

Annex 5 : Practical Advises

PRACTICAL ADVISES

Before you travel to Antarctica there are a number of procedures that you must complete prior to departure. These include environmental, legal and permitting requirements.

You would also need some handy hints and background information to ease your preparation for your visit. These hints range from how to call home, what to wear inside the base, what to take in your hand carry bag, what specialist clothing we will provide, and what to do if you have additional cargo including large items or equipment that you need on the Ice.

Other nation Antarctic Program provided this information in their website. Please look up for the information according to your trip host.

Please ensure that you have read and understood each section and have completed any forms by the due dates.

Australia

Australian Antarctic Division

www.aad.gov.au/

New Zealand

Antarctica New Zealand

www.antarcticanz.govt.nz

Argentina

Instituto Antártico Argentino

www.dna.gov.ar

India

National Centre for Antarctic & Ocean Research

<http://ncaor.nic.in>