
COMNAP Guidelines

Visitors' Guide to the Antarctic

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**Council of Managers of National
Antarctic Programs**

Visitors' Guide To The Antarctic

Care for the Environment	Litter and Human Impact	Safety	Science Stations and Programs
<p>The Antarctic Environment can easily be damaged. Please respect it.</p>	<p>In Antarctica it can take decades for human trash or artifacts to break down.</p>	<p>Antarctica is a very hazardous place.</p>	<p>Research in Antarctica is making a special contribution to international understanding of the globe.</p>
<ul style="list-style-type: none"> Plants are rare, fragile and slow growing. Avoid walking on moss and lichens and mosses. Do not collect organic matter such as lichens and mosses. If birds or seals react to your presence, you are too close. Keep your distance! Allow fossils and rocks to remain undisturbed. Keep to established tracks or trails. Avoid walking on undisturbed ground. Be sensitive in the way you take photographs. Do not disturb plants or animals to enhance good pictures. 	<ul style="list-style-type: none"> Take all your litter with you Do not throw litter overboard from ships The Antarctic Treaty's Code of Conduct on Waste Management provides solid guidance on minimising adverse effects of human presence. Avoid trampling of sites. Please respect historic sites. They are protected by the Antarctic Treaty. Emergency depots and refuges must not be disturbed. 	<ul style="list-style-type: none"> Be Alert Plan your activities with safety in mind at <u>all</u> times. Be prepared to survive in the cold. Be self-sufficient in your plans and the equipment you carry. Don't expect a rescue service. Learn about Antarctic hazards. Always stay with your group. 	<ul style="list-style-type: none"> Check with the station managers in the area you are visiting <u>before</u> you visit Antarctica. Stations are home for Antarctic personnel. Please respect their property and privacy. Do not disturb sites where scientific research is going on. Check on the research activities that are underway in the area you are visiting. Do not automatically expect support from research stations. They are not set up visitor hostels.