

2018 TREKKING GEAR LIST

ANTARCTICA ADVENTURE & SKI CRUISE

This list will allow for a participant to access trekking terrain. We do not provide gear rentals and suggest you contact your local gear shop should you need to rent any equipment. Should you choose not to bring the required equipment we cannot guarantee participation in trekking activities.

TREKKING GEAR

Snowshoes

- Tubbs Wilderness Series Snowshoe
- MSR Lightning Explore
- Atlas 10 Series Snowshoe

Waterproof boots. *Your boots will need to be waterproof and high enough to keep the snow out. You may consider a combination of snowboots with gaitors as an option as well. (The rubber boots provided on the boat are very flimsy and will not be great for snowshoeing).*

- Baffin Evolution Boot – Men's
- Salomon Tundra Mid WP Winter Boot – Women's
- Sorel Cumberland Boot – Women's

Poles

- Black Diamond Pure Distance Carbon FLZ Trekking Poles (carbon version)
- Black Diamond Distance FLZ Trekking Pole (aluminum version)
- Black Diamond Whippet Self Arrest Pole (hybrid ski pole & ice axe)

Ice Axe – 50cm+, light alloy shaft and steel pick are recommended.

- Black Diamond Raven Pro (lightweight glacier & snow axe)
- Petzl Glacier Ice Axe (lightweight glacier & snow axe)

Ice Axe Tip & Spike Protector (important for Zodiac loading)

- Black Diamond Pick and Spike Protectors
- Petzl Pick & Spike Protectors

Light Ski Mountaineering Harness

- Black Diamond Couloir Harness (minimal ski harness)
- Black Diamond Alpine Bod Harness (very basic alpine harness)

Screw-gate Locking Carabiner - 1x (pear-shaped is preferred).

- Black Diamond Nitron Screw Gate Locking Carabiner
- Petzl Spirit 3D Screw Gate Locking Carabiner

Standard Carabiner – 1x (non locking)

- Black Diamond Hotwire Carabiner (good all around carabiner)
- Black Diamond Neutrino Carabiner (small, superlight)

Ski Pack (25 to 35 liter with a strap system to carry skis. Airbag packs are optional.)

- Black Diamond Dawn Patrol 25L Pack (nice, small day ski pack)
- Osprey Kode 22L Pack (well made ski pack)
- Mountain Hardwear Direttissima 35L (Good ski and alpine climbing pack)

AVALANCHE SAFETY GEAR

Avalanche Transceiver (457kHz with fresh batteries, plus spare set.)

- Pieps DSP Pro
- Barryvox Pulse
- Backcountry Access Tracker 3

Probe

- Black Diamond Quickdraw Carbon Probe 240cm (short & light)
- Backcountry Access Stealth 240 Probe (good value)

Shovel

- Voile Telepro Shovel (a perennial favorite)
- G3 SpadeTECH Shovel (lightweight & minimalist)

CLOTHING

This is a recommended optimum layering system. Certain items may be substituted but a combination of layers should equal the recommended list for warmth, moisture wicking, wind and precipitation resistance, weight and packability.

Next to skin layers:

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| - Short sleeve T-shirt – light merino wool or capilene (3x) | Ibex W2 Sport Basic |
| - Long sleeve light merino wool or capilene zip t-neck (2x) | Patagonia Capilene Zip-Neck |
| - Merino wool or capilene briefs (3-4x) | Patagonia Capilene Daily Boxer Brief |
| - Merino wool or capilene light long johns | Patagonia Capilene Thermal Weight |
| - Ski socks – wool/nylon blend or similar (3-4x) | Bridgedale Socks |

Outer layers:

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| - Soft-shell jacket or fleece pullover or full zip | Mountain Hardwear Hueco Jacket |
| - Soft-shell mountain pants (AKA “guide pants”) | Dynafit Mercury Softshell Pant |
| - Puffy jacket (Nylon with synthetic insulation) | Mountain Hardwear Compressor Jacket |
| - Light outer shell | Mountain Hardwear Quasar Jacket |
| - Light outer pants | Arc’teryx Sabre Pants |
| - Rain suit for Zodiac trips – oversize | Harbor Freight Tools |
| - Wool or fleece hat | Patagonia Beanie Hat |
| - Fleece neck gaiter or Buff for storm conditions | Buff Neck Gaitor |
| - Sun hat – with visor | Baseball Hat |
| - Gloves – medium weight | Black Diamond Guide Finger Mitten |
| - Gloves – lightweight | Marmot Spring Glove |
| - Bandana | |

MISCELLANEOUS

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| - 1 or 2 one-liter water bottles | Nalgene Wide Mouth Tritan Bottle |
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- Sunglasses Julbo Explorer
- Goggles with light & dark lenses Julbo Universe Goggles
- Sunscreen – 50+ SPF (small amount in squeeze bottle) Sun Bum SPF 50+
- Lip balm – 30 SPF or greater Sun Bum Lip Balm SPF 30
- Heavier insulated jacket for aboard ship Mountain Hardwear Dynotherm Jacket
- UGG Boots, Crocs, or other comfortable shoes for aboard ship
- Pee bottle. 1x one-liter Nalgene type bottle. Absolutely no human waste can be left on the continent.