























| ITEM  |   | Required |
|---|---|----------|
| <b>backpack</b> - for carry-on and day trips, small, 20 litres  |    | 1        |
| <b>*polar boots</b> - insulated, rated to -40C, for South Pole  |    | pair     |
| <b>hiking boots</b> - for around camp and inside mess tent  |    | pair     |
| <b>sunglasses</b> - quality, 100% UV protection   |    | 1        |
| <b>goggles</b> - quality  |    | 1        |
| <b>duffel bag</b> - large, for luggage on flight to Antarctica  |   | 1        |
| <b>*sleeping bag</b> - down or synthetic, side zip, hood, rated to -30C   |  | 1        |
| <b>drink bottle</b> - 1 litre, leak-proof   |  | 1        |
| <b>pee bottle</b> - 1 litre <i>Nalgene</i> , wide-mouth, leak-proof, handy for emergencies. Pee funnel for women. |  | 1        |
| <b>*insulated jacket</b> - with hood, rated to -40C   |  | 1        |
| <b>fleece jacket</b>  |  | 1        |




## SOUTH POLE FLY via Punta Arenas

### Equipment List per person

|   |   |   |
|---|---|---|
| <b>windproof shell jacket</b> - for warmer days when a warm jacket is not needed, with hood |    | 1 |
| <b>fleece top (pull over)</b>   |    | 2 |
| <b>fleece pants</b>   |    | 2 |
| <b>*windproof pants</b> - full length side-zips, lightly insulated                          |    | 1 |
| <b>thermal top</b>  |   | 2 |
| <b>thermal pants</b>  |  | 2 |
| <b>comfortable clothes</b> - for wearing inside heated tents                                |   | ✓ |
| <b>underwear</b>  |   | 3 |
| <b>warm hat</b> - windproof, with ear coverage  |  | 1 |
| <b>spare hat</b> - comfortable for sleeping in  |  | 1 |
| <b>baseball cap or sun visor</b> – for bright sunshine                                      |  | 1 |
| <b>neck gaiter, buff or scarf</b> – fleece  |  | 1 |
| <b>liner gloves</b> - lightweight   |  | 1 |

## SOUTH POLE FLY via Punta Arenas

### Equipment List per person

|  |   |          |
|--|---|----------|
| <b>Windstopper gloves</b>  |  | 1        |
| <b>ski gloves</b>  |  | 1        |
| <b>expedition mittens</b> - for South Pole, warm, with removable inner |  | 1        |
| <b>thick socks</b> -dacron / wool                                      |   | 4        |
| <b>passport</b>  |   | ✓        |
| <b>insurance policy</b>  |   | ✓        |
| <b>personal medical kit</b>  |   | ✓        |
| <b>personal toiletries</b> - minimum                                   |   | ✓        |
| <b>sun screen (SPF50+) and lip protection</b>                          |   | ✓        |
| <b>camera</b>  |   | optional |
| <b>chargers and spare batteries for devices</b>                        |   | optional |
| <b>ear plugs and eye patches</b>                                       |   | optional |
| <b>book</b>  |   | optional |
| <b>diary and pencil</b>  |   | optional |
| <b>iPod and headphones</b>   |   | optional |
| <b>GPS</b> - handheld, mark 90 degrees as memento                      |   | optional |
| <b>money (USD) for souvenirs at South Pole</b>                         |   | optional |

**NOTE: There is a strict 30kg luggage allowance per person on Antarctic flights**

**\*Available for rental.**

Boots \$100, Jacket \$100, Wind Pants \$50, Sleeping Bag \$150, or \$350 for all 4 items

**Other information:**

Punta Arenas has many good outdoor stores

You can charge your batteries and devices at Union Glacier Camp

Internet is available at 128kbps maximum speed. Limited use.