During the Heroic Age of Antarctic Exploration in the late 19th century, the first bases on the continent were established. In 1898, Carsten Borchgrevink, a Norwegian/British explorer, led the British Antarctic Expedition to Cape Adare, where he established the first Antarctic base on Ridley Beach.

Many of the stations are staffed throughout the year. A total of 42 countries (as of October 2006), all signatories to the Antarctic Treaty, operate seasonal (summer) and year-round research stations on the continent. The population of people performing and supporting scientific research on the continent and nearby islands varies from approximately 4,000 during the summer season to 5,000 during winter (June). In addition to these permanent stations, approximately 36 field camps are established each summer to support specific projects.

Multiple governments have set up permanent research stations in Antarctica and these bases are widely distributed. Unlike the drifting ice stations set up in the Arctic, the research stations of the Antarctic are constructed either on rock or on ice that is (for practical purposes) fixed in place.

There are many bases across Antarctica; around 30 countries have around 85 bases. Some of these bases are open only in summer, and others are operated all year around. The summertime population of Antarctica is around 800 people (not including those on ships), but this drops to just 1,000 people continent-wide during the long, dark, cold winter.