
























SOUTH POLE GLACIAL ROUTE - EQUIPMENT LIST

ITEM	DESCRIPTION / RECOMMENDED BRAND	EXAMPLE	WE PROVIDE/ ON LOAN	YOU PROVIDE	OPTIONAL YOU PROVIDE	WEIGHT IN SLED kg	WEIGHT CARRIED ON BODY kg
SKIING/GLACIER TRAVEL							
Sled harness	Used for sled hauling, built in sit harness. <i>Icetek Atlas</i>		1				1.3
Polar boots	Flexible sole, removable inner <i>Baffin Endurance.</i>			1			2.9
Sunglasses	Frameless, interchangeable lenses (yellow good for low light), attach a nose piece for wind and sun protection. <i>Smith Optics Pivlock Jumbo Trek</i>			1			0.03
Goggles	Attach nose piece <i>Smith Optics Turbo Fan Julbo Aerospace</i>			1		0.15	
Climbing rope	50m, 9mm, for glacier travel		1			1.08	
Sit harness	Lightweight minimalist climbing harness, used during glacier travel <i>Black Diamond Couloir</i>		1			0.5	
Carabiner - non-locking	for general glacier travel use		3			0.08	
Carabiner - locking	for attachment of rope to harness during glacier travel		1			0.03	
Prussiks	loops of 5mm rope for crevasse rescue, 2 sizes		3			0.05	









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Skis	touring skis <i>Madshus Epoch</i>		1				3
Ski bindings	Flexi ski bindings		1				1.1
Climbing skins	full-length skins		1				0.5
Ski poles	adjustable, large baskets		1				0.5
crampons	Flexible or semi-flexible <i>Grivel Air Tech Light</i>		1			0.5	
Sled	with traces <i>Icetek Zima</i>		1			10	
Strain reducer	<i>Icetek Download</i>		1			0.08	
Snow picket	for rescue anchor, double as tent peg		1			0.57	
Ice screws	for rescue anchor		1			0.13	
Ice hammer	technical use, double as tent peg		1 per team			0.09	










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CLOTHING							
Warm jacket	down insulated, with hood, add extensions to all zippers			1		0.85	
Shell jacket	technical hood, pit zips, large-tooth zips (no waterproof zips), add extensions to all zippers			1			0.34
Fur ruff	sewn to hood of windproof jacket. Wolf, beaver, husky, wolf/wolverine			1			0.5
Shell pants	with full-length side zips and braces, large-teeth zips (no waterproof zips), add extensions to all zippers			1			0.6
Fleece pullover	zip-neck, Polartec 100, add extensions to all zippers			2		0.2	0.2
Down Vest	down, windproof, oversized to pull over all layers when it gets windy, add extensions to all zippers <i>Mountain Hardwear Ghost Whisperer Vest - 142g</i> <i>Uniqlo Ultralight</i>			1		0.2	
Fleece pants	Polartec 200			1			0.5
Thermal pants	polypropylene or merino			2		0.21	0.21










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Underwear	polypropylene or merino			2		0.08	0.08
Polar hat	fleece lined, with ear coverage <i>Icetek Sabine Hat</i>			1			0.09
Insulated peak cap	sun and cold protection, with ear coverage <i>Klattermusen Mysse Hat</i>			1		0.3	
Fleece hat	for sleeping, in tent, spare			1		0.05	
face mask - neoprene	neoprene <i>Icetek Guru</i>			1			0.05
neck gaiter or 'buff'	silk, fleece or capilene <i>Buff</i>			1			0.05
Polar mittens	fleece, down or Primaloft insulated. <i>Icetek Kelvin Mitt</i>			1			0.03
liner mittens	Wool, fit under polar mittens <i>Norrna Svalbard Wool Mittens, OR Flurry</i>			1			0.05
liner gloves - lightweight	polypropylene, capilene or merino			2		0.07	

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Windstopper gloves, thick	for milder temperatures			1		0.07	
vapour barrier socks	<i>SealSkinz Trekking Sock</i>			1			0.07
nylon liner socks	worn next to the skin, helps prevent blisters			1		0.03	
thick socks	for in the tent, wool or dacron			1		0.07	
CAMPING							
Tent	with spare pole set <i>Hilleberg Stalon Kombi 5-person</i>		per team			1.5	
Tent stakes	anchors		10 per tent			0.2	
Tent brush	for cleaning snow from tent floor		1 per tent			0.2	
Inflatable mattress	<i>Thermarest NeoAir XLite Large (wide)</i>		1			0.57	
Foam mattress	full-length <i>Thermarest RidgeRest Large (wide)</i>		1			0.54	




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Camp chair	converts mats into chairs. <i>Thermarest Trekker Lounge 25"</i>		1			0.65	
Sleeping bag	800 fill down, side zipper, 4-season, -30C minimum. <i>Mont Expedition 8000</i> <i>Rab Expedition 1400</i>			1		1.8	
Tent boots	down fill			1		0.28	
Snow Shovel			1 per tent			0.48	
Snow saw	for building snow walls, double as tent peg		1			0.04	
Stove	<i>MSR XGK-EX</i>		1 per tent			0.23	
Matches			2 boxes per stove			0.01	
Fuel bottles	MSR 887ml		2			0.5	
Stove bases	for kitchen		2 per tent			0.6	
Pot	MSR 3-litre		1 per tent			0.18	
Kettle	aluminium 4-litre		1 per tent			0.18	

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Food	see diet and menu		✓			50	
Stove fuel	200ml per person per day		✓			9	
Toilet paper			4 rolls			0.4	
Thermos flask	1 litre <i>Thermos 32oz Matte Black</i>		1			0.07	
plastic drink bottle	1 litre <i>Nalgene 32oz Wide Mouth</i>		1			0.15	
Sports bottle, leakproof	backup, useful inside tent/camp <i>Nalgene MultiDrink</i>			1		0.15	
Bottle parka	insulates your Nalgene bottles <i>Outdoor Research Bottle Parka</i>		1			0.03	
Bowl	<i>Sea to Summit Delta Bowl</i>		1			0.09	
Cup	Insulated, sealed lid <i>Stanley Mug, GSI Infinity Backpacker mug</i>		1			0.39	
Spoon	<i>Light My Fire Spork Titanium</i>		1			0.02	
Serving spoon	nylon, for feeding from food bags with mittens on		1			0.04	


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Pee bottle	1 litre <i>Nalgene</i> wide-mouth			1		0.15	
Tent boots				1		0.2	
Ice brush	for cleaning ice from inside shell clothing. Kitchen dish brush		1 per tent			0.04	
NAVIGATION, COMMUNICATIONS, SAFETY, REPAIR							
Compass	Swung for Southern Hemisphere <i>Silva Ranger</i> or <i>Suunto MC</i>			1		0.08	
Compass harness	Ice trek		1			0.08	
GPS			2 per team			0.06	
Maps and satellite images	laminated		✓			0.02	
Marker pen			1			-	
Medical kit			✓			0.4	
Fire blanket	stove safety		per tent			0.3	
Personal medications	pain killers, blister kit, anti-inflammatories				✓	0.1	
Scheduled and automated communications	Iridium phones, Personal Locator Beacon, Yellowbrick tracker. Not for personal comms		Guide use			0.5	
Personal communications	for personal use - enquire about options				✓	0.5	
Repair kit	for maintenance and repair of equipment and clothing		✓			0.2	
Spare ski			1			0.3	
Spare ski poles			1pr			0.1	
Spare ski bindings	<i>Flexi Plateau</i>		1 per team			0.3	
Spare stove pump			1			0.01	

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Stove repair	<i>MSR Expedition Service Kit</i>		1			0.03	
Whistle	plastic, pealess			1		0.02	
POWER / CHARGING							
Solar panel and 12v lithium-polymer battery	For charging USB and 12v devices <i>Powertraveller Powermonkey Extreme 12v</i>				1	0.46	
USB car adapter	dual USB, 10w, 2.1amp				1	0.03	
Power cables	for devices				✓	0.06	
OTHER							
Accessory cord	10m, 3mm, for adding extensions to your zippers			✓		0.03	
Pocket knife / multi-tool	<i>Leatherman, Gerber, Swiss Army</i>			1		0.24	
Camera					✓	0.23	
Spare camera batteries and charger	travel charger for your model or universal battery charger <i>Hahnel UniPal Plus</i>				1	0.25	
AA and AAA batteries	Lithium, for GPS, Turbo goggles etc			10		0.3	
watch/alarm				1		0.03	
passport				✓		0.01	
insurance policy				✓			
money (USD) for souvenirs at South Pole					✓		
personal toiletries				✓		0.2	
sun screen (SPF40+) and lip protection				✓		0.1	

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spare batteries for devices				✓		0.05	
stuff sacs	for packing clothes and food etc. XL <i>Sea To Summit Ultra-Sil Stuff Sacs</i>			12		0.4	
book/Kindle					✓	0.4	
diary and pencil					✓	0.14	
iPod/iPhone	in waterproof case <i>Lifeproof case</i>				✓	0.2	
ear plugs and eye patches					✓	0.01	
small bag with change of clothes, left at Union Glacier Camp					5kg		
TOTAL SLED WEIGHT kg						90.22	
TOTAL CARRIED WEIGHT							12.1

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 is a strict 80kg hold luggage weight limit on the flight from Punta Arenas to Union Glacier. Do not exceed this limit or you will be liable for excess luggage charges. Do not add anything to the list above without consulting with your guide. Every extra item is additional weight and slower progress.

80kg hold luggage on flight to Union Glacier (includes sled with equipment/food)

plus 10kg polar clothing that we wear on the plane

plus 10kg hand luggage/spare clothing

plus 9kg stove fuel, collected in Antarctica

Total 104kg sled weight at start of expedition