





KITE-SKI EXPEDITIONS - EQUIPMENT LIST

Blue = We provide, for team or personal use

Red = You provide

ICE>TREK



ITEM	EXAMPLE	QUANTITY
KITING / SKIING		
duffel bag - large, for luggage on flight to Antarctica		NR
Kites x 3 - ie. 14, 9, 4		3
Kiting and sledding harness		1
Ski system - recommend telemark setup ie. Scarpa Terminator NTN, Rotefella NTN bindings, wide skis, skins, telescopic poles with snow baskets. This setup can also be used comfortably for touring but be sure your boots are well worn in. You can also take a lightweight ski system just for sledding.		1
winter trekking boots - for climbing and trekking		1
sunglasses – quality, 100% UV protection, with nose guard		1
goggles - quality lenses		1
carabiners - keylock snap gate		1
carabiner - screw gate		4

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ITEM	EXAMPLE	QUANTITY
sled		1
ice tools - shovels, ice screws etc		✓
medical kit		✓
communications - Iridium phone, EPIRB		✓
CAMPING		
expedition tent		✓
foam sleeping mat		1
Thermarest		1
camp chair		1
sleeping bag - down, -30C		1
sleeping bag liner - for inside sleeping bag		1
cooking stove, pots and pans		✓
food		✓
toilet paper		✓
1-litre thermos flask – stainless steel or 1-litre Nalgene bottle with bottle parka		2
sports bottle - useful inside tent/camp		1
bowl, spoon , cup		1
pee bottle – 1 litre <i>Nalgene</i> wide-mouth		1

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tent boots		1
CLOTHING		
down jacket - moderate insulation, don't need 8000m alpine jackets		1
windproof jacket - with hood and pit zips and preferably fur ruff on the hood		1
windproof pants - with full-length side zips and bib		1
fleece or puffy jacket		1
fleece pullover		1

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ITEM	EXAMPLE	QUANTITY
fleece pants		1
thermal top		1
thermal pants		1
underwear		3
warm hat - with ear coverage		1
fleece hat - for sleeping, spare		1
peak cap		1
face mask - neoprene		1

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neck gaiter or 'buff' – fleece or silk		1
liner gloves - lightweight		1
ski gloves		1
expedition mittens - warm!		1
SealSkinz socks for skiing in		1
warm tent socks		1
tent boots		1

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ITEM	EXAMPLE	QUANTITY
OTHER		
section of foam mat for sitting on during breaks		1
10m cord - 1-2mm, for adding extensions to your zippers		✓
pocket knife / multi-tool		✓
passport		✓
insurance policy		✓
personal medical kit and medicines		✓
personal toiletries		✓
sun screen (SPF40+) and lip protection		✓
camera		✓
spare batteries for devices		✓
stuff sacs - for packing clothes etc		6
whistle - plastic		✓
OPTIONAL		
book		✓
diary and pencil		✓
iPod, alcohol		✓
GPS - handheld		✓
ear plugs and eye patches		✓

Cape Town has very few outdoor stores so be sure to turn up with everything!