock	2	padlock with combination lock	just in case	
Sewing kit				
Sunglasses				
Sunglasses strap				
Sweets and snacks		anything you like: chocolate, Sparkles, Salticrax, juice etc.		
Thermos flask	1		for the field	
Travel mug			for the ship and base	
Washing powder/sunlight bar	2 kg		for the ship and base	
Water bottle	1		for your room/gym/the field	

DEFF ISSUED GEAR		
ITEM	KEPT	COMMENT
2 kit bags		ask for the greenish ones, not the black ones
4 shirts		
Balaclava: 1 wind-block	Y	
Balaclava: 1 woolen	Y	
Beanie: 1 fleece hat	Y	
Boots: 1 pr plastic climbing		
Boots: 1 pr Sorrel (glacier/mukluks)		
Boots: 3 prs felt inners for Sorrel boots	Y	
Eye wear: snow goggles		look like diving masks – good
Eye wear: sunglasses		get your own – these are not great
Gloves: 1 pr freezer	Y	
Gloves: 2 prs fleece	Y	
Gloves: 2 prs leather	Y	pig skins
Jacket: padded		

Jacket: Polar fleece		try this on with your jacket and dungarees to ensure it fits properly
Pant/trousers: 1 pr trousers		blue overall type
Pant/trousers: Padded dungarees		
Sleep kit: duvet, sheets, pillow & pillowcases for base		
Sleep kit: inner sheet for field		
Sleep kit: mummy bag		used as an emergency/backup
Sleep kit: sheep skins		sometimes these are not issued
Sleep kit: sleeping bag for field		used as an emergency/backup
Swiss army knife		
Thermals: 4 tops	Y	
Thermals: 6 long johns	Y	sometimes they only issue 4
Thermals: 6 prs thick winter socks	Y	
TOP HINT: Try everything on! Do not trust the size labels. Even if the issuer gets irritated with you, it doesn't matter. You must try everything on before you accept it. Also, remember that you will be layering up, so you'll tend to have to go for a size greater than your normal size.		

USEFUL WEBSITES	
DESCRIPTION	WEBSITE
Tracking the ship	http://www.sailwx.info/shiptrack/shipposition.phtml?call=ZSNO
Antarctica twice daily satellite images: <ul style="list-style-type: none"> • r06c04 - Akta Bukta • r06c03 - Penguin Bukta • r05c03 - SANAE IV • r05co4 - Troll Base 	http://rapidfire.sci.gsfc.nasa.gov/subsets/?mosaic=Antarctica
Sea ice conditions	http://www.iup.uni-bremen.de:8084/ssmis/index.html
SANAP	https://www.sanap.ac.za/

Women – SANAE Relief Packing List

OWN GEAR				
ITEM	QTY	TYPE	COMMENT	CHECK
CLOTHING				
COLD WEATHER				
Beanie	1	water repellent	to improve on the one issued	
Buff/scarf	1	winter buff	highly recommended	
Gloves: inners	1	water repellent	you will generally work in these only	
Gloves: ski	1	wind proof, water repellent, pocket for hand-warmers	for ski-doo rides	
Hat	1	any	for the sun	
SMART CASUAL				
Dress: semi-formal	1		for dinner on the ship & Take-Over function	
Dress: summer or skirt	1		for dinner on the ship & Take-Over function	
Stockings	2		for when wearing dresses	
Top: smart	1		for dinner on the ship & Take-Over function	
Trousers	1		for dinner on the ship & Take-Over function	
GENERAL				
Board shorts/bikini	1	any	for meeting King Neptune (initiation)	
Bra	3	sports and normal	for every-day wear in the base	
Dress-up set	1	any	the Oceanographer's have dress-up parties so take something inventive with that can be applied to many topics	
Gym clothes	1-2 sets	any	there is a gym on base and the ship	
Panties	14	any	take enough for 2 weeks not washing your clothing	
Shorts	2	any	for every-day wear in the base	
Socks	7	any	take enough for 2 weeks not washing your clothing	
T-shirt	2	any	for every-day wear in the base	
SHOES				
Closed shoes	1	any	for dinner on the ship & Take-Over function	
Pumps/kitten heels	1	any	for dinner on the ship & Take-Over function	

OWN GEAR				
ITEM	QTY	TYPE	COMMENT	CHECK
Sandals/plakkies/Crocs	1-2	any	for every day on the base and the showers, try to get ones with one broad strap - this allows you to wear them with socks	
Tekkies	1	any	for every-day wear on the base and the gym	
OTHER				
Sarong	1	any	incredibly useful: as a scarf, towel, blanket, towel, skirt etc.	
Towel: large	1		travel (recommended) or normal	
Towel: small	1		for 'French' showers on the base	
TOILETRIES				
Aftersun	1			
Conditioner	2		if required	
Cotton wool	Pack			
Dental floss	2			
Deodorant	2	anti-perspirant		
Ear buds	Pack			
Eye drops	2		the best is to go to an optometrist and get the eye drops that come in individual single doses - these also don't expire	
Face wash	1			
Foot scrubber (pumice stone)	1		your feet will dry out	
Foot balm/moisturiser	1		your feet will dry out	
Hairbrush/comb	1			
Hair clips/ties	2 packs		you will lose tons of these	
Hand sanitiser	4		for the field - get small 50 ml bottles	
Lip-ice	3	SPF+30 Lipsano or Labello	1 for your jacket, 1 for your backpack, 1 as a back-up	
Make-up	Set		bring some - you'll need it	
Make-up remover				
Moisturiser: body	3	intensive moisturiser	don't buy the run-of-the-mill normal stuff	

OWN GEAR				
ITEM	QTY	TYPE	COMMENT	CHECK
Moisturiser: hand	1			
Nail clipper/scissors	1			
Nail polish	1		if you wish	
Nail polish remover	1		if bringing nail polish	
Pads/tampons	Lots		enough for 3 months	
Razor and blades	1			
Roll-on	2			
Shampoo	2	normal or dry shampoo	if required	
Shaving cream	1		for when water is restricted (if you want to continue shaving)	
Soap	4	environmentally friendly		
Sunscreen	2	SPF + 40		
Talcum powder	1		it speeds up the drying process	
Tissues	Lots			
Toner	1			
Toothbrush	2			
Toothpaste	3			
Tweezers	1			
Wet wipes	4		for the field	
TOP HINT: It is also perhaps worthwhile to invest in those empty travel bottles you can buy at Clicks etc. When you get to the shelf your luggage will be offloaded and you will be left with only your backpack. You must then store spare clothing, your computer, anything else you need with you as well as toiletries in this bag. It's best to decant moisturizer, shampoo etc. into these small bottles when you have to give up your bags so the big bottles go with the Cat-Train to the base and you take the small bottles in your backpack.				
MEDICINE				
ACC			if required – the base and ship have the basic necessities	
Antihistamine				
Nose spray				
Sinutab/Sudafed				
Myprodol/Ibuprofen				
Disprin/Panadol				

OWN GEAR				
ITEM	QTY	TYPE	COMMENT	CHECK
Strepsils				
Throat spray		anti-bacterial		
Berocca			if required	
Essentiale			if required	
Rehydrate			if required	
Vitamins		multi-vitamins	if required	
Ginger drops/ginger sweets/ginger biscuits/ginger tea	Lots		for motion / sea sickness	
Stugeron	6 packs			
Gaviscon/Re nnies				
Oral Contraceptive			if required - enough for 3 months	
Plasters			if required	
Chronic medication		whatever you are on	enough for three months	
HARDWARE				
Camera				
Camera bag				
Camera charger				
Lens filters		polarising sort		
Lenses				
Tripod/ Gorillapod				
CDs/DVDs	Few	any	to back-up crucial data and photos	
External HD				
Flashdrive				
Laptop				
Laptop bag				
Laptop charger				
Speakers				

OWN GEAR				
ITEM	QTY	TYPE	COMMENT	CHECK
Battery charger				
Batteries	Lots	rechargeable or Duracell		
Binoculars				
Double Adaptor				
Earphones				
Head lamp				
iPod/MP3 player				
Multi-plug				
Torch				
Book reader/Kindle				
SOFTWARE				
Anti-virus			back-up and update!	
Camera software				
Field equipment computer software				
ENTERTAINMENT				
Movies	Lots		share on the ship and base intranet	
Music	Lots		share on the ship and base intranet	
Series	Lots		share on the ship and base intranet	
STATIONERY				
Clutch pencil	Few			
Eraser	1			
Notebooks	Few			
Pen	Few			
Pencil sharpener	1			
Pencils	Few		pencils work much better in the cold than pens	
MISCELLANEOUS				
Alcohol		buy through a ship's chandler-it is tax free		
Backpack	1	day pack	for flying to the base	
Book: bird watching			if you are a bird watcher	

OWN GEAR				
ITEM	QTY	TYPE	COMMENT	CHECK
Book: general reading	few		you might get bored, but there is a library on ship and base	
Book: whale watching			if you are interested in whales	
Cash		R 2,000.00 – R 3,000.00	for buying the team's branded clothing, ship's branded merchandise, alcohol, toiletries (basic stuff) and snacks	
Coffee		filter or instant		
Coffee filters		if taking filter coffee		
Ear plugs				
Laundry bag		1	if required	
Lock	2	padlock with combination lock	just in case	
Sewing kit				
Sunglasses				
Sunglasses strap				
Sweets and snacks		anything you like: chocolate, Sparkles, Salticrax, juice etc.		
Thermos flask	1		for the field	
Travel mug			for the ship and base	
Washing powder/sunlight washing bar	2 kg		for the ship and base	
Water bottle	1		for your room/gym/the field	

USEFUL WEBSITES	
DESCRIPTION	WEBSITE
Tracking the ship	http://www.sailwx.info/shiptrack/shipposition.phtml?call=ZSNO
Antarctica twice daily satellite images: <ul style="list-style-type: none"> • r06c04 – Akta Bukta • r06c03 – Penguin Bukta • r05c03 – SANAEI • r05co4 – Troll Base 	http://rapidfire.sci.gsfc.nasa.gov/subsets/?mosaic=Antarctica
Sea ice conditions	http://www.iup.uni-bremen.de:8084/ssmis/index.html
SANAP	https://www.sanap.ac.za/

DEA ISSUED GEAR		
ITEM	KEPT	COMMENT
2 kit bags		ask for the greenish ones, not the black ones
4 shirts		
Balaclava: 1 wind-block	Y	
Balaclava: 1 woolen	Y	
Beanie: 1 fleece hat	Y	
Boots: 1 pr plastic climbing		
Boots: 1 pr Sorrel (glacier/mukluks)		
Boots: 3 prs felt inners for Sorrel boots	Y	
Eye wear: snow goggles		look like diving masks – good
Eye wear: sunglasses		get your own – these are not great
Gloves: 1 pr freezer	Y	
Gloves: 2 prs fleece	Y	
Gloves: 2 prs leather	Y	pig skins
Jacket: padded		
Jacket: Polar fleece		try this on with your jacket and dungarees to ensure it fits properly
Pant/trousers: 1 pr trousers		blue overall type
Pant/trousers: padded dungarees		
Sleep kit: duvet, sheets, pillow & pillowcases for base		
Sleep kit: inner sheet for field		
Sleep kit: mummy bag		used as an emergency/backup
Sleep kit: sheep skins		sometimes these are not issued
Sleep kit: sleeping bag for field		used as an emergency/backup
Swiss army knife		
Thermals: 4 tops	Y	
Thermals: 6 long johns	Y	sometimes they only issue 4
Thermals: 6 prs thick winter socks	Y	
TOP HINT: Try everything on! Do not trust the size labels. Even if the issuer gets irritated with you, it doesn't matter. You must try everything on before you accept it. Also, remember that you will be layering up, so you'll tend to have to go for a size greater than your normal size.		

Women – Marion Relief Packing List

TEM	QTY	TYPE	COMMENT	CHECK
CLOTHING				
FIELD CLOTHES				
Beanie	1	comfy	to improve on the one issued	
Buff	4	1x winter, 3x summer	you wear them on head and around neck	
Gloves: inners	2	thermal/wind proof & woolen		
Gloves: working	2	wind proof, water repellent, leather; pig skins		
Hat	1	peak-cap	for the sun	
Rain gear (jacket & pants)	1	issued		
Fleece	1	issued		
Gumboots	2	issued		
Work shirt	1	issued		
T-shirt	4	for field, thin and moisture wick		
Thermals	3	shirts for field, pants for sleeping		
Socks	6	issued		
Blue pants	1	issued	for warmer days when GORE-TEX not needed	
CASUAL BASE				
Socks	4	warm, short, thin for indoors		
Take-over function outfit	1		Modest (!) clothing	
Jersey/hoodie	2	comfy for base	it doubles as a night gown	
Mid-layer warm top	1	soft, for under jacket and hut night		
Thermals	2	tops and bottoms	for wearing in doors, the base can get cold	
Long sleeve shirt	2			
Scarf	2			
Outer jacket	2	down & rain/wind		
Trousers	3	2 sweatpants & 1 comfy jean		

TEM	QTY	TYPE	COMMENT	CHECK
Gloves	2			
SHIP Think summer in CT and warm ship, and fancy dinners & bar time.				
Shorts	2	any	CT	
T-shirt	4	any	neater for ship & CT	
Long pants	2	jean & neat		
SHOES				
Warm & working	1		for every-day wear on the base	
Closed shoes	1		for dinner on the ship & Take-Over function	
Sandals/plakkies	1		for every day on the base and the showers	
Tekkies	1		for ship, docks, gym	
Crocs	1		for use in huts	
OTHER				
Towel (small & large)	1			
Bra	5	2 sports, 3 normal	for every-day wear in field and the base	
Panties	14	any	take enough for 2 weeks not washing your clothing	
Pajamas	2	1 summer, 1 winter	for ship & base	
Gym clothes	1	shorts (use field shirts)	there is a gym on base and the ship	
Board shorts/bikini	1	any	sauna, jacuzzi	
TOILETRIES				
TOILETRY BAG				
Conditioner	1		300 ml is generally enough for three weeks	
Shampoo	1			
Dental floss	1			
Deodorant/perfume	1			
Face Wash	1			
Face moisturiser	2	Day & Night Cream		
Roll-on	1			
Razor and blades	1			

TEM	QTY	TYPE	COMMENT	CHECK
Moisturiser: body	1	intensive moisturiser, small	don't buy the run-of-the-mill normal stuff	
Body wash & Sponge	1	100 ml		
Toothbrush	1			
Toothpaste	1	100 ml		
Make-up remover	1			
Bubble bath/ Essential oil	1		for a nice bath after a long day	
Hair mask	1			
Eye drops	2	single doses		
Cotton wool				
Hand sanitiser	4		for the field – get small 50 ml bottles	
Lip-ice	1	thick, moisturising, SPF		
Tissues		small pocket sized, 1 pop-up	field and room	
Sunscreen	1	SPF + 50, waterproof		
Vaseline	1		for rash	
Pads/tampons				
Eyepatch				
Ear plugs				
NAILBAG				
Nail clipper/scissors	1			
Nail polish	1		if you wish	
Nail polish remover	1		if bringing nail polish	
Tweezers	1			
Cotton wool				
VANITY BAG				
Hairbrush/comb	1			
Hair clips/ties			you will lose tons of these	
Make-up			you might want a change of pace after weeks in blue overalls	
Earrings				
HUT NIGHTS				
Wet wipes / Face wash	1	body		

TEM	QTY	TYPE	COMMENT	CHECK
Pads/tampons	x		enough for field stay	
Toothbrush & paste	1	small travel set		
Face Cream	1	small travel set		
Body moisturiser	1			
Deodorant	1	anti-perspirant		
facecloth				
Towel	1	Micro-fibre or small		
FIELD DAY-PACK				
Sunscreen				
Lip-ice	1	thick, moisturising, SPF		
MEDICINE				
FLU-ISH				
Corenza /Linctagon			if required	
Sinutab / Advil CS			if required	
Throat spray /Strepsils		anti-bacterial		
PAIN/INFLAMMATION				
Myprodol/Iboprufen			if required	
Neurfoen				
Disprin/Panado			if required	
Norflex				
Cataflam				
EXHAUSTION/DEHYDRATION				
Berocca/Vitathion			if required	
Essentiale			if required	
Rehydrate			if required	
Vitamins		Omega3, Cal-Mag, B, C, Viral Guard	if required	
MOTION SICKNESS				
Sweets/Halls/Ginger lollies				
Stugeron				

TEM	QTY	TYPE	COMMENT	CHECK
Scopaderm				
Valoid				
Epinutin			keep aside for days before ship	
OTHER				
Plasters			if required	
Voltaren gel			for the sore Marion Knees	
Deep Heat Gel				
ELECTRONICS				
Camera				
Camera charger				
SD Cards				
External HD				
Flashdrive				
Laptop				
Laptop bag				
Laptop charger				
Cell phone Charger				
Head lamp				
Batteries	Lots	rechargeable or Duracell		
Multi-plug				
Double Adaptor				
Earphones				
iPod/MP3 player				
SOFTWARE				
Update and restart software before you leave Cape Town.			Internet on base during take-over is insufficient for updates	
ENTERTAINMENT				
Movies	Lots		share on the ship and base intranet	
Music	Lots			
Series	Lots			
STATIONERY				
Clutch pencil	Few			

TEM	QTY	TYPE	COMMENT	CHECK
Eraser	1		speak to your team – you might have stock on base	
Notebooks	Few			
Pen	Few			
Pencil sharpener	1			
Pencils	Few			
MISCELLANEOUS				
Alcohol		buy through a ship's chandler-it is tax free	-	
Backpack	1		for flying to the base	
Cash		R 2,000.00 – R 3,000.00	for ship stuff merch, snacks etc.	
Coffee		filter or instant		
Coffee plunger		if taking filter coffee		
Lock	2	padlock with combination lock	just in case	
Sewing kit				
Sunglasses				
Sunglasses strap				
Sweets and snacks			for the ship and base	
Thermos flask	1		for the field	
Travel mug			for the ship and base	
Washing powder/sunlight washing bar	2 kg		for the ship and base	
Water bottle	3		for your room/gym/the field	
Sleeping bag	1		for cold base / hut nights	
Laundry bag	1		for washing delicates	
Hangers	1		There usually aren't enough on ship/base	

Marion Overwintering Packing List

HOBBIES/CRAFTS

- ☐ Books, audio books, movies, TV-series (older ones are available on the base server).
- ☐ Crafts such as paints, colouring books, beading, knitting etc. You may want to get creative when bored or make some birthday presents. The workshop has tools for wood and metal work.
- ☐ Costume dress-up and accessories. The Island has tote bins of dress-up in the stores, but they are old and a bit dank. Bring your own for some fun occasions such as Halloween and the Maid Marion event.
- ☐ Board games and puzzles. There are some on the Island, but they are old so consider bringing your favorites along.
- ☐ There are two pool tables and a table tennis table in the games room. If you are planning on taking this seriously bring your own pool cue, table tennis bat and balls.
- ☐ If you are into photography, or would like to get into it, bring a decent DSLR with a long zoom lens. Otherwise a decent quality, preferably waterproof point-and-shoot is fine.

SPECIAL SNACKS/DRINKS

- ☐ Exotic spices/sauces/spreads you like to cook with (olive oil, coconut milk, biltong spice, popcorn spice, Nutella etc.).
- ☐ Variety of energy sweet and bars (Snacker, Jungle Oats etc.) for when you are in the field (Field Assistants).
- ☐ Exotic dried fruits (Mango, berries etc.). There are tote bins of dried apple, pear, prunes, peaches, and raisins at base.
- ☐ Biltong & droëwors.
- ☐ Variety of special teas, cappuccino sachets if you like your warm beverages (normal tea & coffee will be supplied).

- ☐ The DEFF will provide certain luxury items such as chips, chocolates, biscuits, and sweets but this will be in a limited quantity and will probably not be on the food list as it changes every year. Therefore, it is advisable you bring your own variety of special treats.
- ☐ Alcohol. The general rule of thumb is to multiply your normal consumption by two or three. Also bring extra for sharing. Rather bring too much than too little. You can gift what is left over at the end of your trip to the incoming overwintering team.
- ☐ Soft drinks (Fanta, Coke etc.).

TOP TIP: If you can get hold of the right sponsors you will be able to supplement the luxuries provided by DEFF to the extent that you may not need to bring any extras yourselves. It is a good idea to look for sponsorships of wine. There should be a list of wine farms that have previously donated, available from the current team leader.

ROOM COMFORTS

- ☐ The DEFF supplies bedding but their fitted sheets shrink in the wash. Therefore, it would be best to bring along your own fitted sheets. Throw in a nice duvet cover if you want to personalize your room.
- ☐ Laundry bag or basket.
- ☐ Clothes hangers.
- ☐ Insulated travel mug. Great for the ship on the way there to reduce spill & keeping your bevvie warm out on deck & great for base so you do not spill on the corridors on the way back to your room.
- ☐ Bring along pictures of family/friends to put in your room.

TOP TIP: It is nice to have gifts from the family. Ask someone to pack a present for you that you can open every month, or just special occasions such as Christmas. It is also a good idea to buy a variety of small gifts that you can give to team members.

CLOTHING

- ☐ Do bring plenty of underwear, and some thin socks to wear inside the base.
- ☐ Comfortable clothing for inside the base such as tracksuit pants, hoodies, and jerseys.
- ☐ Comfortable shoes for inside the base (Sheep skin slippers, slops, Croc's and Ugg's are all recommended).
- ☐ Swimming costume to use in the Jacuzzi and Sauna.
- ☐ You will need something formal to wear on special occasions. There will be functions on the ship and at the base during summer and the team will have formal celebrations during the year.
- ☐ Hair bands and clips to keep your hair out of the way in the field (it gets long during the year).
- ☐ Small sewing kit. There may be holes to mend. **TOP TIP:** Dental floss works wonders for sewing up holes in your weather gear (these usually develop along the seams of your pants).

OUTDOOR GEAR

- ☐ The issued wet weather gear is pretty good, but if you are working with animals, these will get messy and tattered. So, bring at least one pair of backup waterproof pants, and a nice waterproof jacket (Cape Storm is good option).
- ☐ Make sure your issued gum boots are comfortable when worn with two pairs of socks. Do not even attempt to buy hiking boots, they do not work. The issued socks are okay, but they may not fit well or be too warm to wear in summer. To be safe bring a

few pairs of good quality, thick hiking, or skiing socks.

- ☐ Get your own waterproof gloves and a few pairs of thin gloves that you can comfortably write in, but also wash after working with animals (the issued gloves are not waterproof or comfortable to work in).
- ☐ A few beanies and buffs. You lose a lot of heat from your neck area so a buff will protect you. It is also useful to keep long hair in place when you are out in the wind.
- ☐ Some team members swear by inner soles, others are not as keen, rather safe than sorry. Get 5 or 6 good quality pairs (Green Cross is a good choice).
- ☐ Wrap-around, polarized sunglasses. These will protect your eyes when it is raining ice pellets & from the strong reflections off the snow and surrounding ocean.
- ☐ There are a lot of backpacks on base to use when visiting huts, but it is highly recommended to bring your own. A good quality 50 to 60 l backpack with rain cover is ideal. A small backpack for your day trips is useful.
- ☐ CamelBak water bottle for your backpack & a couple of normal water bottles for daily use. **TOP TIP:** Bring more than one water bottle, you will probably lose at least one in the field.
- ☐ Lunchbox Tupperware to avoid food getting crushed in your backpack.
- ☐ Good waterproof headlamp & batteries to power it (Energizer has one that is tough & affordable).
- ☐ Micro fibre towel (saves space in your backpack & is quick drying).
- ☐ GPS, your PI should be able to provide you with one.
- ☐ If you have a pair of binoculars bring them along, there will be times you want a better view of killer whales.
- ☐ Cheap, waterproof wristwatch for the field.
- ☐ Bring a few large dry bags to put place stuff in as it rains almost daily on the Island (at the

very least to fit your camera and MP3 player but strongly consider bringing enough to place all your fit all items in dry bags).

- ❑ The huts have sleeping bags, but these are used by almost everyone so if you are a field assistant it is good to have your own. A -3 rating would be ideal, however if you are easily chilled something warmer would be better. **TOP TIP:** If you are using the sleeping bag in the huts, bring along a base duvet cover to use as an inner.

TOP TIP: Be sure to mark all your belongings, especially issued gear as everybody gets the same stuff. Also make sure that you try on everything and get the right size.

TOILETRIES

- ❑ Bio-degradable fabric conditioner (washing powder is supplied).
- ❑ DEFF will provide washing powder for the year but you will need your own washing powder on the ship.
- ❑ Toiletries (shampoo, conditioner, body & face wash, body & face cream, toothpaste, deodorant etc.) – generally multiply by 12 to give you enough to last through the year. **TOP TIP:** bring more conditioner than shampoo & hair masks if possible, your hair will need the nourishment with the harsh weather conditions and dry air in the base.
- ❑ Bio-degradable face wipes or face cloth. These are useful in the field and hut life.
- ❑ 40 SPF Sunblock (or higher). Also bring aftersun or Aloe Gel. Everybody has at least one sunburn incident in the summer.
- ❑ Sudocrem (getting chafe from hiking is a real thing, this will help keep those niggly spots happy).
- ❑ Dental floss * 4; toothbrush * 4; toothpaste * 8 tubes. **TOP TIP:** Take especially good care of your teeth since the base medic will have limited training in dentistry.

International Travel Checklist

VISA APPLICATION

- ☐ Passport (usually needs to be valid up to 6 months after travel and have \pm 5 empty pages).
- ☐ Proof of SA address, and a reason that you will return (proof of registration/employment).
- ☐ Proof that you will have financial support (income or bank statements, proof of support from a sponsor/host/grant/bursary/employer).
- ☐ Reason and proof of travel (conference acceptance /registration, invitation letter form host), or if you're a tourist you should have absolutely no proof of business on you!
- ☐ Travel plan or itinerary – proof of booking with dates are sometimes needed (accommodation and transit – flights, train, bus, taxi, etc.).
- ☐ Proof of medical insurance.
- ☐ Photo for identification (certain visas have extremely specific requirements).

BEFORE YOU LEAVE

- ☐ Check Passport expiry date & empty pages.
- ☐ Apply for visa.
- ☐ Activate your debit / credit cards for use outside of SA.
- ☐ Activate roaming on your SIM card.
- ☐ Arrange foreign exchange.
- ☐ Arrange travel insurance (e.g. if your baggage gets lost, or if you miss a flight).
- ☐ Arrange medical insurance (in case you need to be evacuated in an emergency).
- ☐ Vaccinate.

CONTACTS FOR EMERGENCIES

- ☐ Accommodation, conference venue etc.

- ☐ Contact person in the destination country (e.g. collaborator/conference organisers/host).
- ☐ Local & international number for bank (to stop / replace card).
- ☐ Medical insurer's local & international number and printed claim form.
- ☐ Airline or other transport providers (in case of cancellations or delays).

BACKUP COPIES

Copy of the following on your person and upload it to the cloud (useful for visa application and emergencies):

- ☐ Passport & visa.
- ☐ Credit card(s) (if it gets stolen and you want to stop it, you need the card number).
- ☐ Itinerary (flight number and times, accommodation booking details and dates).
- ☐ Proof of visit (conference letter, invitation letter, letter from host).
- ☐ Emergency contact numbers.
- ☐ Medical aid card and/or claim form.
- ☐ Proof of vaccinations (yellow card).
- ☐ Proof that you will return to SA (proof of registration, leave letter, proof of address).
- ☐ Proof of financial support (bank statements, letter of bursary/grant, letter from host).

GENERAL

- ☐ Spare underwear for when you are travelling.
- ☐ Books, audio books, movies, TV-series (If travelling to SANAE IV or the Islands, older ones are available on the base servers.).
- ☐ Poster or presentation (if attending a conference).

Budget Example

Proposed Budget for Conference (2016)

Expense	Quoted	Notes
Flights (JNB-ARN)		
Qatar	R 8 500	Cheapest
Emirates	R 8 500	
Ethiad	R 11 000	
Conference fees	R 1 500	
Accommodation		
City BP Hostel	R 3 500	Cheapest and closest to Metro
	R 4 500	
	R 3 500	
	R 24 000	
Other Travel (Metro)	R 2 274	Metro Pass and Airport tax
Subsistence	R 11 900	recommended 100USD/day (-accommodation)
Visa	R 1 083	
TOTAL:	R 28 757	
Exchange Rate	ZAR	
1SEK =	1.96	
1USD =	17	
Travel days	7	

Stockholm, Sweden (total travel 7 days)