

Ski the Last Degree

EQUIPMENT LIST

Outer Clothing

- *1 x Mid-thigh-length, expedition down or synthetic parka with generous hood (rated to -40°F, -40°C). Make sure hood is secure. Suggest: The North Face Baltoro or Marmot 8000 M. parka.
- 1 x Breathable windproof jacket with generous hood and pockets. Suggest: Wintergreen Designs Anorak. Goretex not recommended. Suggest: Sew fur ruff to inside edge of jacket hood.
- 1 x Breathable windproof pants with full side zips. Suggest UN-coated nylon, Pertex, or Ventile (windproof cotton). Goretex not recommended. One piece windsuit can replace separate wind jacket and pants. Suit should have drop seat or circle zip for toilet use.

Layers

- 1 x Set mid-weight thermal base layer - top and bottom. Merino wool, Capilene, or other high quality synthetic. NO COTTON. Zip T-neck best for top. Suggest: Patagonia, North Face, Marmot, Icebreaker brands.
- 1 x Set expedition weight thermal base layer - top and bottom. Wool or synthetic. Suggest: same brands as above.
- 1 x Pair fleece/pile pants or salopettes. Polartec 200 or Softshell fabric. If one piece suit, drop seat or center zip for toilet use. Recommend Arc'teryx, North Face, or Mountain Equipment Coop brands.
- 1 x Mid-weight wool/pile/fleece sweater. Polartec 200.
- 1 x Warm fleece jacket. Pockets important. Polartec 200-300, "Puffball" or Softshell. Suggest: Arc'teryx Gamma MX hoody, Patagonia Houdini, or North Face Denali.
- 4 x Pairs of thick wool/wool blend socks.
- 2 x Pairs of thinner, wool or synthetic liner socks.
- 1 x Pair vapour barrier socks. Suggest: Black Diamond or Climb High brands.
- 1 x Pair of insulated down or synthetic camp booties with non-slip sole, for quick trips outside the tent.
- 3+ Pairs underwear.

Head and Hands

- 1 x Windproof fleece hat with good ear flaps and preferably a built-in visor. Suggest: Columbia or Outdoor Research brands.
- 1 x Lightweight wool or fleece hat as back-up.
- 1 x Fleece neck tube (gaiter). This can double up to give a variety of ear, face and neck protection, or be used as an eye shade (24 hour sunlight in Antarctica). Buff brand "Polar Buff" works well.

- 1 x Lightweight balaclava. Fleece or other synthetic.
- 1 x Pair windproof, breathable over-mitts. Goretex not appropriate. Suggest: Lilisport brand.
- 2 x Pairs fleece or wool mitts to fit inside windproof over-mitts.
- 1 x Pair lightweight liner gloves.
- 2 x Pairs mid-weight fleece or wool gloves. Best if liners fit inside this layer and this layer fits into mitt system.
- 1 x Pair of 100% UV protective sunglasses with cord and side flaps. No metal frames.
- 1 x Pair good quality, tinted ski goggles with extra lens. Suggest yellow/amber tint as it provides best contrast in flat light conditions.
- 1 x Neoprene facemask or Outdoor Research Gorilla Mask.
- 2 x Handkerchiefs or bandanas for your nose. (Cold temperatures cause the nose to run).

Sleeping

- *1 x Expedition quality sleeping bag (rated to -40°F, -40°C) down preferred. Down is much lighter and will pack smaller than synthetic bags. Get a full body-length mummy bag with generous hood and easy closure system. Suggest: The North Face Inferno or similar Marmot or Integral Designs bag.
- 1 x closed cell foam sleeping mat. Suggest: Ridgerest or Karrimat.
- 1 x Full length Thermarest.

Additional Equipment

- 2 x 1 liter wide mouth, water bottles with insulated cover. Suggest: Nalgene brand bottle; Outdoor Research brand cover.
- 1x liter water bottle with wide opening, to use as pee bottle. Suggest: Nalgene brand as they DO NOT LEAK.
- 1ea x Insulated mug with lid; lightweight non-breakable bowl; Lexan spoon.
- 1 x Sunscreen with highest factor (minimum SPF 45).
- 1 x Lipscreen with highest factor (minimum SPF 45).
- 1 x Small Swiss Army Knife.
- 1 x Watch.
- 1 x Small personal first aid kit with foot care items (foot care pad, second skin, foot powder, tape).
- Spare contact lenses or spare prescription glasses.
- Personal medication. Enough for your trip, **PLUS an additional 4 weeks' supply.**

- Personal toiletries. Toothbrush and toothpaste etc. Keep to a minimum due to weight.
- Small sewing kit.
- Several stuff sacks of different colours to organize clothing and other items.
- 1 x Large duffel bag. A full length zip gives easy access to your belongings. Suggest: The North Face XL duffel bag.

Skis, Boots, Poles

ANI provides skis, skins, and poles. We rent boots that match the bindings. You may bring your own ski equipment if you wish.

- 1 x Pair of metal edge touring skis. Suggest Fischer 99 or Asnes skis.
- 1 x Pair knee high winter boots (rated to -75°F, -60°C). Suggest: Baffin Impact, Sorel * Glacier III, Acton Chimo. Make sure they have a high toe box to allow plenty of insulation under your feet. They should be large enough to wear two pairs of thick socks and still wiggle your toes. Note: Many other "winter" boots, including some Sorel models, such as the Sorel Caribou are NOT warm enough for polar temperatures. Important: Check that your boots fit with the binding system that you have chosen.
- 1 x Pair of ski bindings that will strap onto your winter boots. Suggest: Flexi (contact eric@icetrek.com), or Birwen bindings. Install bindings at home.
- 1 x Pair ski skins. Suggest Asnes 1/2 skins that attach and remove easily.
- 1 x Pair high quality, lightweight, adjustable length, Nordic or touring ski poles. Cork or leather grips are the warmest. Ensure wrist straps are adjustable and long enough that a thick mitt can pass through the loop.
- Hand warmers/Foot warmers.

Optional Equipment

- 1ea Small lightweight journal, paperback book.
- 1 x "Babywipes". Some people like to use these, but they are additional weight to carry.
- Camera, film, batteries.
- Video camera, battery charger and charging system (solar panel etc), spare batteries.
- 1 x Pair windproof, mountaineering style gloves with removeable liners.
- 1 x Pair light hiking boots/hiking shoes for use at Patriot Hills.
- 1 x Spare set of thermals, underwear, socks to change into on return to Patriot Hills after expedition.

If in doubt, please do not hesitate to contact us for further information or advice.

*Insulated parka, sleeping bag, and winter boots are available for hire. Skis, skins and poles are provided free of charge. Please contact us to reserve your equipment.