

Contents

Chapter 1		
U.S. Role in Antarctica		
History.....	1	
U.S. Expeditions, International Geophysical Year, Antarctic Treaty		
United States Antarctic Program.....	3	
U.S. Antarctic Policy		
Antarctic Program Structure.....	6	
National Science Foundation, Support Contractors, Department of Defense, Department of Homeland Security, Department of the Interior, Department of State, International Cooperation		
Science Proposals and Grants.....	9	
Chapter 2		
Before You Leave Home		
Program Requirements.....	11	
Medical and Dental Examinations, Immunizations, Privacy Act Compliance, Deployment Paperwork, Travel Arrangements, Expenses		
Passports, Visas and Permits.....	14	
Passports, Visas, Permits and Approvals		
Customs.....	17	
Customs and Your Equipment		
Personal Matters.....	19	
Personal Finances, Income Tax, Power of Attorney, Wills, Notary Services, Insurance, Cash, Meals and Lodging in Antarctica, Paychecks		
Chapter 3		
How and What to Pack		
Baggage Allowances.....	23	
Commercial Carriers, Flights from Christchurch to McMurdo Station, Grantee and Technical Event Excess Baggage, Personal Baggage Insurance, Research Vessels and Palmer Station, Mailing Personal Packages, APO Privileges		
Personal Prescription Medications.....	25	
What to Pack.....	25	
What Not to Pack.....	29	
Baggage Organization.....	30	
Storage Availability.....	31	
In New Zealand, In Chile		
Chapter 4		
Conservation, Permits and Science Cargo		
Environmental Impact Assessment.....	33	
Antarctic Conservation Act.....	34	
Highlights of the Antarctic Conservation Act, Antarctic Conservation Act Waste Management		
Permits and Reporting.....	36	
Other Import-Export Regulations.....	37	
Controlled Drugs, New Organisms, Genetically Modified Organisms, Importing Samples into New Zealand, Transshipping Samples Through New Zealand, Radioactive Materials		
Science Cargo.....	41	
Sea and Air, Retrograde (Return) Science Cargo		
Travel within Antarctica.....	43	
Air Transport		
Chapter 5		
Travel Guidelines		
Travel Advice.....	45	
Customs and Mail Warning, Stay in Contact, Be Patient, Currency Exchange, Electrical Compatibility, Pre-Deployment Personal Vacations, Post-Deployment Personal Vacations		
Travel Through New Zealand.....	47	
Extreme Cold Weather Clothing Issue, To McMurdo Station, Return to New Zealand		
Travel Through Chile.....	50	
ECW Clothing, Baggage, To Palmer Station, Return to Chile		
Chapter 6		
Living and Working at U.S. Antarctic Program Facilities		
Safety.....	53	
Fire Safety		
Field Safety Training.....	55	
Antarctic Field Safety (AFS) Courses		
Health.....	56	
Recreation and Personal Conduct.....	58	
Alcohol and Drugs, U.S. Criminal Jurisdiction		
Waste Management and Energy Conservation..	60	
Communications.....	60	
Chapter 7		
Stations and Ships		
McMurdo Station.....	65	
Amundsen-Scott South Pole Station.....	69	
Palmer Station.....	71	
Research Vessels.....	73	
Facility Administration.....	74	
Appendices		
A. The Antarctic Treaty.....	77	
B. Presidential Memorandum Regarding Antarctica.....	81	
C. The Metric System.....	83	
D. Grantee Medical Insurance.....	85	
Glossary	87	