



## SOUTH POLE SKI LAST DEGREE - EQUIPMENT LIST

ITEM	DESCRIPTION	EXAMPLE	WE PROVIDE ON LOAN	YOU PROVIDE
<b>SKIING/GLACIER TRAVEL</b>				
30-40L backpack or sled harness	Used for sled hauling, built in sit harness. <i>Icetek Atlas</i>			1
Polar boots	Flexible sole, removable inner <i>Baffin Endurance</i> .			1
Sunglasses	Good quality, wrap around			1
Goggles	Good quality			1
Skis	touring skis		1	
Ski bindings	Flexi ski bindings		1	
Climbing skins	full-length skins		1	
Ski poles	adjustable, large baskets		1	
Sled	with traces, <i>Icetek Zima</i>		1	
<b>CLOTHING</b>				
Warm jacket	down insulated, with hood, add extensions to all zippers			1
Shell jacket	technical hood, pit zips, large-tooth zips (no waterproof zips), add extensions to all zippers			1









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ITEM	DESCRIPTION	EXAMPLE	WE PROVIDE ON LOAN	YOU PROVIDE
Fur ruff	sewn to hood of windproof jacket. Wolf, beaver, husky, wolf/wolverine			1
Shell pants	with full-length side zips and braces, large-teeth zips (no waterproof zips), add extensions to all zippers			1
Fleece pullover	zip-neck, Polartec 100, add extensions to all zippers			2
Bolster jacket	windproof, lined/insulated, lightweight, oversized to pull over all layers when it gets windy, add extensions to all zippers			1
Fleece pants	Polartec 200			1
Thermal pants	polypropylene or merino			2
Underwear	polypropylene or merino			2








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ITEM	DESCRIPTION	EXAMPLE	WE PROVIDE ON LOAN	YOU PROVIDE
Polar hat	fleece lined, with ear coverage			1
Insulated peak cap	sun and cold protection, with ear coverage			1
Fleece hat	for sleeping, in tent, spare			1
face mask - neoprene	neoprene			1
neck gaiter or 'buff'	silk, fleece or capilene			1
Polar mittens	fleece, down or Primaloft insulated.			1
liner mittens	Wool, fit under polar mittens			1
liner gloves - lightweight	polypropylene, capilene or merino			2

## SOUTH POLE SKI LAST DEGREE - EQUIPMENT LIST

ITEM	DESCRIPTION	EXAMPLE	WE PROVIDE ON LOAN	YOU PROVIDE
Windstopper gloves, thick	for milder temperatures			1
vapour barrier socks	<i>SealSkinz Trekking Sock</i>			1
nylon liner socks	worn next to the skin, helps prevent blisters	<small>Code: D8859 Colour: grey</small> 		1
thick socks	for in the tent, wool or dacron			1
<b>CAMPING</b>				
Tent	with spare pole set		1 per 2 person	
Tent stakes	anchors		10 per tent	
Tent brush	for cleaning snow from tent floor		1 per tent	
Inflatable mattress	full-length <i>Thermarest NeoAir Xtherm Large</i>			1

## SOUTH POLE SKI LAST DEGREE - EQUIPMENT LIST

ITEM	DESCRIPTION	EXAMPLE	WE PROVIDE ON LOAN	YOU PROVIDE
Foam mattress	full-length <i>Thermarest RidgeRest Large</i>			1
Camp chair	converts mats into chairs. <i>Thermarest Trekker Lounge 25"</i>			1
Sleeping bag	800 fill down, side zipper, 4-season, -30C.			1
Sleeping bag liner	silk.			1
Tent boots	down fill			1
Snow Shovel			1 per tent	
Snow saw	for building snow walls, double as tent peg		1	




## SOUTH POLE SKI LAST DEGREE - EQUIPMENT LIST

ITEM	DESCRIPTION	EXAMPLE	WE PROVIDE ON LOAN	YOU PROVIDE
Stove	MSR XGK-EX		1 per tent	
Matches			2 boxes per stove	
Fuel bottles	MSR 887ml		2 per stove	
Stove bases	for kitchen		2 per tent	
Pot	MSR 3-litre		1 per tent	
Kettle	aluminium 4-litre		1 per tent	
Food	see diet and menu		✓	
Stove fuel	200ml per person per day		✓	
Toilet paper			2 rolls	
Thermos flask	1 litre			1
plastic drink bottle	1 litre <i>Nalgene 32oz Wide Mouth</i>			1

## SOUTH POLE SKI LAST DEGREE - EQUIPMENT LIST




ITEM	DESCRIPTION	EXAMPLE	WE PROVIDE ON LOAN	YOU PROVIDE
Sports bottle	backup, useful inside tent/camp <i>Nalgene MultiDrink</i>			1
Bottle parka	insulates your Nalgene bottles <i>Outdoor Research Bottle Parka</i>			2
Bowl	for meals			1
Cup	Dual layer, threaded lid	 <small>Health Promotions</small>		1
Spoon				1
Utility spoon	for feeding from food bags with mittens on		1	
Pee bottle	1 litre <i>Nalgene</i> wide-mouth			1

## SOUTH POLE SKI LAST DEGREE - EQUIPMENT LIST

ITEM	DESCRIPTION	EXAMPLE	WE PROVIDE ON LOAN	YOU PROVIDE
Tent boots				1
Ice brush	for cleaning ice from inside shell clothing		1 per tent	
<b>NAVIGATION, COMMUNICATIONS, SAFETY, REPAIR</b>				
Compass	Swung for Southern Hemisphere			1
Compass harness	Icetek		1	
GPS			2 per team	
Medical kit			✓	
Fire blanket	stove safety		per tent	
Personal medications	pain killers, blister kit, anti-inflammatories			
Scheduled and automated communications	Iridium phones, Personal Locator Beacon, Yellowbrick tracker. Not for personal comms		Guide use	
Personal communications	for personal use - enquire about options			
Repair kit	for maintenance and repair of equipment and clothing		✓	
Spare ski			1	
Spare ski poles			1pr	
Spare stove pump			1 per tent	
Stove repair	MSR Expedition Service Kit		1	
Whistle	plastic, pealess			1
<b>POWER / CHARGING</b>				
Solar panel and 12v lithium-polymer battery	For charging USB and 12v devices			
Power cables and plugs	for devices			



## SOUTH POLE SKI LAST DEGREE - EQUIPMENT LIST

ITEM	DESCRIPTION	EXAMPLE	WE PROVIDE ON LOAN	YOU PROVIDE
<b>OTHER</b>				
Accessory cord	10m, 3mm, for adding extensions to your zippers			✓
Pocket knife / multi-tool	multiple uses			1
Camera				
Spare camera batteries and charger	travel charger for your model or universal battery charger			
AA and AAA batteries	Lithium, for GPS, Turbo goggles etc			10
watch/alarm				1
passport				✓
insurance policy				✓
money (USD) for souvenirs at South Pole				
personal toiletries				✓
sun screen (SPF40+) and lip protection				✓
spare batteries for devices				✓
stuff sacs	for packing clothes and food etc. XL			12
book/Kindle				
diary and pencil				
iPod/iPhone	in waterproof case			
ear plugs and eye patches				
small bag with change of clothes, left at Union Glacier Camp				

### 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.