

























PENGUINS and MOUNTAINS of ANTARCTICA - EQUIPMENT LIST

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

ITEM	EXAMPLES	NOTES	YOU PROVIDE	WE PROVIDE ON LOAN, TO BE RETURNED	ON THE FLIGHT TO ANTARCTICA		✓
					CARRY-ON	CHECK-IN	
Cargo/duffle bag		Big enough to fit all of your clothing and equipment for the flight to Antarctica. No suitcases	1				✓
Lightweight daypack		Lightweight 45 litre daypack for carry-on items on the flight to Antarctica.	1		✓		
CLOTHING							
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.	2 tops 2 bottoms		✓	✓	
Fleece jacket or pullover	 	Worn over thermal top, full zip (gives better ventilating options), Polartec 100 and 200	1		✓	✓	
Puffer jacket		<i>Rab Microlight</i> <i>MHW Ghost</i> <i>Whisperer</i> <i>Uniqlo Ultralight</i>	1		✓		
Fleece pants		Worn over thermal pants. Polartec 100 and 200	2		✓	✓	
Shell jacket		Hooded windproof shell jacket	1		✓		
Shell pants		Windproof shell pants	1		✓		
Insulated polar pants				1			✓
Polar jacket		Carry with your hand-luggage		1	✓		
Polar hat				1	✓		







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Fleece or wool hat		Ictrek <i>Lo Go Beanie</i> For warmer conditions, sleeping, in tent, spare	1		✓		
Neck gaiter or 'Buff'		Buff Protects neck and face, can be worn multiple ways. Silk, fleece or capilene.	1		✓		
Peak cap for sunny weather			1			✓	
Polar mittens				1 pair	✓		
Ski gloves		<i>Hestra Falt</i> <i>Black Diamond Soloist</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	1 pair			✓	
Thick socks		Bridgedale Wigwam Smartwool Warm waterproof socks, prevent sweat from entering boot liners. No cotton	3 pair		✓	✓	
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			✓	
Hiking boots			1 pair			✓	
Tent boots		<i>Exped Booties</i> <i>Helsport Bivy Shoes</i> <i>Baffin Cushy Booty</i> For inside the tent and quick trips outside. Down or synthetic fill	1 pair			✓	
BOOTS							
Polar boots				1 pair	✓		

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SLEEPING								
Sleeping bag - used in camps				1		collect in Antarctica		
Sleeping mattresses - used in camps				1		collect in Antarctica		
EYEWEAR								
Sunglasses/ hard case		High UV protection		1		✓		
Goggles				1			✓	
POWER / CHARGING								
Power bank and change cables		For charging devices during camps		1		✓		
OTHER EQUIPMENT								
Thermos flask				1		collect in Antarctica		
Sports drink bottle		1 litre, leakproof		1			✓	
Sun screen and lip protection (SPF50+)				1		✓		
PERSONAL ITEMS FOR GUESTHOUSE								
Casual clothing - 3-5 casual t-shirts, shirts and jumpers, as much underwear as you need, trainers/joggers							✓	
Personal toiletries & medications eg. Wet Wipes, toothbrush, toothpaste, anti-bacterial gel, Band-Aids, blister kit, foot							✓	
Spare contact lenses or prescription glasses if required							✓	
Charging cables (Euro plugs),								
OPTIONAL								
camera, video camera, laptop, phone, tablet, Book/Kindle, journal/pen, ear plugs/eyeshades						✓	✓	
Pee bottle/ She-Wee	 	1 litre Nalgene <i>Wide-Mouth</i> (different colour to drink bottle!) <i>She-Wee</i>	Useful while camping. Women can use together with a She-Wee (Female Urination Device).	1			✓	

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

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HOW TO PACK FOR THE FLIGHT TO ANTARCTICA

Check-In (hold) Luggage

Pack all of the items in the Check-In column into your duffle bag. This will be taken from you at the meeting the day before departure so don't place anything in the duffle that you will require in Cape Town. Your check-in limit is **22kg**.

Carry-On (hand) Luggage

Pack all of the items in the Carry-On column into your day pack. You will go through security at the airport so the same carry on restrictions apply. Your carry on limit is **8kg**.

What to wear

It is summer in Cape Town so it will be warm, even in the evenings. You are welcome to wear casual clothes and shoes to the airport and then change into the cold weather clothing in your carry-on luggage one hour before we land in Antarctica.