

## SOUTH POLE 65-DAY GLACIAL ROUTE - EQUIPMENT LIST

We will loan items marked **ORANGE**, to be returned after the expedition.

Items marked **GREEN** can be bought from Icetrek at 20% discount

You provide all items marked in **BLACK**

ITEM Loaned Provided, you keep You provide	DESCRIPTION / SUGGESTED MODEL	EXAMPLE	PER PERSON	PER DAYS	PER PAIR/ TENT	PER TEAM	ITEM WEIGHT	WEIGHT IN SLED	WEIGHT CARRIED ON BODY
				65	2	6			
<b>EQUIPMENT TRANSPORTATION TO ANTARCTICA</b>									
We have a checked luggage allowance of 115kg per person to Antarctica. Each bag or box checked onto the flight to Antarctica must not exceed 25kg. The weight of the empty bag is also included in our allowance so it must be as light as possible. We will provide 1 transport bag per person.									
Sled transfer bag	For transporting gear to Antarctica (allowance of 25kg per bag) <i>Icetrek Deep Space Cargo bag</i>		2				0.4		
Sled transfer bag	<i>Icetrek Deep Space Cargo bag</i>		1				0.2	0.2	
Cardboard transport boxes			3				0.9		
Lightweight backpack or stuff sack	For flight carry-on						0.1		
Personal clothing and equipment	Clothing and equipment that will remain at Union Glacier during the expedition - ultralight carry-on day pack, fresh clothing, footwear etc		1				5		
<b>SKIING/GLACIER TRAVEL</b>									
Sled harness and equaliser Also available for purchase	Used for sled hauling <i>Icetrek Omni</i>		1				0.76		0.76

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Polar boots - shell, pair	Flexible sole, removable inner <i>Baffin Guide Pro II</i> <i>Alfa APS</i> Order 2 sizes above your usual size		1				2.15		2.15
Intuition liners - pair	<i>Pro Tour</i> or <i>Alfa Liner</i> Low and Medium volume, or Medium and High if you suffer from cold toes. Size should be the same as your boots.		2				0.63	0.63	0.63
Sunglasses	Frameless, interchangeable lenses, attach nose protection for wind and sun. <i>Julbo Ultimate</i> with case		1				0.12		0.12
Spare sunglasses or lenses	Gold or amber lenses for low light.					1	0.08	0.17	
Goggles	Attach nose protection <i>Julbo Aerospace</i> THESE ARE THE ONLY GOGGLES WE RECOMMEND FOR ANTARCTICA.		1				0.19	0.19	
Nose Protection	For sunglasses and goggles, with extension for use with goggles <i>NozKon Extreme</i>		2				0.01	0.01	0.01
Glacier rope	<i>Petzl Rad Line 60m</i> in stuff sac				1	1	1.27	0.21	
Glacier rope - backup	<i>Petzl Rad Line 30m</i> in stuff sac				1	1	0.73	0.12	

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Capture device	Petzl Nano Traxion				1		0.053	0.02	
Ascender	Petzl Tibloc				1		0.035	0.01	
Glacier travel harness	Lightweight minimalist climbing harness, used during glacier travel <i>Petzl Altitude</i>		1				0.19	0.19	
Carabiner - non-locking	For general glacier travel use keylock style		2				0.05	0.10	
Carabiner - locking	for attachment of rope to harness during glacier travel keylock style		1				0.055	0.06	
Carabiner with pulley	DMM Revolver		1				0.051	0.05	
Prusiks	loops of 5mm rope for crevasse rescue, 2 sizes		2				0.01	0.02	
Skis, bindings, skins	<i>Madshus Panorama T50</i> or <i>Åsnes Børge Ousland</i> Bindings to suit boots <i>Ski skins</i>		1				3.5		3.5
Ski poles	adjustable to 150cm, pivoting powder baskets <i>Gipron, Leki</i>		1				0.65		0.65

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Boot spikes	For icy conditions <i>Hillsound Trail Crampon Ultra</i> Medium - 40-43 Large 43.5 - 45 XL 45/5- 47		1				0.42	0.42	
Sled, with cover, traces, strain reducer and harness carabiner	<i>Ice trek Polynya/Nilas</i>		1				10.4	10.4	
Glacier sling for sled, with 2 screw gate carabiners	Climbing tape fixed between front and rear sled handles		1				0.18	0.18	
Ice screws	for rescue and tent anchors		3				0.2	0.6	
Ice axe	safety, double as tent anchor				1		0.32	0.16	
<b>CLOTHING</b>									
Warm jacket	down insulated, with hood, add extensions to all zippers. No need for high altitude type, mid-weight fill OK so long as 800+ loft		1				0.98	0.98	
Shell jacket and ruff	technical hood, pit zips, large-tooth zips add extensions to all zip sliders		1				0.595		0.595
	fur ruff to be sewn on to shell hood  no waterproof zips no external Velcro flaps over zippers								
Shell pants	with full-length side zips and braces, large-teeth zips add extensions to all zippers  no waterproof zips no external Velcro flaps over zipper		1				0.54		0.54
Fleece jacket	2 x different weights, full zip, add extensions to all zippers.  Chest pocket useful for keeping device warm		2				0.3	0.3	0.3
Puffer Jacket	down, windproof  must be oversized to pull over all layers when it gets windy/cold, add extensions to all zippers		1				0.24		0.24

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Thermal top (base layer) - 2 different weights	polypropylene or merino, can be layered		2				0.21	0.21	0.21
Ski shorts/skirt	padded, full-length side zips, zip closed from bottom to top, velcro tabs at each hip  <i>Rab Prozar shorts</i>  <i>Mountain Equipment Frostline shorts</i>  <i>Rab Cirrus skirt</i>	 	1				0.23	0.23	
Fleece pants	Polartec 100		1				0.3		0.3
Thermal top (base layer) - 2 different weights	polypropylene or merino loose fitting		2				0.21	0.21	0.21
Underwear	polypropylene or merino		2				0.08	0.08	0.08
Polar hat	fleece lined, with ear coverage  <i>Icetek Celsius Hat</i>		1				0.09		0.09
Insulated peak cap	sun and cold protection, with ear coverage  <i>Marmot Precip Klattermusen Draupa</i>		1				0.09	0.09	
Beanie	<i>Icetek LoGo Beanie</i>		1				0.08	0.08	

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Beanie - spare	lightweight, spare and for sleeping		1				0.04	0.04	
Face mask	neoprene <i>Icetrek Guru</i>		1				0.06		0.06
Neck gaiter or 'buff'	silk, fleece or capilene <i>Buff</i>		2				0.05	0.05	0.05
Polar mittens and lanyard	<i>Icetrek Kelvin Mitt</i>		1				0.3		0.3
Liner mittens	Wool, fit inside polar mittens <i>Norrna Svalbard Wool Mittens, Devold Wool Mitten</i>		1				0.07		0.07
Liner gloves - lightweight	polypropylene, capilene or merino		1				0.07	0.07	
Ski gloves	For warmer days <i>Hestra Falt</i>		1				0.27	0.27	
Socks - liner	Blister prevention socks <i>Armaskin</i>		2				0.04	0.04	0.04
Socks - medium weight	Higher % merino with nylon for strength, mid-calf <i>Darn Tough Midweight Hiking</i> <i>Smartwool Full Cushion Hike Classic</i>		2				0.1	0.1	0.1
Socks - heavy weight	Higher % merino for cold conditions, with nylon for strength, mid-calf <i>Darn Tough Heavyweight Hiking</i> <i>Smartwool Full Cushion Mountaineer Classic</i>		1				0.13	0.13	

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<b>CAMPING</b>									
Tent	with spare pole set, section and tent bag <i>Hilleberg Keron 4 GT</i>				1		6.2	3.1	
tent stakes x 12					12		0.35	0.175	
Tent brush	for cleaning snow from tent floor				1		0.17	0.085	
Foam mattress - wide (large)	Thermarest RidgeRest Large		1				0.54	0.54	
Inflatable mattress - wide	Minimum R-Value 3.8		1				.79	0.79	
Mattress protector and camp chair - large	Ice trek Rekliner		1				1	1	
Foam seat	for rests, bum sized		1				0.09	0.09	
Sleeping bag	800 loft down fill, side zipper, 4-season, -30C minimum.		1				1.88	1.88	
Down liner/quilt	It can be very warm inside the tent where a light down liner/quilt would be adequate. Can also pair with sleeping bag on cold nights		1				0.3	0.3	
Sleeping bag liner	<i>Sea to Summit Thermolite</i>		1				0.26	0.26	
Tent boots	Over ankle tent boots		1				0.27	0.27	
Snow Shovel	Long shaft				1		0.75	0.25	

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Snow saw	for building snow walls, double as tent peg					1	0.2	0.03	
Stove kit: stove, pump, 887ml bottle, 2 x base, heat reflector, service kit, fire blanket, carry bag	MSR XGK-EX				1		2.1	1.05	
Matches	in waterproof container				3		0.01	0.015	
Spare fuel bottle with non- childproof lid	MSR 887ml				1		0.21	0.105	
Kettle, in protective box	aluminium 2.8-litre				1		0.46	0.23	
Snow bag	Ikea				1		0.07	0.035	
Food and packaging	see diet and menu						1.2	78	
Food sled storage bags	plastic		6				0.1	0.6	
Toilet paper - rolls			3				0.09	0.26	
Thermos flask, in neoprene cover	Thermos Mountain Ultimate 900ml		1				0.44	0.44	
Nalgene bottle	1 litre Nalgene 32oz Wide Mouth		1				0.1	0.1	
Bottle cover	insulates your Nalgene bottles Outdoor Research Bottle Parka Nalgene Insulated Sleeve		1				0.136	0.136	

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Sipper bottle	for additional storage and convenient in camp <i>Camelbak Podium 710ml</i>		1				0.11	0.11	
Bowl	Insulated, for hydrating meals <i>GSI Nesting Bowl</i>		1				0.1	0.1	
Cup	Insulated, sealed lid <i>GSI Infinity Backpacker mug</i>		1				0.1	0.1	
Spoon	with carabiner for hanging in the tent (prevent getting lost)		1				0.013	0.013	
Serving spoon	nylon, long-handled, for feeding from lunch bags with mittens on		1				0.04	0.04	
Pee bottle	Different colour to drink bottle 1 litre <i>Nalgene</i> wide-mouth		1				0.1	0.1	
Female Urinary Divide (FUD)	For urination <i>Freshette</i> <i>Uribag</i>		1				0.15	0.025	
Ice brush	for cleaning ice from inside shell clothing (grout brush)		1				0.066	0.066	
<b>NAVIGATION, COMMUNICATIONS, SAFETY, REPAIR</b>									
Compass - optional	Swung for southern hemisphere or Global <i>Silva Ranger</i> or <i>Suunto MC</i>				1		0.085		0.0425
Compass mount Also available for purchase	<i>Ice trek Navimount</i>				1		0.11		0.055

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GPS	Garmin eTrex 30x						0.132		0.07
Maps and satellite images	laminated				1		0.02	0.01	
Marker pen						1	0.003	0.00	
Medical kit						1	1.84	0.31	
Personal medications	pain killers, blister kit, anti-inflammatory		1				0.1	0.10	
Satellite phone, in case, spare battery	Iridium Extreme					1	0.44	0.07	
Satellite modem	Iridium GO					1	0.33	0.06	
Spare battery	Iridium GO					1	0.075	0.01	
Tracking beacon	Yellowbrick or In Reach					1	0.304	0.05	
PLB	RescueMe					1	0.120	0.02	
Thermometer wireless	Sensor Push					1	0.016	0.00	
Padded pouch for electronics	Sea to Summit Padded Soft Cell		1				0.13	0.13	
iPhone + Quadlock case			1				0.232	0.23	
headphones			1				0.04	0.04	
Repair kit	for maintenance and repair					1	0.2	0.03	
Spare ski						1	1.6	0.27	
Spare ski pole section						1	0.18	0.03	
Spare stove pump					1		0.065	0.03	
Stove repair	MSR Expedition Service Kit					1	0.03	0.01	
Whistle	plastic, pealess		1				0.02	0.02	
emergency tent/shelter						1	1.05	0.18	
<b>POWER / CHARGING</b>									
Solar panel - per tent	For charging storage battery and USB devices Anker PowerPort Solar, 21w				1		0.52	0.26	
Solar panel to Power bank charge cable	USB-A to USB-C must have a braided sheath		1				0.043	0.02	
Power Bank	Must be Lithium-Ion. For USB devices minimum 20,000mAh Anker		1				0.683	0.68	

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Charge Cable for various devices (from Power Bank to device)	Multi-head for different ports, must be braided <i>Rolling Square InCharge XL 30cm or 2m</i>		1				0.09	0.05	
<b>OTHER</b>									
Accessory cord	5m, 3mm, for adding extensions to your zippers					1	0.03	0.01	
Pocket knife / multi-tool	<i>Leatherman, Gerber, Swiss Army</i>				1		0.24	0.12	
Camera, USB rechargeable			1				0.5	0.50	
AA / AAA batteries	Must be lithium, for GPS etc.				1		0.15	0.08	
Watch			1				0.03		0.03
Passport			1				0.041	0.04	
Medical Evacuation cover	US\$300,000 medical evacuation cover <i>Covac Global</i>		1						
Personal toiletries, blister kit, pain killers etc			1				0.15	0.15	
Hand sanitiser			1				0.042	0.04	
Sun screen (SPF40+) and lip protection	<i>Piz Buin Mountain</i>		1				0.1	0.10	
Stuff sacs, 20L	for packing clothes and food etc. XL. Toggle closure better than buckle closure		6				0.032	0.19	
Book/Kindle			1				0.34	0.34	
Diary and pencil			1				0.08	0.08	
Reading glasses			1				0.024		0.024
Ear plugs and eye shades			1				0.01	0.01	
HOLD LUGGAGE WEIGHT kg								<b>111.18</b>	
HOLD LUGGAGE WEIGHT kg									<b>10.69</b>
TOTAL HOLD LUGGAGE WEIGHT kg									<b>121.87</b>
<b>COLLECTED AT UNION GLACIER</b>									
Stove fuel, in canisters	180ml (=120g) per person per day - received in Union Glacier			1			0.13	8.45	
Wag bags	for collecting poo within final degree		4				0.2	0.8	
TOTAL SLED WEIGHT kg								<b>120.43</b>	
TOTAL ON-BODY WEIGHT									<b>11.22</b>
TOTAL WEIGHT									<b>131.65</b>
less 30 days resupply									<b>43.23</b>
<b>TOTAL STARTING WEIGHT</b>									<b>88.43</b>

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.

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### **Luggage and sled weights**

There is a strict hold luggage weight limit on the flight from Punta Arenas to Union Glacier, as negotiated with ALE. 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 us. Every extra item is additional weight and slower progress