

# MAILING ADDRESSES

## Clip and leave with friends and family

Use this clip-out page (or make copies) to provide your friends and family with your address while you're on the ice. For more details on mailing letters and packages to Antarctic stations and ships, read Chapter 6.

### McMurdo Station

[Participant's Name]  
PSC 769 Box 700  
APO AP 96599-9998

### South Pole Station

[Participant's Name]  
PSC 768 Box 400  
APO AP 96598-0001

### Palmer Station or Research Vessels **(flat mail only)**

[Participant's Name]  
[Palmer Station or Vessel Name]  
c/o Antarctic Support Contract  
7400 S. Tucson Way  
Centennial, CO 80112-3938

#### TIPS FOR SENDERS:

- Packages intended to reach McMurdo Station and South Pole Station need to be mailed from the U.S. by October 15.
- Prescription medicines should be sent in envelopes, not packages.
- Flat mail (letters) goes faster than packages. Packages may not arrive.
- Do not mail perishable food.
- Do not use foam peanuts.