



Hello from Rothera!

Hello from the 2025 Rothera Winter team! We're writing to give you some tips and suggestions on packing for your journey and time here. We hope you'll find this useful!

There is a lot to take in over the next few pages, but it's all stuff the current winterers wish they'd known before coming down. **You'll have lots of information thrown at you before you come down, but we strongly recommend going through this letter a couple of times.** We've also added in a checklist at the very end for when you are packing, it should help you get the essentials but save you the hassle of going through this with a fine toothcomb!

One strong tip: if wintering in 2026, please feel free to contact the person you will be replacing sooner rather than later. They were in your shoes a year ago and probably had all the same questions you may have about all the little "life" aspects of living in the Antarctic for 18 months!

The easiest way to do this is to email me, Alexander Rootes, 2025 Rothera Winter Station Leader, on rwbc@bas.ac.uk. Let me know which role you have been employed for, and I'll give you the BAS email address for the person you are coming to Rothera to work with, and subsequently take over from. We're a friendly bunch and will be happy to hear from you!

We've all been where you are now, trying to figure out what on earth you pack for up to 18 months in Antarctica. It can be daunting trying to decide what's best to bring when you can't imagine what you might need and you have little idea what is at Rothera already. Hopefully this letter will help, indicating what you won't need and giving you a few suggestions that might make your time here more enjoyable.

First things first – don't worry. BAS provides everything you need to live a warm and comfortable life at Rothera. You could *almost* turn up at the airport in only your underwear and know you would survive the year. BAS provides all the necessary outdoor clothing and footwear plus indoor work trousers, bedding, towels, essential toiletries, food, drink, and everything you need to do your job. There is plenty of entertainment here from outdoor recreational equipment to board games, musical instruments, games consoles, a library of books, films, TV and music, and more. However, most people feel more comfortable with some of their own home comforts around them.

Many people feel they packed too much when they came south so do think carefully about what you want or need. If there are things you can't live without, then bring them; if there are things you aren't so sure about, feel free to drop me an email and I'll be happy to offer advice or pass you on to somebody better placed to answer. Likewise, get in touch if you want to clarify what is available on station.

Shipping your stuff

You will have the following baggage allowance:

- Your own personal luggage, usually determined by airline/Dash baggage allowances.
- BAS polar kitbag which you'll collect from clothing stores and carry south, containing work and field kit - you'll be issued winter weather kit.
- P-box (P for personal), which is a big plastic trunk (800x500x500mm) for you to fill with personal items. This is usually consigned as cargo on the ship, so you won't be able to access it until you get here. Be aware that the P-box often won't turn up until part way through the



season, so if you are going to be arriving early in the season, don't bank on the P-box being on the first ship call.

- 65 litre personal kitbag, issued by BAS for you to fill with your own clothes, also usually consigned to the ship as cargo.
- Optional ski/snowboard bag.

People normally use the P-box to bring down a selection of toiletries, sweets, extra clothes, ski gear, books - anything that won't fit in your normal luggage and you won't need urgently. Your P-Box and bag will travel from the UK to Rothera as ship's cargo so will experience both the heat of the tropics and the freezing cold of the Antarctic - worth bearing in mind if you have any temperature sensitive luggage (musical instruments, hard-drives, chocolate!)

The HR Team will be in touch to let you know what can and cannot go into your box (***no alcohol, aerosols or lithium batteries***) and how to get your P-box to Cambridge. The shipping deadline to get your P-Box to Cambridge is the ***5th of September*** so something to start thinking about very soon.

What to bring

Food

While you're south, your day-to-day food requirements will be catered for. If you have any special requirements, please let the HR team know but also feel free to get in touch directly with us at Rothera. The chefs here work hard, providing plenty of delicious food at least three times a day, and will be able to cater for your specific needs.

There are some snacks around station, including sweets, chocolate bars, nuts and a fridge full of cheese and leftovers... but most people bring some little luxuries of their own to enjoy over winter, such as:

- Chewing gum, sweets and mints
- Specialist chocolates
- Speciality biscuits or luxury shortbread
- Speciality teas or coffees, a cafetière or press, and maybe some coffee syrup
- Homemade jam, special honey, etc.
- Chutneys, pickles or hot sauces (we do have some on station)

If you have a special diet, we recommend you bring a range of suitable snacks.



Clothing

Outdoors

All your essential outdoor clothing will be supplied by BAS, plus suitable protective clothing to do your job, but if there's a particular bit of kit you know you're comfortable working in, it's worth bringing your own.



In summer people run around the runway perimeter and play football (and occasionally other sports) on the hangar apron, which is a hard gravelly surface. Bring a light windproof top, bottoms, sunhat and trainers if you are keen (your outdoor trainers will get quite dusty so it's best to bring a separate indoor pair for the gym).

For running on the snow, we'd recommend some trail running shoes with good grip, plus a small running backpack to carry extra layers.

Indoors

It's about 20°C inside most of the buildings so, for the evenings and weekends, bring T-shirts, shorts, jeans and the sort of clothing you'd wear at home. Clothes wear out quickly in the industrial washers and dryers, so bring plenty. People generally dress very casually but put a little bit more effort in on a Saturday evening (collared polo, shirt, nice blouse or dress). Don't worry about this at all - anything goes and it can be nice to dress up every now and then.

Don't forget to bring a formal outfit (shirt/suit/tie/dress) for Midwinter's Day, Christmas and the winterer's meal.

Bring plenty of indoor shoes so that you can leave a pair in each of the buildings you live and work in. We'd recommend at least three pairs of slippers/ crocs/ sandals/ trainers that you can slip on and off easily so you don't spend half your life changing your footwear.



Themed nights are very popular especially in the winter so, if you have any fancy dress outfits, it's well worth bringing them.

There are a few personal items that we'd recommend bringing:

- Your own woolly hat(s) (one that keeps your ears warm too) – when everyone is in standard issue outdoor clothing and goggles it will make you more recognisable.
- A couple of pairs of extra sunglasses– UV Category 4 and 3 (for varying light conditions).
- A spare watch or watch battery (a watch with an alarm is useful).
- LOTS of underwear and socks, as they tend to wear out quite quickly. Top tip: pack some new socks and underwear that you can open in winter; it feels great to have some fresh new stuff after 6 months or so.
- For those with small hands consider bringing your own work gloves.
- One or two sets of your own thermals, as the standard issue ones can be a strange fit.
- For Tech Services and Vehicles Team members, it might be worth bringing your own work wear/boots for indoor tasks – comfortable rather than new.



Toiletries

BAS provides the essentials including sunscreen, toothpaste, toothbrushes, floss, shampoo, shower gel, basic disposable razors, unscented hand moisturiser, etc. but if you like a particular brand you might want to bring your own. Items classed as non-essential are not supplied and these include deodorant and hair conditioner.

Plasters, condoms, SPF lip balm and suncream are supplied from various locations around station. Simple painkillers such as paracetamol and ibuprofen are available. It is worth bringing some if you have preferences as the surgery selection and supply is very limited.

Hair clippers with a variety of guards are provided. Consider bringing a hairdryer if you have long hair or might grow your hair (-20°C with a damp head isn't pleasant).



Some things we'd recommend bringing are:

- Conditioner/hair products
- Comb/brush/hairbands/clips
- Beard/moustache wax/oil
- Deodorant/antiperspirant (non-aerosol: aerosols are classified as hazardous for shipping so can't go in your P-Box and are difficult to manage as waste)
- Electric toothbrush and spare heads
- Cotton buds
- Nail clippers
- Technical Services/Vehicles staff – we have some barrier creams but you might want to bring your own because it's a very dry environment
- Face moisturiser/hand cream (worth bringing some heavy-duty product if you are prone to dry skin or working on machinery/outside a lot)
- Abrasive loofah (eco-friendly is best) for dry skin.

If you need any medications, make sure you bring enough for your whole time south (plus some spare just in case plans change a bit!). We don't receive much in the way of fresh fruit and veg over winter so some people bring multivitamins to compensate.

Though many menstrual products are stocked here, it may be worth bringing your preferred items to last the duration of your deployment (you will be reimbursed if you submit the receipts to HR). The darkness in winter has been known to affect hormone cycles so bring more than you think is necessary just in case. Several winterers have found a reusable cup easy to use but it is advisable to bring some disposable products as well for convenience in the field.

When in the field or on extended recreation trips, a toilet tent will usually be available. However, there are times when urinating outside will be necessary. Pee funnels are available in kitbags and on station, which enable urination from a standing position without having to fully undress. This can be really beneficial in adverse weather conditions. Some people prefer to squat without using a funnel so find what works for you and expect your colleagues to respect your privacy.

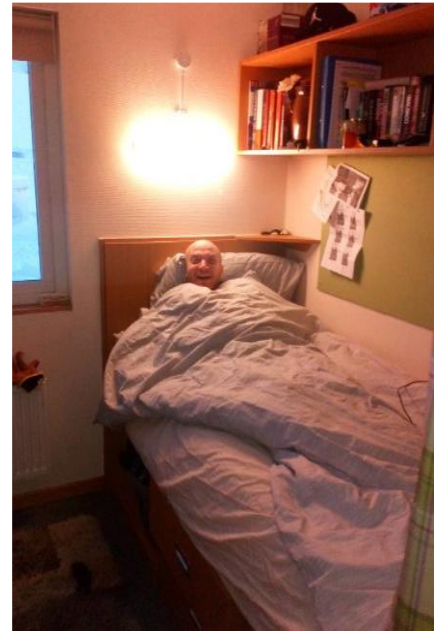


Bedroom Things

All the necessary bedroom linen is provided: towels, sheets, pillows, single duvets, etc. Accommodation is in twin ensuite rooms in Admirals House. You'll usually have a roommate over summer but a room to yourself over winter. Occasionally winterers initially stay in Giants House (four per room and shared bathrooms) until space becomes available in Admirals.

People often bring a few things to make them feel more at home, for example:

- Your own duvet cover / bedding
- Photos/ posters for noticeboards
- Feather pillows
- Fairy lights
- Small Bluetooth speaker
- Your own mug (some people bring several for dining room, workplace etc.)
- The shower curtains here are white/cream. Some have brought their own shower curtain to transform their shower experience!
- Diffuser to make your room smell nice.



Bedroom space

To aid packing, the pictures below show how much storage space is available in the rooms in Admirals House. Each bed space has its own shelves, under-bed drawers and cubbyholes. Roommates share a narrow wardrobe (with drawers), a desk with shelving, a quick-access area to store clothes by the door and the ensuite bathroom.





For anyone starting their season in Giants House, the bed space and locker storage is similar to that in Admirals. In both buildings, outdoor clothing or PPE may be left in the boot rooms. P-boxes are not expected to be stored in bedrooms but are held in a central storage location.

Glasses and Contact Lenses

If you wear glasses bring a spare pair (or four) and some spare screws – replacements are tricky to find in the middle of winter. A hard case is also recommended, with a couple of lens cloths and cleaning products.



During the winter, when goggles are needed outside, glasses can steam up quickly so contact lenses are often better. Monthly and daily disposables are the easiest to use for convenience. People wearing disposables during field trips have found contact lenses and solution have remained usable even after being frozen (please check your product with your optician first).

Category 4 sunglasses are provided as part of your issued kit but we'd recommend bringing a spare pair or two of your own. If you wear

prescription glasses then BAS will contribute up to a total of £540 towards two pair of prescription sunglasses and/or goggles. They must be Category 4 and meet other criteria in order to qualify for the contribution (please ask for the policy if interested).

BAS provides ski goggles but they are a "one size fits all" item. If you know you will spend a lot of time outside then it may be worth buying a set you know fits well.



Communications

Internet Access

Access to the internet is provided by a combination of systems, namely a baseline VSAT satellite ground station (data rate limit of 2.5Mbps) and a more recent LEO system that provides faster internet speeds, making video calls possible most of the time. As a user you will connect personal devices to the welfare Wi-Fi network, known as “Snowlink”, and any issued BAS work devices to the operations network by Wi-Fi or ethernet. Access to Snowlink is through a captive portal, for which everyone will be issued a personal login and password (only one personal device may be logged in per account at any one time).

Computers

There are 8 general use PCs in New Bransfield House and business PCs in some work areas, which are connected to the internet by ethernet. It is advisable to bring your own laptop or tablet, which can connect wirelessly to Snowlink in most buildings. Even if you don't bring your own laptop, it's worth investing in an external hard drive or two to store your digital photos, files, music and videos. If you're likely to be spending a lot of time in the field, then consider the power and storage requirements for your digital devices; some people bring a 12V cigarette charger to charge devices from a skidoo. Power banks are a very useful option too.

Landline Phones

All landline phones use VOIP over the VSAT and have Cambridge dialling codes. There is a public phone booth where you can make calls in private, plus phones in most offices and work areas. Calls to the UK, other stations and the ship are free. For international calls you will need a phone card; more information will be provided at PDT. It's best to sort out phone cards before travelling south in case online purchasing from the station is problematic. Alternatively, messaging apps on smart phones can be used to make the equivalent international calls for free – see below.

Mobile Phones

Although there is no mobile phone signal, people may connect personal smart phones to Snowlink in most buildings. “Wi-Fi calling” is not an available function so messaging apps are the best way of staying in touch with friends and family over the internet. Wintering teams have also been making use of a WhatsApp group for information and entertainment. It is always worth downloading apps beforehand to save on data allowance and in case they are not available in a different region. Consider bringing a spare phone because there are plenty of situations where phones could become damaged or lost.

Please be aware that most UK mobile phone networks de-register individual phone numbers if the number is not used for 6 months or more. Please contact your service provider to advise on how to keep your phone number for when you return home.

Important!

If you rely on two-factor authentication (2FA) codes via SMS for any online accounts, either: switch to an offline tool (e.g., Google Authenticator, PIN Sentry) or have 2FA codes sent to an accessible email address before leaving the UK. Otherwise, disable 2FA entirely because SMS cannot be received in Antarctica.

Indoor recreation at Rothera....



Rothera's communal areas are well resourced with a pool table, darts board, table-tennis, table football, lots of board games and card games. However, feel free to bring down any favourite board games, set of darts, etc. If unsure, feel free to get in touch to check what we have here. Be imaginative now while you have access to the real world and you'll reap the benefits. We're pretty good at keeping ourselves entertained and you'll definitely get out what you put in over winter!

Music

The station has a good selection of music in various formats, however new music is warmly welcomed! There is generally a thriving music scene here with bands forming in the summer and winter. If you are a musician then definitely bring your instrument. If you fancy learning, then bring one because it's a great opportunity to learn. We have several electric and acoustic guitars, a drum kit, a keyboard, and amps. If you are bringing a wooden instrument of any value, pack it well and invest in a humidifier for the case because the dry atmosphere here causes problems. New songbooks and sheet music are always appreciated.



Books Films and TV

The station has a substantial collection of films and TV series in various formats and new additions to the collection are very welcome. There's a good library on station but new non-fiction and good quality novels are always appreciated and great to share around. If you enjoy reading e-books make sure you remember to pack an e-reader with its connection cable.



Gym

Rothera has a brand new gym with the following equipment:

- Free weights (barbells, dumbbells and kettlebells)
- Weight-lifting equipment (racks, presses and Smith machine)
- Swiss balls
- 3 exercise bikes (Wattbike) (recommend padded shorts for longer rides)
- 3 Concept II rowing machines
- 3 running machines
- Cross trainer
- Stair machine
- Punch bag & mitts (mostly large)
- Skipping ropes/resistance bands
- BeaverFit™ frame

We'd recommend bringing wireless headphones for the gym, maybe a sports drinks bottle and any protein/ energy powder/supplements that you might want to use.





Arts and Crafts

There's a craft room on station with various supplies and equipment, including a sewing machine, but you should definitely bring your own paints/pencils/ materials etc. if you've got a particular project in mind. There's also a selection of wool and knitting needles, but again, bring your own if you're keen. Crafting is popular, especially on bad weather days, and people who've never taken an interest before often find themselves getting creative. This is particularly true when there's a fancy-dress night looming!



Skiing and Snowboarding

During the season there are sometimes periods when you can take to the slopes and enjoy some skiing or snowboarding. Rothera is not the best place in the world to learn to ski or snowboard (we don't employ instructors or groom pistes) but every year lots of people are introduced to snow sports here. The "Ramp" is equivalent to a red slope but can be icy so is not recommended for beginners. "Vals" is equivalent to a blue slope but can only currently be accessed with field guide support.

The station has a good selection of skis and boots (touring, Nordic and some Telemark) as well as several snowboards and split-boards. When conditions are suitable, ski and boarding kit is in high demand so it can be worth bringing your own set-up if you are keen. All the Alpine skis have non-pin frame touring bindings and tend to be the most reliable and versatile for conditions found here. **Please note that, apart from 3-pin/NNN Nordic bindings, if you're bringing your own skis they must have releasable bindings.**



It can be worthwhile bringing your own skiing/boarding clothing too because your own outdoor clothing may be a better fit than the BAS clothing.

Climbing and Mountaineering

Rothera has a small indoor climbing wall and a selection of rock shoes but bring your own if you have them. We have lots of basic mountaineering equipment but do bring your own mountaineering



clothing if you have it; you might find your clothing system a better fit than the clothing BAS provides, which is essentially for work purposes rather than mountaineering.

For Field Guides

There are many basic lead racks consisting of 1 set of nuts 1-11, DMM Dragon cams 1-6, quick-draws and 4 x BD turbo express 16cm screws. If you are going to bring any mountaineering kit, we would advise you to bring your own harness, helmet and belay device. Otherwise, we have loads of everything. There are a few half ropes, lots of single ropes, plenty of helmets, mountaineering harnesses and 12-point mountaineering crampons. We have technical and walking axes but you might want to give these to the people you're taking out. For winter and deep field use we have 6000m and

8000m boots but you can often get away with regular 'Scottish winter' boots in summer.

There is some climbing within easy reach of the station. Most of the rock is loose and protection can be marginal, but there are occasional gems such as Sundog's Wall E1 5b (40 metres of quality granite) and Gosmark's Gully (a one pitch IV, 5 ice route). There's a local guidebook with a range of rock and winter routes.

It's best to get in touch before you come down with questions about equipment you are thinking of bringing down. Please send the Field Guides an email on rfga@bas.ac.uk and they will be happy to answer your query.

Photography

If you don't already have some, consider investing in some decent camera equipment. You'll usually be given a talk on photography as part of pre-deployment training and have the chance to ask detailed questions. We have quite a few enthusiastic photographers on station at the moment who will be happy to offer advice too.

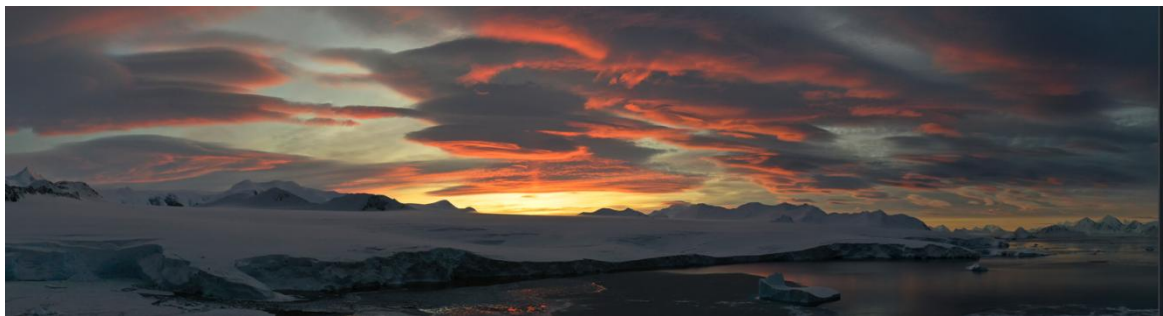


Type of camera

Almost everyone brings a digital camera south – the question is what kind? A compact camera is easy to carry around and convenient for mountaineering/skiing whereas SLRs are more expensive, heavy and bulkier but give you full manual control. The choice is yours and there are definite advantages to having both. Most people tend to have digital SLRs of a high standard, which are best for taking quality photos particularly in low light conditions. As for compact cameras, there are loads of great ones on the market that, most of the time, will do the job. A camera with a time-lapse function is worth having; some stunning time-lapse sequences have been captured this winter.

The clumsy among us recommend bringing a backup for the one you will inevitably drop!

Many of the public PCs have card readers for transferring from digital cameras. There are A4 and A3 sized photographic printers but bring your own photo grade paper because not much is provided.



Film

We have film darkroom facilities and the station provides chemicals for black-and-white developing and printing. Bring plenty of film and photographic paper if you're interested. We have some paper but it's not the highest quality.

Video cameras

If you're serious about video footage, bring your own laptop, editing software and become familiar with it before you leave the UK. As mentioned already, bring plenty of hard drive space because most people tend to run out. If you plan to do lots of video shooting with sound, note that Antarctica can be very windy so consider buying an external microphone with a fluffy windshield.

Essential spares

For all forms of photography you'll need to have a spare battery (rechargeable); the cold affects the charge so it's essential to have a second battery in reserve. Bring plenty of memory cards and a good camera bag/case is a must, particularly for long winter trip skidoo journeys. For serious photography a good quality tripod is essential; the light begins to fade rapidly after the summer season ends and it's the only way to properly capture the stunning Rothera winter sunsets and weird cloud formations. Think about whether you want to insure your camera equipment but note that a lot of companies won't insure for Antarctica (i.e. read the small print!). Remote control release, flash guns, UV and polarising filters are also useful.

Drones / remotely piloted aircraft systems (RPAS)

Recreational flying of RPAS in Antarctica is not permitted so please do not bring down personal drones.



Post Office and Shop....

Rothera runs its own Post Office, from which stamps and postcards are available, as well as first day covers. The shop has a selection of BAS Rothera merchandise on sale, such as hoodies, T-shirts and polo shirts, which arrive on the first ship call in summer. There is plenty of stationery in stock so there is no need to bring envelopes or writing paper but some organised people bring a supply of cards. Receiving post here is very exciting so tell your friends and family to send lots of letters and postcards. They can send it to the Falklands Islands Office and it will be transported to Rothera by ship or plane. The address is:

*For Rothera Research Station
British Antarctic Survey
Stanley
Falkland Island
South Atlantic
FIQQ 1ZZ*

Postal deliveries are few and far between and heavy parcels will always be afforded the lowest priority. The worst-case scenario is that your post will arrive on the ship you are going to leave on, meaning you get to open it on your way home! Always ensure parcels are less than 2kg to avoid them taking the slowest route to the Falklands which can take 6 months. If your family/friends want to make sure you have a parcel for Christmas or your birthday, the safest way is to give it to you, either to put in your P-box or to travel with you.

Other things to think about before you head South....

Money

You don't need any money on station – anything you buy is deducted from your pay each month through a personal account transfer. However, we hope to trial an electronic point-of-sale (EPOS) system on station so please bring a contactless method of payment (card/phone app) just in case. Otherwise, a credit card and £100 can be useful in the Falklands, as is about \$200 US dollars (you might be transiting through Punta Arenas on your way home). It's possible your card could be blocked when you try to use it for the first time in 18 months in some far-flung corner of the globe. Therefore, some cash to get you by while you convince the bank everything is all right is a good idea.

Legal and Banking

It is worthwhile considering giving a relative power of attorney in case you have to arrange banking or legal matters whilst at Rothera. They can then act on your behalf in all matters. It is relatively easy to arrange while in the UK and could save you a lot of fuss. Similarly, nominating a proxy to vote on your behalf for local or general elections will allow your vote to be counted while away south.

The current internet provision allows for seamless access to banking apps on smartphones or through browsers. However, the Snowlink connection will make your IP address appear to be in South America so please make sure you have installed any UK banking apps before you deploy south, in case they are not available from a different regional app store.

Some people have had issues with PayPal working down here so do not rely on it as a sole payment method.



Remember: if you rely on two-factor authentication (2FA) codes via SMS for any online accounts, either: switch to an offline tool (e.g., Google Authenticator, PIN Sentry) or have 2FA codes sent to an accessible email address before leaving the UK. Otherwise, disable 2FA entirely because SMS cannot be received in Antarctica.

We'd recommend you make a reminder summary of all your online login credentials and card PIN information, perhaps using a secure password manager application. You might not use all of them while at Rothera so it will be helpful for your future self when you arrive back home. Do not underestimate the Antarctic dementia!

Travelling home

Check your bank/credit cards will still be in date for your return trip, especially if you intend to travel (see Making Your Own Way Home policy). Take your driving licence with you if you want to hire a car in the Falklands, South America and for your return in the UK. Either bring or send down things you might need for your travels, such as backpacks, walking boots, sleeping bags, and warm weather clothes (you will not be allowed to use BAS polar clothing for personal use).

Make sure you have any vaccinations and inoculations you might need for your trip. Choose your travel insurance carefully: many policies have to begin from the time you leave the UK, not the time you leave Antarctica.





Packing for Antarctica...a few suggestions

Food

There's already a lot here but bring a few of your favourite things:

- Chewing gum, sweets and mints
- Special chocolates
- Speciality biscuits and luxury shortbread
- Speciality teas or coffees, a cafetière or press, maybe some coffee syrup
- Homemade jam, maple syrup, special honey*, etc.
- Chutneys, pickles or hot sauces

* Note that honey and certain fruit products cannot be carried through Chile, so would have to go in the P-box.

Outdoor clothing

- A few pairs of work trousers
- Light windproof jacket and trousers
- Sunhat
- Running shoes (these get dusty so bring an indoor pair as well)
- Small running backpack
- Trail running shoes
- A couple of pairs of extra sunglasses: UV Cat 4 and Cat 3 (for varying light conditions)

Indoor clothing

- Indoor shoes, crocs, slippers – bring a few pairs
- Fancy dress
- A smart outfit for special events (Christmas/Midwinter, etc.)
- Your own woolly hat (one that keeps your ears warm too)
- A spare watch or watch battery (a watch with an alarm is really useful)
- LOTS of underwear and socks
- For those with small hands consider bringing your own work gloves
- One or two sets of your own thermals, as the standard issue ones can be a strange fit
- For Tech Services and Vehicles Team, it might be worth bringing own work wear/boots for indoors – comfortable rather than new.

Toiletries

- Conditioner/hair products
- Comb/brush/hairbands/clips
- Beard/Moustache wax/oil
- Deodorant/antiperspirant (non-aerosol: aerosols are classified as hazardous for shipping so can't go in your P-Box and are difficult to manage as waste)
- Electric toothbrush and spare heads
- Cotton buds
- Nail clippers
- Technical services/Vehicles staff – we have some barrier creams but you might want to bring your own because it's a very dry environment down here.
- Face moisturiser/hand cream preferably with SPF
- Any medication you need – enough for the whole time south



- Feminine hygiene products
- Female urination device for the field, etc.

Bedroom Things

- Your own duvet cover/bedding
- Fake plants
- Photos/posters for noticeboards
- Your own pillow if you're fussy!
- Fairy lights
- Small Bluetooth speaker
- Your own mug (some people bring several for dining room, workplace, etc.)
- Sunrise alarm clock to keep your body on track during the days of darkness

Glasses and contact lenses

- Enough to last you for summer/winter/summer again.
- Add another pair
- Prescription sunglasses

Computers

- USB to Ethernet adaptor for your laptop
- External hard drive
- Memory card reader

Indoor Rec

- Bring your musical instrument (and spare strings, etc.)
- Some new TV/films to watch
- E-reader

Gym

- Headphones
- Protein powder etc.
- Bike shorts

Arts and Crafts

- Anything you are keen to try
- Wool for knitting
- Paints/pencils

Outdoors

- Skis or snowboard – there are plenty on base but you might want to bring your own. Any skis must have releasable bindings.
- Your favourite mountaineering clothing if you have it.

Photography

- Camera
- Waterproof case
- Spare memory cards



Any Questions?

If you have any queries that aren't answered in this document then please feel free to contact me, **Alexander Rootes 2025 Winter Station Leader at rwbc@bas.ac.uk** and I'll see if I can answer your query. If not, then I can direct you to the relevant person on station or at BAS Cambridge.

Note that it's important to think ahead and try to get everything sorted before you come down. It's also important to think about what you'll need on your return north, particularly if you want to holiday somewhere exotic before returning to the UK. Getting online/telephone banking set up is also very useful if you don't have it already and remember your card reader.

Enjoy your last few days/weeks/months in the UK with friends and family and we look forward to seeing you when you arrive. Have a great journey down!

The Rothera 2025 Winter Team

