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How to Dress for Winter Like a Street Style Star? Take a Cue From Sofía Sanchez de Betak's Antarctica Packing List

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by MARJON CARLOS



Photo: Courtesy of Sofía Sanchez de Betak



In a sea of enviable holiday [Instagram](#) posts that showed our newly bronzed friends and loved ones frolicking half-clothed on the idyllic beaches of somewhere close to the equator, it was [Sofía Sanchez de Betak](#) making friends with a colony of penguins that made us all want to rethink even the most well-laid of travel

plans. The lively Argentinian art director traversed to Antarctica for a six-day adventure and cruise that had her kayaking the Lemaire Channel, hiking along glaciers, and whale-spotting. While certainly a once-in-a-lifetime wild ride trailing along icebergs would inspire excitement, it also raises the question: What does a street style star like De Betak wear to take on the literal big chill?

Here, De Betak reveals her packing list, must-have accessories, and the pieces she'll now be adding to her closet to combat winter in the city.



Photo: Courtesy of Sofía Sanchez de Betak



How did the trip to Antarctica come together? Had it been on [your bucket list](#) of places to visit?

It was out of the blue; we had no clue where to go! In fact, we wanted something warm and in Asia since we'd be working between Europe and China by the end of December. But then I saw some pictures of Antarctica that inspired me, and I started researching how to make it happen.

I found the perfect itinerary on [Antarctica XXI](#). The company would charter a plane from the south of Chile to Antarctica so we wouldn't have to sail the scary and choppy waters of the Drake Passage, and a cruise would wait for us by King George Island. We found a last-minute cancellation and we took it!



Photo: Courtesy of Sofia Sanchez de Betak

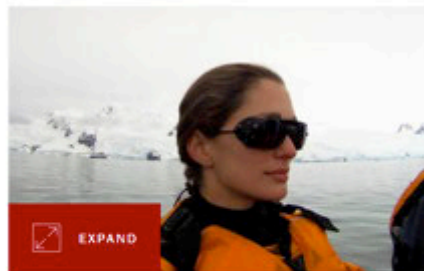


Photo: Courtesy of Sofia Sanchez de Betak



But I did make sure to bring some of my favorite cold-weather pieces: I first went through my skiing gear and packed some key things, and then did a little shopping at REI in Soho. I bought some [thermal underwear](#) from Odlo, Etip gloves, Heat Factory hand and toe warmers, which I ended up putting inside of my skiing gloves when kayaking and in my pockets when hiking. I also brought

my über-cozy fur Moncler parka; I could have been naked underneath and still been warm! Many times we didn't even need our jackets, though. The weather was incredible. The snow boots were provided by Antarctica XXI, which was a great relief since I had no more space in my suitcase!

For the boat I brought my winter basics: my big and soft [The Row](#) sweaters, a wool poncho (perfect for a quick run out to the balcony when a whale was spotted), [Gucci](#) fur slippers, [Prada](#) boots, [S.K.U.](#) pants, flannel [S.K.U.](#) shirts, an [Equipment](#) cashmere sweater, and a [White + Warren](#) cashmere travel wrap.

A week later we landed in El Calafate, in the Argentinean Patagonia, and drove under the most enchanting skies and incredible mountains full of guanacos and sheep. We crossed the Chilean frontier and arrived in the fascinating city of Punta Arenas. The following morning, though, we were called early in the morning [and told] that there was a big storm coming toward our destination of Frei Station, so the plane would have to leave right away. Soon after we were taking off toward the Chilean base in Antarctica. We boarded the *Sea Explorer* for a week of unbelievable beauty.

What was your packing strategy for taking on the Antarctic?

It was actually what I wore inside of the cruise that took the most space and work. Antarctica XXI has a shop on their website where you can buy all the necessary gear and it would be waiting for us at our destination, so we didn't even have to check luggage!





How about your key accessories?

Cameras! I bought the [TomTom Bandit camera](#), which worked great in the cold weather. The battery would never fail on me, and the wide angle was perfect for capturing the big mountains. My husband, Alex de Betak, brought a supercool [dry-backpack from Chrome](#) where I would store my big Sony camera, and then I brought my [Anya Hindmarch backpack](#) for myself. A cashmere scarf is good to have around, slippers or loafers, and a lot of moisturizer.

What skin products did you use to help with the weather conditions?

It gets really dry down there, and my Clinique Moisture Surge gel was a savior, along with Clinique All About Eyes cream. I also used SkinCeuticals tinted Physical Fusion UV Defense in SPF 50; lip balm from Glossier, which is great for nails and cuticles as well; and hand and foot cream from Aesop.

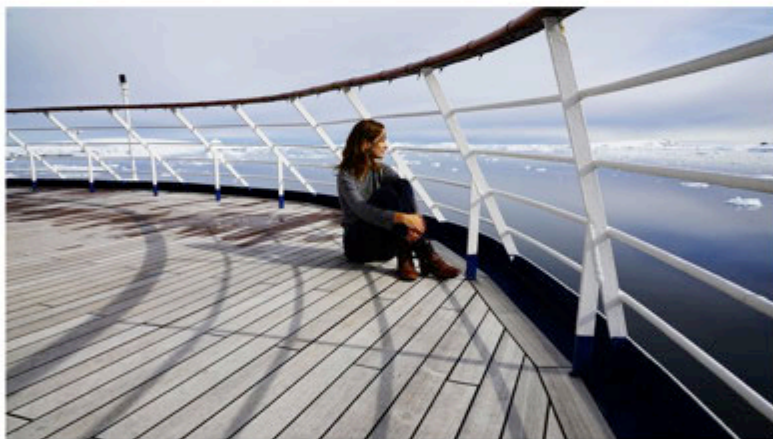


Photo: Courtesy of Sofia Sanchez de Betak



What did you wear to go kayaking and exploring?

For kayaking we had to wear dry suits in case we fell into the water, which thank God never happened. The water was pristine and rowing was quite easy. Underneath the dry suit I would wear my Odlo thermal underwear and a Patagonia black thin fleece jacket—and some toe warmers! I had my parents' old sunglasses with leather shields and sunscreen 50. One time I forgot to wear sunscreen on my lips and it was bad!

For hikes I wore Patagonia skiing pants. Depending on the weather, I would add the thermal underwear, a fleece jacket, and my Moncler parka, but many times I would leave the jacket on the Zodiac and hike in less layers. Layering is key! I also had my sunglasses, hiking boots, and many, many cameras.

I bought a [suitcase from The North Face](#), which was great for the trip—light and waterproof.



Photo: Courtesy of Sofia Sanchez de Betak



Will any of those cold-weather pieces make it into your city winter wardrobe?

My aforementioned Odlo underwear is great for sports, so I'll wear that for working out in the park, and just in case, I'll bring some hand warmers in my pockets. And my Moncler parka is a New York must: It survives any winter.



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What was one of your favorite moments from the trip?

Waking up in the middle of the Lemaire Channel: The water was calm, not a drop of wind, and we had glaciers, icebergs, whales, and penguins all around. Peace and zero trace of humans soon after we went kayaking. It was a pure and magic sight I want to return to very soon!



Photo: Courtesy of Sofia Sanchez de Betak

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