



ANTARCTICA ULTRAMARATHON 2026

PRELIMINARY EQUIPMENT LIST

MANDATORY EQUIPMENT

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You must have every mandatory item in the required quantity. Every item will be checked as we sail through the calm waters of the Beagle Channel enroute to Antarctica. Failure to have any item will result in a time penalty or you may not be allowed to start the race.

Some items are available at the [RacingThePlanet Store](#).

- *The link on each item takes you all relevant options that are available from the [RacingThePlanet Store](#),*
- *Go to the [RacingThePlanet Store](#). Under Race Equipment you will see some suitable equipment for each item.*
- *You can also search using the tag #antarcticagear + mandatory or optional equipment item (for example, if you are searching for a sleeping bag, put #antarcticagear #sleepingbag)*

MANDATORY EQUIPMENT

1. BACKPACK / RUCKSACK (20-25L) x 1



A 25-30L backpack is recommended to take your basic equipment on shore for excursions or supporting the race.

Popular Brands: Ultimate Direction, Osprey, RaidLight, WAA, UltrAspire, Gossamer Gear (Recommended by Women for Women (Fast Kumo 36 Fastpack))

2. RUNNING SHOES x 1 pair



Competitors must wear trail shoes. Gore-Tex shoes are strongly recommended for the Antarctica Ultramarathon as they are waterproof. Consider buying your shoes one to two sizes larger than you would normally wear to account for additional layers of socks, including possible waterproof socks.

Popular Brands: Hoka One One, Salomon, Brooks, Asics, Altra



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3. SOCKS x 4



4 pairs are mandatory. You will need thicker socks to keep warm. Some like waterproof socks such as Sealskinz.

Popular Brands: Drymax, Injinji, Balega, SmartWool, Thyo, Darn Tough, CEP, WrightSock, TEKO, Hilly, Falke, etc.

4. LIGHT LONG SLEEVE TOPS x 2



Two tops made of quick dry material to be worn as base layers.

Popular Brands: Montane, Marmot, Salomon, Patagonia, Outdoor Research, Mountain Hardwear, Ronhill

5. EXPEDITION WEIGHT LONG SLEEVE TOPS x 1



An expedition weight warm top is required for protection against the elements. This shirt must be a minimum of Capilene 3 or similar with long sleeves.

Popular Brands: Montane, Icebreaker, Odlo, SmartWool, Mammut, Mountain Hardwear, Marmot, Patagonia

6. FLEECE / SYNTHETIC JACKET x 1



One mid- to heavyweight fleece or synthetic jacket is required. A full zip version is easier to put on and has better ventilation than a full jumper. It is **recommended to bring more than one**.

Popular Brands: Montane, Marmot, Mountain Hardwear, Patagonia

7. WATERPROOF SHELL JACKET WITH HOOD x 1



One jacket of Gore-Tex or comparable material. We highly recommend a roomy fit as you will likely be wearing this over several layers. This jacket is essential for the zodiac.

Popular Brands: Montane, Marmot, Outdoor Research, Patagonia, Mountain Hardwear, Helly Hansen



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8. RAIN PONCHO x 1



One rain poncho is required for additional warmth and wet protection. It can also cover your backpack. This must be see-through / clear. It is not unheard of to have light drizzle in Antarctica.

Popular Brands: Coghlan's

9. RUNNING PANTS / LONG x 1



At least one pair of pants / trousers or long tights are mandatory. It is recommended that at least one pair is slightly thicker for cold weather, or consider wearing two pairs together (check for sizing and fit).

Popular Brands: Tracksmith, Lululemon, CW-X, Salomon, Montane, Patagonia, CEP

10. WATERPROOF SHELL PANTS / TROUSERS x 1



One pair of pants made of Gore-Tex or comparable material. These pants are essential to wear on the zodiacs.

Popular Brands: Montane, Marmot, Mountain Hardwear, Mammut, Arc'Teryx

11. SHELL MITTENS / GLOVES x 1 pair



One pair of mittens or gloves with textured rubber palms and taped seams. These are required to keep your hands dry. These are essential for the zodiacs.

Popular Brands: Montane, SealSkinz, Mountain Hardwear, Outdoor Research

12. WOOL, FLEECE MITTENS, MICROFIBER / GLOVES x 2 pairs



Two pairs are mandatory so that you have a backup.

Popular Brands: Montane, Black Diamond, Mountain Hardwear, Outdoor Research

13. WARM HAT x 2



Vital for warmth while running. Two warm hats are required so that you always have a dry option.

Popular Brands: Montane, Marmot, Mountain Hardwear, Patagonia, SealSkinz, Icebreaker, Buff



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14. CAP x 1



- The sun in Antarctica is extremely strong, so a cap with a visor is required to protect your face from direct light and light reflecting from the ground. An option that covers your neck is recommended.

Popular Brands: RaidLight, Sunday Afternoons

15. BALACLAVA x 1



- One balaclava is required for warmth and protection. It is recommended to consider bringing 2. This is a lighter weight than the Neoprene Face Mask.

16. GLACIER GOGGLES x 1



- Regular sunglasses are not sufficient. Your sunglasses must have no more than 10% light transmission and have side covers.

Popular Brands: Julbo, Smith Optics, Goodr, Oakley

17. HEADLAMP & SPARE BATTERIES x 1



- Competitors are required to carry a headlamp. You must also bring spare batteries. Although Antarctica is mostly light during the day it does get dark after 10pm.

Popular Brands: Petzl, Black Diamond

18. SUNSCREEN (60 ml / 2 fl oz) x 1



- A minimum of **60 ml / 2 fl oz** is required.

NOTE: The sun is **extremely** strong in Antarctica, so we recommend bringing more than this. Choose a brand with high SPF that is waterproof, sweat-proof, and non-greasy. Zinc is recommended. It is suggested to bring the required amount in a separate container.

Popular Brands: Dermatone (30ml) – you will need two tubes to meet the requirement, Cancer Council, etc.

19. LIP SUNSCREEN x 1



- Lips are easily chapped and burned in Antarctica. A minimum SPF 30 and one full tube are required. Two tubes are recommended in case you lose one.

Popular Brand: Dermatone, Carmex, Chapstick



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20. MOTION SICKNESS MEDICATION x 4-Day Supply



Bring motion sickness medication for the outward and return journeys between Ushuaia and Antarctica. Scopolamine patches are a recommended option.

21. HYDRATION SYSTEM x 1.5 Liters



You must carry containers that can hold 1.5 liters of water at all times. The main choices are:

- Bottles: These allow for more flexibility – they can be attached to the shoulder straps of your backpack, put in a front pack, kept in the backpack or carried in your hand.
- Hydration bladders: These are sometimes difficult to use as they may leak and it's difficult to know how much fluid you have drunk; also can be difficult to fill quickly.
- Soft bottles.

Popular Brands: [RacingThePlanet Trail Running Bottle](#), [RacingThePlanet Essential Bottle](#), [The Rough Country Bottle Holders](#), Platypus, Salomon, Ultimate Direction, Hydrapak, RaidLight

22. WHISTLE x 1



To attract attention in case of an emergency. Note that many backpacks include a whistle on the buckle – this is not sufficient. You must have a separate emergency whistle.

Popular Brands: [RacingThePlanet Whistle](#), [RacingThePlanet Flat Whistle](#), Windstorm

23. SURVIVAL BIVVY BAG x 1



Must be a **closed bivvy bag** (not a blanket) made of reflective material. We recommend a thick bag that you can repack easily as you may want to use it over your sleeping bag in case of cold or wet weather conditions.

Popular Brands: [RacingThePlanet Emergency Bivvy](#), Adventure Heatsheets Emergency Bivvy, [SOL Emergency Bivvy](#) with Rescue Whistle,

24. ALCOHOL GEL (60 ml / 2 fl oz) x 1



A minimum of **60 ml / 2 fl oz** is required. Alcohol wipes cannot replace alcohol gel. Hand gel is more effective than hand spray.

Popular Brands: Purell

25. TOILET TISSUE / WET WIPES



Toilet tissue and / or wet wipes are a must for toilet use on shore. No toilet paper is provided in the portable toilets.



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26. WATERPROOF BAG LINER (30L) x 1



- The waterproof bag must be a **minimum of 30 litres** in size. There is a chance of light rain and snow, and it is vital to keep the contents of your backpack dry. Using a combination of smaller bags does not fulfil this requirement.

Popular Brand: Sea-to-Summit, [RacingThePlanet Lightweight Dry Bag](#)

FOOD BAG

FOOD SUPPLY

Meals on the ship are provided, but you are responsible for your own food while on the course.

You must also bring one freeze-dried meal as a back-up. No paper or wrappers will be allowed on shore. Only the freeze-dried meals may remain in their original packaging.

Important Note: Seeds and nuts are not allowed on land in Antarctica, pack snacks appropriate as dictated by [IAATO regulations](#).

27. FREEZE-DRIED MEALS



- You must bring one freeze-dried meal.

Note: You must remove the top wrapper before boarding the zodiac, but the food may remain in its original packaging.

Popular Brands: [Expedition Foods](#) (freeze-dried, high-calorie meals) (www.expeditionfoods.com)

28. ELECTROLYTES / SALT TABLETS (1-Day Supply)



- Maintaining your body's electrolyte balance is critical for a safe race.

Popular Brands: Nuun, Tailwind, Dripdrop, Hammer Nutrition, SaltStick

29. ENERGY BARS / GELS / SNACKS



- You may be on the course for a long period of time so should bring adequate amounts of energy bars / gels.

Note: Anything with seeds or nuts is banned. You must remove any wrappers before boarding the zodiac.

Popular Brands: Clif, GU, Hammer Bars & Gels, Honey Stinger, Nakd.



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PRELIMINARY EQUIPMENT LIST

Note: there are so many brands, just select something that works for you.

30. NUTRITION SUPPLEMENTS



- There are a lot of choices. The ones listed are recommended by past RacingThePlanet competitors. Note: You must remove all wrappers before boarding the zodiac.

Popular Brands: Hammer Perpetuem, Hammer Sustained Energy, Hammer Recoverite, Tailwind

31. PLASTIC CONTAINER x 1



- Plastic container approximately 30cm x 10cm x 10cm. This should have no sides with clips that could break in the cold weather.

Note: This will contain any snacks and / or electrolytes.

32. EATING UTENSIL x 1



- For eating food on shore. Only one is required, but two is recommended in case you lose or break one. At least one should have a long handle.

Popular Brands: Light My Fire, Sea-to-Summit, [Expedition Foods Unbreakable Spoon](#)

33. THERMOS x 1



- Bring a thermos that stays warm for 24 hours. A size of 1 – 2 litres is recommended. This will be used for hot water, soup, hot water for freeze dried meals etc.

Popular Brands: Stanley, Thermos, Yeti, Snow Peak, Esbit

34. WATERPROOF BAG (20-30L) x 1



- You will need one lightweight waterproof bag to carry you're a) plastic food container, b) thermos, and c) spork or eating utensil. This should be around 20 liters.

Popular Brands: Sea-to-Summit



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DROP BAG

1. WATERPROOF BAG (60-65L) x 1



- The waterproof bag will be used as a drop bag and must be a *minimum of 60 litres* in size as it is vital to keep its contents dry. Using a combination of smaller bags does not fulfil this requirement. This must be a very sturdy and durable waterproof bag.

Popular Brands: Outdoor Research, Sea to Summit, NRS, Ortlieb, Sealine

2. PARKA x 1



- The parka must be expedition weight with an attached and insulated hood. The length must go below the waist.

Popular Brands: Montane, Marmot, Mountain Hardwear, Patagonia, Helly Hansen, Outdoor Research, Mammut, Canada Goose.

3. SOCKS x 2



- 2 extra pairs are mandatory.** You will need thicker socks to keep warm.

Popular Brands: Drymax, Injinji, Balega, SmartWool, Thyo, Darn Tough, CEP, WrightSock, TEKO, Hilly, Falke, etc.

4. LIGHT LONG SLEEVE TOP x 1



- One extra light long sleeve top made of quick dry material to be worn as a base layer.

Popular Brands: Montane, Marmot, Salomon, Patagonia, Outdoor Research, Mountain Hardwear, Ronhill

5. EXPEDITION WEIGHT LONG SLEEVE TOP x 1



- One extra expedition weight long sleeve top. An expedition weight warm top is required for protection against the elements. This shirt must be a minimum of Capilene 3 or similar with long sleeves.

Popular Brands: Montane, Icebreaker, Odlo, SmartWool, Mammut, Mountain Hardwear, Marmot, Patagonia



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6. RUNNING PANTS / LONG x 1



- An extra pair of pants / trousers or long tights are mandatory

Popular Brands: Tracksmith, Lululemon, CW-X, Salomon, Montane, Patagonia, CEP

The items listed below are NOT mandatory but are items that we recommend you consider bringing.

OPTIONAL EQUIPMENT

RECOMMENDED BUT NOT REQUIRED

KAHTOOLA MICROSPIKES x 1 pair



- These attach to your shoes to provide extra traction on the course.

Kahtoola is the *mandatory brand*. These provide a grippy, durable, slip-on traction system. We have experienced that many other brands have broken or fallen off during the race which could lead to withdrawal.

Mandatory Brand: Kahtoola Microspikes

GAITERS x 1



- Gaiters will help keep snow out of your shoes and your feet dry.

Popular Brands: Outdoor Research

TREKKING POLES x 1



- Useful in the deeper snow. Make sure the poles have a basket on the end like what you would use for skiing. Highly recommended if you normally use trekking poles.

Popular Brands: [Black Diamond](#), Leki, Raidlight



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PRELIMINARY EQUIPMENT LIST

SKI GOGGLES x 1



- Ski goggles must be dark with 100% UV & IR protection. A double lens is better as it prevents fogging.

Popular Brands: Oakley, Julbo, Smith Optics

NEOPRENE FACE MASK x 1



- One neoprene face mask is suggested.

BUFF x 1



- A Buff® is ideal as it can be used for multiple purposes - scarf, headgear, sweatband, etc. Highly recommended.

Popular Brand: Buff

NOSE GUARD x 1



- A nose guard attaches to glacier glasses to protect your nose in high UV conditions.

Popular Brands: Nozkon

DOWN MITTENS x 1



- Advisable to add more warmth.

Popular Brands: Montane, Mountain Hardwear, Outdoor Research

THERMAL UNDERWEAR x 2



- Provides additional warmth. Warm but thin base layer clothing made from merino wool is ideal.

Popular Brands: Icebreaker, Odlo, Smartwool



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PRELIMINARY EQUIPMENT LIST

OPTIONAL EQUIPMENT

SPORTS BRA x 3



Women's sports bras are essential. Find a brand that is comfortable for you.

Popular Brands: CW-X, Lululemon, Patagonia, Brooks

HAND & TOE WARMERS (MULTIPLE)



We highly recommend having hand and toe warmers for your shoes or gloves when you are on the course. These can significantly reduce cold extremities.

MICROFIBRE TOWEL x 1



For cleaning or to use to clean your glacier glasses or ski goggles.

Popular Brands: Sea To Summit.

BLISTER KIT x 1



The following list is a recommendation. You may need more supplies based on your experience and prior history of foot blisters:

- 10 x alcohol wipes
- 2 x hypodermic needles or safety pins
- 1 x roll of paper tape (i.e. [Micropore](#))
- 1 x roll of elastic tape (i.e. Elastikon)
- 5 x Spenco 2nd Skin or [Compeed pads](#)

Note 1: Lubricant such as Bodyglide or 2Toms BlisterShield Powder is also highly recommended. Foot powder is recommended for feet that sweat a lot.

Note 2: You should try to anticipate the amount of supplies you will need for the distance. If you do not bring enough supplies, you could be at risk of developing more severe blisters that could jeopardize your ability to finish the race.

Popular Brand: [RacingThePlanet Blister Kit](#) (includes all blister kit items PLUS practical instruction sheet). Created by the RacingThePlanet medical team.



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PRELIMINARY EQUIPMENT LIST

OPTIONAL EQUIPMENT

MEDICATION x 1



- Bring an adequate *1-day supply* so that you are not dependent on medication from the race medical team.

Important Note: You should seek advice from your doctor about any medication that you plan to take during the race, including any form of painkillers. If you take painkillers, Tylenol / Paracetamol / Acetaminophen are preferred over anti-inflammatory medications such as Ibuprofen / Neurofen / Advil / Motrin / Naprosyn and others. It is NOT advised to take anti-inflammatory medication on the course. Please read the expert article called [Painkillers Used during Ultramarathons](#) for more details.

WATERPROOF or ZIP-LOCK BAGS x 3



- Place your iPhone or small items in zip-lock bags. For valuable items (i.e., cameras & passports), you may consider thicker waterproof bags.

Popular Brands: Aloksak, Outdoor Research, Sea-to-Summit, [RacingThePlanet TPU Pouch](#)

CHEST / HIP PACKS x 1



- Chest and hip packs can increase capacity without additional load on your back.

Popular Brands: Inov-8, OMM, RaidLight, Montane, UltrAspire, Ultimate Direction

WATCH / GPS x 1



- A watch alarm and timer can be useful. Speed and distance monitor (pedometer), barometer and heart rate monitors can also provide interesting feedback.

The course is marked every 25 meters and GPS coordinates are not provided. A GPS is most useful for tracking distance.

Popular Brands: Garmin, Coros, Polar, Suunto

CAMERA x 1



- If your camera is not waterproof, keep it in double zip lock bags.



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PRELIMINARY EQUIPMENT LIST

OPTIONAL EQUIPMENT

iPhone & Headphones x 1



- A portable music player for the course or on the expedition ship. Keep phones in a double waterproof proof bag.

CHARGER x 1



- A way to charge your iPod, camera and other powered devices. Note that electricity is provided on the ship and can be used to charge your personal items.

ADAPTER x 1



- Bring an international adapter that works in most countries around the world. Sometimes in Argentina, there are several types of electrical sockets. The ship uses EU-type electrical sockets with two round pins.

FLAGS



- Flags are popular for start and finish line photos.

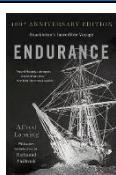
SOUVENIRS



- Souvenir items.

Popular: [The Last Desert Rugby Shirt](#)

BOOK / MAGAZINE / KINDLE



- Bring reading material for down time on the expedition ship.



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PRELIMINARY EQUIPMENT LIST

OPTIONAL EQUIPMENT

PLAYING CARDS



- Bring cards for down time on the expedition ship and while crossing the Drake Passage.

BOOKS / MAPS



- Materials to prepare for and read during the crossing of the Drake Passage. Bring a map of Antarctica and get the ship captain to sign it or get all the participants to sign the map.



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PRELIMINARY EQUIPMENT LIST

CASUAL CLOTHES FOR THE SHIP

CASUAL CLOTHES FOR THE SHIP



- Bring at least one set of clothing and one pair of shoes for wearing on the expedition ship – choose comfortable items that will keep you warm.
- 1 x casual warm top, 1 x casual warm bottoms, 1 x pajamas
- Note: Many of the items you bring for the Antarctica Ultramarathon can be worn on the ship as casual clothes. You only need casual clothes on the ship. The M/V Plancius is an expedition ship not a luxury cruise line.

EXTRA PAIR OF SHOES x 1



- Bring at least one pair of shoes to wear on the expedition ship or onshore if you do not want to wear the boots provided by the ship on shore– closed shoes are required to be worn when moving around the ship. Consider shoes for warmth when on the ship. Note that you will be provided with a very warm and waterproof pair of boots by the ship which is mandatory to wear when you are on the zodiacs.
- Running shoes
- Ugg boots
- Shoes that can worn outside on shore or indoors
- No sandals allowed

Popular Brands: Sorel Caribou, Columbia, Ugg, Hoka One One