

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.....	5
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.....	8
Chapter 2	
Before You Leave Home	
Program Requirements	11
Medical and Dental Examinations, Immunizations, Privacy Act Compliance, Extreme Cold Weather Clothing and Emergency Contacts, Travel Arrangements, Expenses	
Passports, Visas and Permits.....	15
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, RPSC Compensation and Benefits	
Chapter 3	
How and What to Pack	
Baggage Allowances	25
Commercial Carriers, Flights from Christchurch to McMurdo Station, Excess Baggage, Personal Baggage Insurance, Research Vessels and Palmer Station, Mailing Personal Packages, APO Privileges	
Personal Prescription Medications	27
How to Pack.....	28
What to Pack	28
What Not to Pack, Baggage Organization and Labeling	
Storage Availability.....	32
In New Zealand, In Chile	
Chapter 4	
Conservation, Permits and Science Cargo	
Antarctic Conservation Act.....	35
Highlights of the Antarctic Conservation Act	
Getting ACA Permits and Reporting	38
Other Import-Export Regulations U.S. and Foreign	39
Controlled Drugs, New Organisms, Genetically Modified Organisms, Importing Samples into New Zealand, Transshipping Samples Through New Zealand, Radioactive Materials	
Science Cargo	42
Sea and Air, Retrograde (Return) Science Cargo	
Travel within Antarctica.....	44
Air Transport	
Chapter 5	
Travel Guidelines	
Travel Advice	47
Customs and Mail Warning, Stay in Contact, Be Patient, Currency Exchange, Electrical Compatibility, Personal Vacations	
Travel Through New Zealand	49
Extreme Cold Weather Clothing Issue, To McMurdo Station, Return to New Zealand	
Travel Through Chile.....	53
ECW Clothing, Baggage, To Palmer Station, Return to Chile	
Chapter 6	
Living and Working at U.S. Antarctic Program Facilities	
Safety.....	57
Fire Safety, Field Safety Training (Survival School)	
Health	60
Recreation and Personal Conduct	61
Alcohol and Drugs, U.S. Criminal Jurisdiction	
Waste Management and Energy Conservation..	62
Communications	62
Chapter 7	
Stations and Ships	
McMurdo Station.....	67
Amundsen-Scott South Pole Station	72
Palmer Station.....	75
Research Vessels.....	78
Facility Administration.....	79
Appendices	
A. The Antarctic Treaty	81
B. Presidential Memorandum Regarding Antarctica	85
C. The Metric System.....	87
D. Grantee Medical Insurance	89
Glossary	91
Index	95