ANTARCTICA TREK

My Antarctic Journal

If I trekked to Antarctica, I'd be a very long way from home. I would travel by plane or boat as far south as I could go to the bottom of the world, a beautiful land with giant icebergs. Only scientists who do research and share what they learn live there.
If I trekked to Antarctica, I'd need special clothes. Antarctica is the windiest, iciest, and coldest place in the world! I would wear layers of clothing to keep me warm and special goggles to protect my eyes from the Sun. The Sun shines 24 hours a day in the summer months.

If I trekked to Antarctica, I'd bring everything I needed. There are no stores so I would bring all my food and supplies. I'd carry them on a sled with a team of dogs. I would take any trash back home with me. Laws protect Antarctica so that it stays just the way it is.
If I trekked to Antarctica, I’d see pods of whales and seals swimming or resting on floating chunks of ice. Whales come each year to feed on the many tiny sea animals called krill that live off the Antarctic coast. There is plenty of food for animals living in Antarctica.

If I trekked to Antarctica, I’d see seabirds, living in this very, very cold weather. I would see the pelagic, tern, and albatross. I might even see the most beautiful Antarctic bird of all...the snow petrel with its black eyes and beak and feathers as white as the ice all around.
If I trekked to Antarctica, I'd see penguins—millions of them! Penguins are birds that can't fly but are great swimmers. Their short, fat bodies help keep them warm and make them waddle when they walk. Some penguins flop on their bellies and slide along the ice.

If I trekked to Antarctica and traveled for hundreds of miles inland, I could find the South Pole, a place where few people have ever been. I would see the South Pole post and flags from many nations that are proud to preserve Antarctica. Antarctica is our last great wilderness!
If I trekked to Antarctica,
I would
Antarctica Trek

**Travel**

**Do**

**Bring**

**Bring**

**See**

**See**