



## Advice for Marion Island Overwinterers



Pack the following items to make your adventure a memorable one.

Here are also advice from old team members.

(Remember most of these are **optional extra** for your own comfort)

Ship	Sea-sickness pills	Remember about the return voyage. Avomine and Stugaron are two familiar ones. Ginger also seems to be effective in some cases.
Ship	Prescription medication	Are you on chronic medication? Please do remember to pack these, as the dispensaries (at the base or on the ship) will not be able to supply you.
Ship	Money	Bring money for duty free liquor, snacks and other things at the tuck shop. Remember to leave some money for the trip home (no shops on Marion).
Ship	Ship Clothing	Closed shoes, trousers/jeans and a collared shirt/golf shirt to dress neatly for dinner (it's required otherwise they won't serve you). Enjoy these small, traditional facets of the expedition.
Ship	Recreation	(if you do not get seasick) Books, music, movies etc.
Ship	Warm clothes and gloves	The trip down south gets very cold. Buffs are also very useful.
Ship	Packing	Once on the island, the trommels/tote bins will not be reached immediately so pack one pair of your fieldwork gear in you ship bag.
Toiletries		Own towel, all toiletries, Lipice etc.
Alcohol, cold drinks (sodas) and smokes		If you run out during the year, no extra supplies could be delivered. So order more than enough. Order a variety of beverages as you start to crave different tastes.  On the island there is a soda stream machine with coke and some other flavours, also juices and Oros/Oros-like beverages.
Good polarized sun-glasses		Take at least 1 pair. BondiBlu is a good sponsor to pursue. Their products are great and have been used extensively. The UV is high on the island.
Good waterproof gloves		Take 2 pairs. Check what you get issued with and plan accordingly.
Fleece beanie		You get issued with a woollen balaclava, but not really ideal for the wet Marion days.
Buff or something similar		These can keep your head, ears, neck warm and also keep the hair out of your face.
Liner gloves		Black Diamond. These are ideal for underneath thicker gloves. Also comfy to work in and dry quickly.
T-shirt		Cheap cotton shirts are ideal for over thermals, for a day in the field.
Hobbies		Take enough recreational material.
Humidifier		The base has no windows.
Cameras		Take a good camera if you're into photography. Batteries do not last in the cold. Speak to the current team and get advice on photographic equipment before spending 3 months' salary.
PARTIES Pretty, shiny, funny clothes (costumes) and décor		It is tradition to have a big party with each team member's birthday. It is a great idea to make these themed parties, for the team to catch some spirit. Remember about Mid-winter, 40days, 100days, New Years, Christmas, and the Marion tradition - Maid Marion contest. If you want to plan a nice get together take decorations etc. There are things on the island as well (old and used many times before).

Team member birthdays	There is a workshop where one can make use of various tools and power tools to make e.g. birthday presents for fellow Islanders. If you are not a handy person, bring a small gift along for each team member.
Communication	At the moment you get R100/month telephone calls sponsored by DEA. Find out what the comms policy is and comply. WhatsApp in the bases can work on the Wi-Fi network.
Team merchandise	Design a team logo and get it printed on hoodies or shirts, or buffs, or beanies, of sweater pants etc. (start with this asap)
Laundry	There are automated washing machines and dryers, as well as 2 dry rooms; you do your own laundry. Washing powder is provided by DEA. If you want to use something special take with.
Health	Make sure your teeth is in good condition, there is limited dental care available from a medic who done a one week crash course in only dental emergencies. Medical backup is quite good, wide range of antibiotics etc. Just note, the medic is not trained to remove an appendix, you will be treated with antibiotics, or evacuated back to the RSA, help will only arrive within 4-5 days.
Meals	There is no chef; each team member will get a change to cook for roughly a team of 20 members a few times. Usually Wednesdays and Saturdays are off nights, so team members cook for themselves on these nights (braai or cook in small groups).
Special cooking ingredients	Cooking is a big thing. Each team member will get his/her turn to cook. If you have a special recipe make sure the ingredients are available or take your own.
Food	You are supplied with the basics. Bring yourself any unusual/luxury items. There will not be any fresh produce like apples or veggies, all frozen goods or canned products.
Take-over	There will be more than 80 people during take over; therefore you will have to share a bedroom, normally with your outgoing team member.
Base clothes and slippers	It is very nice to have comfy clothes to wear in base (normal clothes). Sheep wool slippers are ideal for wearing in base. Also remember there is a sauna and Jacuzzi.
Crocs/croc-replicas	For sleeping over in the huts, crocks are the best shoes, as you can wear socks with them. Flip flops are also an option.
Thermals	No need to buy extra thermals as you get issued with enough First Assent tops and bottoms (when fitting these make sure you do not take them too small).
Trommels/tote bins/Luggage	Best way to pack is: put your clothes in the kit-bags (you are supplied with) and place the rest of you stuff in plastic trommels. Lock each trommel, try and have the same key for all the trommels. The ideal trammel size is 90 x 40 x 40 (cm, L x W x H).
Packing	Clean and spray (Doom) all bags and trammels before you start packing, to make sure no biological material reaches the island. Seal the edges of the trommels with insulation or duct tape, keeps out any moisture and insects while they're standing around.
Headlamp	The camping type, remember to bring extra batteries.
Bedding	You are issued with fitted sheets and pillow cases for base, but if you like to sleep comfy, pack your own duvet (with cover) and sheets. Also a good pillow if you like.
Water bottles	Pack for water or juice when walking. A bladder for water (inside you backpack) is also a 'very nice to have'.
Hard Drive	Remember to backup all you memories as the year goes on.

**Extra Advice for field assistants**

Watch	Take a waterproof watch, best is the cheap: The Xonix Field Ranger. Take some spare batteries for in case.
Backpack	Take your own backpack (65 or 85 L).
Sleeping bag	Take one that are nice and warm, but can fold small enough to take little space in you backpack.
Inner Soles	At least 4 pairs – Green Cross inners will do the thing.
Socks	You get issued with thick socks, however having a few pairs of liner socks and a few pairs of ski-socks is advisable.
Dry bags	Things do tend to get wet, so get yourself different sizes to ensure equipment will not get wet when walking between huts.
MP3 Player and earphones	Very nice to listen to music when walking around the island, or when you overnight alone.
Belt	You are issued with overalls, so remember a belt to keep up the pants.