



One of the most important parts of your preparation is acquiring and becoming familiar with the various clothing and equipment that you'll use on your expedition. You'll discover which clothing works well for you and which clothing you need to reconsider, or enhance with longer zipper pulls, additional pockets, etc. **With almost ALL polar kit you want a loose fit. This is especially true with your outermost layers including your anorak, parka, pants and mitts.** Avoid items that are trim fitting for the South Pole. This often means purchasing an item that's one size larger than what you may normally wear.

PolarExplorers will provide all of the group kit (tents, cooking equipment, etc.) as well as skis, bindings, sleds, and sled harnesses for the South Pole. Below you will find a list of each item that you need to bring. This is followed by a comprehensive description of most items. Don't hesitate to contact us with any questions.

*Can't find these items? Don't want to spend time looking for them? We offer these items as a part of our optional Polar Pack Gear Store. Check our [Polar Pack and Rental Items online form](#) for details.

Base Layer / Inner Layer

- ☐ 1 wool or synthetic light weight layer top and bottom
- ☐ 1 wool or synthetic mid weight layer top and bottom

Mid Layers

- ☐ 1 insulated puffer-style jacket. We recommend the Mountain Hardwear Compressor Jacket.
- ☐ 1 insulated puffer-style pants. We recommend the Mountain Hardwear Compressor Pants*

Outer Layers

- ☐ 1 wind anorak with hood and fur ruff
- ☐ 1 puffer-style vest. Large enough to fit OVER your windproof jacket/anorak
- ☐ 1 insulated parka with hood. This parka is your warmest layer and must fit OVER your wind layer. Consider sizing up.
- ☐ 1 pr breathable wind pants or bibs with side zippers
- ☐ 1 insulated skirt, boxers or knickers for added warmth from waist to knee (optional)

Feet

- ☐ 1 pair snow pack ski boots rated to -90 F or colder (e.g. Baffin 3 Pin Guide Pro or Alfa Boots)
- ☐ 1 pair camp booties with sole (optional)
- ☐ 3 pair thick wool or synthetic blend socks
- ☐ 2 pair thin wool or synthetic blend socks
- ☐ 1 pair vapor barrier liners - Optional



Hands

- ☐ 2 pr. wool, fleece, or soft-shell style gloves that will comfortably fit INSIDE your overmitt system.
- ☐ 1 pr. expedition overmitts with removeable inner mittens for insulation. We recommend the Wintergreen Northernwear Plunge Mitt. A mitt leash system can be very helpful.
- ☐ 10 2-packs of chemical hand warmers

Head and Face

- ☐ 1 warm hat that covers your ears *
- ☐ 1 thin hat or cap and 1 balaclava
- ☐ 2 buffs or neck gaiters
- ☐ 1 face mask with full coverage *
- ☐ 1 pair sunglasses with full UV protection and side protection
- ☐ 2 pr. anti-fog goggles with full UV protection

Sleeping

- ☐ 1 sleeping bag rated to at least -30°F / -35°C (down or synthetic)
- ☐ 1 inflatable Thermarest style sleeping pad
- ☐ 1 closed-cell foam sleeping pad

Personal Kit

- ☐ 3-5 stuff sacks of varying sizes and colors
- ☐ 2 wide-mouthed Nalgene bottles (one for P bottle) *
- ☐ 1 insulated cover for Nalgene bottle *

Personal Kit cont'd

- ☐ 1 insulated flask or Thermos (1 liter) *
- ☐ 1 bowl with lid * (screw on lid is best)
- ☐ 1 insulated mug with lid* (locking lid is best)
- ☐ 1 spoon or spork *
- ☐ Personal first aid kit with frequently used items (blister care, ibuprofen, etc.)
- ☐ 4-5 high energy snacks for each day of skiing - 12 days total - see additional information on page 16.
- ☐ Personal toiletries
- ☐ 1 stick-style sunscreen with high SPF protection *
- ☐ 4 carabiners for use on South Pole Last Degree only*
- ☐ 1 personal stash of toilet paper (paper towel also works well)
- ☐ 2-3 lighters
- ☐ 10 2-packs of chemical hand warmers *
- ☐ Multi-tool or pocket knife

Optional Items

- ☐ Vapor barrier socks or sturdy plastic baggies that fit between layers of socks
- ☐ Camera with extra batteries or battery pack
- ☐ Journal with pencil or audio recording device or app to record your experiences
- ☐ Sturdy small backpack (waist belt and sternum strap are a plus) for use in town and at the basecamp
- ☐ Camp chair *
- ☐ Camp booties with sole (these can be VERY nice at the end of the day!)
- ☐ GPS
- ☐ Other electronics (ipod, tablet, battery packs, phones, etc. - see ELECTRONICS at the end of this document.