

GUIDANCE FOR VISITORS TO THE ANTARCTIC

Antarctica and its surrounding islands are one of the few places in the world which are still relatively unchanged by man's activities. Scientists still know very little about the ecological situation in the Antarctic. At the present early stage in research on these matters, some restrictions and precautions may seem unnecessarily harsh, but preliminary studies indicate the need for great caution.

By following a few very simple requests, you can help preserve the unique environment of this region.

1. Avoid disturbing wildlife, in particular do not:
 - walk on vegetation;
 - touch or handle birds or seals;
 - startle or chase any bird from its nest;
 - wander indiscriminately through penguin or other bird colonies.
2. Litter of all types must be kept to a minimum. Retain all litter (film wrappers, tissue, food scraps, tins, lotion bottles, etc.) in a bag or pocket to be disposed of on board your ship. Avoid throwing tin cans and other trash off the ship near land.
3. Do not use sporting guns.
4. Do not introduce plants or animals into the Antarctic.
5. Do not collect eggs or fossils.
6. Do not enter any of the Specially Protected Areas and avoid Sites of Special Scientific Interest.
7. In the vicinity of scientific stations avoid interference with scientific work and do not enter unoccupied buildings or refuges except in an emergency.
8. Do not paint names or graffiti on rocks or buildings.
9. Take care of Antarctic historic monuments.
10. When ashore, keep together with your party.