

SOUTH POLE LAST DEGREE SKI - EQUIPMENT LIST

If you are unsure about anything, check with us before buying.

YOU MUST PROVIDE THE FOLLOWING

ITEM	IMAGE SAMPLES	EXAMPLES	NOTES	YOU PROVIDE	✓
Cargo/duffle bag		Ice trek <i>Deep Space Cargo Bag</i>	Big enough to fit all of your clothing and equipment for the flight to Antarctica	1	
Lightweight daypack			Lightweight daypack for carry-on items on the flight to Antarctica.	1	
CLOTHING					
Underwear		Icebreaker <i>Mont</i>	Polypropylene or merino No cotton	3	
Thermal top and pants (base layer)			Worn next to the skin, polypropylene or merino, two different weights for different temperatures but both can be layered if very cold. Thumb loops on sleeves help to keep hands warmer. No cotton	2 of each	
Fleece jacket or pullover			Worn over thermal top, full zip (gives better ventilating options), Polartec 200 (or 300 if you feel the cold), add extensions to all zippers so you can operate zips with mittens on. Add long extensions to all zipper sliders. No cotton	2	
Fleece pants			Worn over thermal base layer. Polartec 100	2	
Shell jacket		Bergans <i>Arctic Expedition</i> . Mountain Equipment <i>Polar Expedition</i>	Worn over thermals and fleece, large hood with reinforced rim, large pit zips for ventilation, large-tooth zips, add long extensions to all zipper sliders. Do not use a mesh- or fleece-lined jacket, it must be a shell only. No waterproof zips.	1	
Fur ruff			Sewn to hood of windproof jacket (not to down jacket). Wolf, beaver, husky, wolf/wolverine. Ruffs can be bought in Longyearbyen for around €100 and sewn onto your jacket by the local seamstress, however you need to book this ahead of time, closed weekends. Available from <i>Alaska Fur Exchange, Brenig, Wintergreen Northern Wear.</i>	1	
Shell pants		Bergans <i>Arctic Expedition Salopette</i> . Mountain Equipment <i>Polar Expedition</i>	With full-length side zips and braces, large-tooth zips (no waterproof zips). Add long extensions to all zipper sliders.	1	
Ski shorts/skirt		For Men Wedze <i>Short Arctica Short</i> For Women Mountain <i>Hardwear Skirt</i>	Very difficult to add warmer layers underneath your shell if you get cold legs. Padded ski shorts are an easy way to get warm. Must have full-length side zippers/s for donning with skis on. Add long extensions to all zipper sliders.	1 optional	
Down puffer jacket - lightweight		Mont <i>Zero</i> Rab <i>Microlight</i> MHW <i>Ghost Whisperer</i> Uniqlo <i>Ultralight</i>	Down, windproof, oversized to wear easily over shell jacket when it gets windy/cold. Add long extensions to all zipper sliders.	1	

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Down or synthetic puffer pants - lightweight		Mountain Hardwear <i>Compressor Pant</i> Rab <i>Photon Pant</i>	Down or synthetic fill, full-length side zips	1	
Warm jacket		<i>Mont Icicle</i> <i>Rab Batura</i>	Minimum 300g of 800-fill down. Attached hood. Worn over everything when taking a break. Add long extensions to all zipper sliders. Do not use a one-piece mountaineering suit	1	
Polar hat		<i>Icetek Celsius Hat</i>	Windproof, fleece lined, must have full ear coverage	1	
Fleece or wool hat		<i>Icetek Lo Go Beanie</i>	For warmer conditions, sleeping, in tent, spare	1	
Face mask		<i>Icetek Guru Face Mask</i>	Neoprene, protects face in extreme cold	1	
Neck gaiter or 'Buff'		<i>Buff Original</i>	Protects neck and face, can be worn multiple ways. Silk, fleece or capilene, NO COTTON	2	
Polar mittens		<i>Icetek Kelvin Mitt</i>	Modular - windproof outer and removable fleece, down or Primaloft inner. Rated for polar or high altitude mountaineering use. Oversized to accommodate liner mitts. You may also be issued winter pogies, insulated covers connected to the ski pole handles.	1 pair	
Liner mittens		<i>Hestra Pancho liner</i> <i>Outdoor Research Flurry</i> <i>Outdoor Research Shuck Mitts</i>	Wool or fleece, to fit under polar mittens.	1 pair	
Ski gloves		<i>Hestra Falt</i>	For warmer conditions. Preferably modular (removable inner).	1 pair	
Liner gloves		<i>North Face PowerStretch</i>	Polypropylene, capilene or merino. For inside the tent. Not to be used as mitten liner as this makes the hands cold by preventing skin to skin contact of fingers. No cotton	2 pair	
Thick socks		Bridgedale Wigwam Smartwool	Warm waterproof socks, prevent sweat from entering boot liners. No cotton	2 pair	

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Mid-weight socks		Bridgedale Wigwam Smartwool	For in the tent/sleeping bag, wool or synthetic. Can be used as a trekking sock with liner. No cotton	3 pair	
Nylon liner socks		Bridgedale Wilderness Wear Wigwam	Fine knit, worn next to the skin, helps prevent blisters. No cotton	2 pair	
Tent boots		Exped <i>Booties</i> Helsport <i>Bivy Shoes</i> Baffin <i>Cushy Booty</i>	For inside the tent and quick trips outside. Down or synthetic fill	1 pair	
BOOTS					
Polar boots	 Boots and ski equipment can be provided for you, let us know if you require it.	Baffin <i>Endurance</i> (men) Baffin <i>Impact</i> (women) Baffin <i>3-Pin Guide Pro</i>	Flexible sole, removable inner. Do not use mountaineering, alpine touring or plastic boots Be sure to size your boots to fit orthotics if you use them. Order two sizes above usual size. PLEASE LET US KNOW WHICH MODEL YOU HAVE so we can match them to appropriate bindings. Do not use mountaineering boots	1 pair	
SLEEPING					
Sleeping bag		Rab Expedition 1200	Down fill with full-length zip is preferable Must be rated to -30c minimum. Mummy shape is warmer Bring an insulated overbag if you sleep coldly	1	
Sleeping mattresses		Thermarest + Ridgerest foam mattress Sea to Summit <i>Comfort Plus Insulated</i>	You must have a mattress or mattress combination with an R-Factor of 5 or more. Do not use a lilo mattress	1	
Camp chair		Thermarest <i>Compact</i> Sea to Summit <i>Air Chair</i>	Converts mattress into a comfortable chair	1 optional	
EYEWEAR					
Sunglasses/hard case		Julbo <i>Trek</i> Smith Optics <i>PivLock</i> Oakley <i>Flak</i>	Frameless, interchangeable lenses (yellow good for low light), attach a nose piece for wind and sun protection. Carry in hard case. Avoid metal frames	1	
Goggles		Julbo <i>Aerospace</i> Smith Optics <i>Turbo Fan</i>	Goggles fogging and icing can be a frustrating problem for polar travellers. These models work well at extracting moisture within the goggles and preventing icing up on the inside of the lens.	2	
Spare contact lenses or prescription glasses if required					
POWER / CHARGING					
Power bank			For charging devices.	1	
Chargers and power cables					✓

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OTHER EQUIPMENT					
Thermos flask		GSI Nalgene wide mouth	Bring two Nalgene bottles or a Nalgene and thermos flask. 1 litre each.	2	
Bottle parka		Outdoor Research <i>Parka</i> Forty Below <i>Bottle Boot</i>	Insulates the Nalgene flask.	1 per Nalgene drink bottle	
Mug, bowl, spoon		GSI <i>Infinity</i> or <i>Fairshare</i> Sea to Summit <i>Delta</i>	Wide base plastic mug with lid. Lexan or other unbreakable bowl and cutlery	1	
Pee bottle/ FUD (Female Urination)		1 litre Nalgene <i>Wide-Mouth</i> (different colour to drink bottle!) <i>Freshette/GoGirl</i>	Useful in the tent. Women can use together with a FUD (Female Urination Device).	1	
Stuff sacks		Sea To Summit <i>Ultra-Sil Stuff Sacs</i>	For packing clothes etc. L or XL. Do not bring buckle-closure dry sacks as they are more difficult to operate and waterproofing is not necessary	4-6	
Pocket knife / multi-tool		Leatherman, Swiss Army Knife		1	
Personal toiletries & medications with pack towel, Wet Wipes, toothbrush, toothpaste, anti-bacterial gel, Band-Aids, blister kit, foot powder etc.				✓	
Sun cap, sun screen and lip protection (SPF50+)				1	
Spare batteries for devices		MUST BE LITHIUM. Rechargeable, alkaline or NiCad will not work in the cold		✓	
Chemical hand warmers				10	
Insurance policy		Must cover you for US300,000 emergency medical evacuation		✓	
Sports bottle		Useful as a sipper bottle inside the tent		✓ Optional	
Camera		With lithium-ion batteries		✓ Optional	
Watch with new battery and long strap for wearing over sleeve				1 Optional	
Accessory cord		5m, 3mm, for adding extensions to your zippers if you have not done so already		✓ Optional	
Book/Kindle				✓ Optional	
Diary/journal and pencil				✓ Optional	
Music device, headphones				✓ Optional	
Ear plugs and eye shades				✓ Optional	

Other information:

Arrive at Punta Arenas with every item. Do not rely on buying anything in Punta Arenas as stores may be closed and/or we may depart early.

Charge all batteries and devices before leaving home. Top up in the hotel at Punta and last minute at Union Glacier Camp.

Luggage and sled weights

There will be a strict hold luggage weight limit on the flight from Punta Arenas to Union Glacier of 25kg which includes your sled and ski equipment. Do not exceed this limit or you will be liable for excess luggage charges. Do not add anything to the list above without consulting us. Every extra item is additional weight and slower progress and may attract excess luggage charges.

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USEFUL INFORMATION	
cameras	A camera brought from the cold into a warmer tent will fog up instantly. Always keep it covered until it reaches the ambient temperature before using it. Remember, the smaller the buttons, the more difficult to operate. Best performing compact camera in extreme cold is the Panasonic Lumix DMC-FT6.
cold	The Antarctic plateau can be extremely cold in summer time, down to -35c. This is manageable (and exciting!) with the right clothing and equipment, but don't underestimate it, even if you are reasonably cold-tolerant. Be sure that all of your gear - clothing and equipment - is in full working condition. Any liquids - water, gels etc - will freeze unless insulated.
dexterity	You will likely be wearing mittens while outside. Your dexterity will be drastically reduced however you still need to be functional - adjusting zippers, operating buckles and toggles, pulling straps, eating etc. While at home, practice using your mittens while adjusting your shell clothing. If you can't make adjustments with your mittens on at home, you will not be able to make them on the ice, so make changes where possible. In particular add extensions to all of your zippers.
dressng	Because you'll be active during the day, it will be unlikely that you will wear anything more than a base layer and fleece top under a windproof shell while skiing. If you get cool while skiing your light puffer jacket or shorts/skirt will go over everything, including your windproof, so make sure it is roomy enough. Your big down jacket will only be used during breaks and camp setup/decamping. Avoid tight fitting clothing. Even your base layer should be quite loose. Thumb-loops on sleeves add warmth to hands. Inside the tent you will be warm enough to get by without gloves and your warm jacket. The tent is warmed by the sun, much like a greenhouse.
eating	The food we provide is high in energy, easy to prepare and relatively low in weight and bulk. If you do not eat or drink adequately you will feel the cold much more, hunger and dehydration are two of the main contributors to hypothermia.
electronics/ batteries	Extreme cold will have a negative effect on electronics and batteries. Lithium batteries work best, alkaline, NiCad and rechargeable do not hold their charge very well in extreme cold so DON'T BRING THEM.
fabrics	<u>Cotton</u> . Avoid cotton garments as they do not retain heat when wet <u>Polar fleece</u> . Excellent under all conditions <u>Gore-Tex</u> . 3-layer is not ideal in extreme cold as it does not breathe well enough <u>Merino wool</u> . Excellent for base layers <u>Synthetics</u> . Excellent strength and tear resistance, not as warm as wool <u>Windstopper/Windbloc</u> . Excellent in hats but not useful under shell clothing <u>Wool</u> . Wool is an excellent insulator however it is slower to dry
hygiene	Bring some personal hygiene items. There won't be any running water and warm water is at a premium. A quick-dry wash cloth can be used for washing yourself but bear in mind that if not dried adequately it will freeze. An alternative is using wet wipes kept in a container next to your body. Talc powder can help too. Disinfectant hand-wash is available for each tent. Use it after toileting and before cooking/eating. All solid and liquid human waste is collected in Wag bags. Use a pee bottle inside your sleeping bag, ladies can use a FUD.
lenses	Avoid very dark lenses in sunglasses, a moderate tint is fine. Yellow or rose coloured lenses are preferable for goggles.
metal	Steel items must be insulated where possible. Even with gloves and mittens on, fingers can become frost damaged when handling cold-soaked steel. Wrap tape around your thermos flask and any other steel items you may have.
orthotics	Be sure to purchase boots big enough to include orthotics if you use them. We recommend you use your orthotics with winter footwear.
power	Only lithium batteries work well in the cold, do not bring alkaline, nicad or rechargeable batteries. The sun is too low on the horizon for solar panels to work effectively.

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skiing and resting	We usually ski for 60 minutes then have a short break, and a longer break after each 2 hours. Breaks are usually between 5 and 20 minutes, depending on the cold. Your insulated jacket can go over everything, including your backpack. Keep your skis on during shorter breaks, take them off for lunch. Drink and eat during every break or you will feel the effects of hunger and dehydration. We may travel between 6 and 8 hours every day not including rests.
sled packing	You will be allocated a sled. Pack the largest and heaviest equipment, including food, at the bottom, spreading the weight evenly over the base of the sled. This helps balance the sled and minimizes annoying capsizes.
sleeping	Your sleeping bag will keep you warm in the coldest temperatures, so long as you use it properly. Slide into the bag liner, close the zipper, adjust the neck baffle so that it sits above your shoulders, place your head in the hood and tighten the drawcord. This will prevent cold seeping into your bag and warmth from escaping. We provide insulating mattresses with a combined R-Value rating of 5 or more under your sleeping bag. We guarantee you the option of 8 hours sleep every night.
teamwork	Look out for your team mates. Check their faces for frost exposure or injury every time you talk to them. There are lots of little jobs to do - camp setup, filling cooking-snow bags, cooking, cleaning - so pitch in.
windproofing	Windproof shell jacket, pants and mitts are mandatory. A fur ruff on the hood of your shell jacket will block wind and create a warm micro-climate around your face. Shell jacket and pants must not be lined with mesh, fleece or any other fabric.
waterproofing	Waterproofing is not important, it's too cold to rain. Seam sealing actually retards garment breathing but it is difficult to source clothing that is not tape-sealed.
zips	Add extensions to all your zips, about 5-7cm is ideal, even longer on the ones you will use often, ie. main zip on windproof jacket etc. Be sure you have a big knot or toggle at the end of each extension to grab with mitts on. Extension tags should be a different colour from the rest of the garment for easy identification. Make sure all zips are working well, a broken or malfunctioning zip can be disastrous. Avoid waterproof zips as they are difficult to operate in extreme cold. The larger the teeth on your zippers, the better they will perform.

