ANTARCTICA

ULTRAMARATHON · 2026

EQUIPMENT LIST (FINAL)

13–23 NOVEMBER 2026 · USHUAIA, ARGENTINA

racingtheplanet. #MORETHANARACE

EQUIPMENT CHECKLIST

	ITEM	QUANTITY	SIZE / NOTES	CHECK	PAGE
1.	BACKPACK / RUCKSACK	1	20-25L	☐	3
2.	RUNNING SHOES	2 pairs	Gore-Tex strongly recommended for 1 pair	☐	3
3.	SOCKS	4 pairs	Thicker socks for warmth	☐	3
4.	LIGHT LONG SLEEVE TOPS	2	Quick-dry base layers	☐	3
5.	EXPEDITION WEIGHT LONG SLEEVE TOPS	2	Minimum Capilene 3 or similar	☐	3
6.	FLEECE / SYNTHETIC JACKET	1	Full zip recommended	☐	4
7.	WATERPROOF SHELL JACKET WITH HOOD	1	Gore-Tex or comparable material	☐	4
8.	RAIN PONCHO	1	See-through / clear	☐	4
9.	RUNNING PANTS / LONG	2	Pants / trousers or long tights	☐	4
10.	WATERPROOF SHELL PANTS / TROUSERS	1	Gore-Tex or comparable material	☐	4
11.	SHELL MITTENS / GLOVES	1 pair	Textured rubber palms, taped seams	☐	4
12.	WOOL, FLEECE MITTENS, MICROFIBER / GLOVES	2 pairs	Two pairs so you have a backup	☐	5
13.	WARM HAT	2		☐	5
14.	CAP	1	With visor	☐	5
15.	BALACLAVA	1		☐	5
16.	GLACIER GOGGLES OR SKI GOGGLES	1	Suggest Full UV Protection, Anti-Fog Lenses, Side Shields (for glacier glasses)	☐	5
17.	SUNSCREEN	1	SPF 50+ and zinc oxide is best.	☐	6
18.	LIP SUNSCREEN	1	SPF 50+ and zinc oxide is best.	☐	6
19.	MOTION SICKNESS MEDICATION	4-day supply		☐	6
20.	HYDRATION SYSTEM	1.5L capacity		☐	6
21.	WHISTLE	1	Separate emergency whistle	☐	7
22.	ALCOHOL GEL	1	Minimum 60 ml / 2 fl oz	☐	7
23.	TOILET TISSUE / WET WIPES			☐	7
24.	WATERPROOF BAG LINER	1	30L minimum	☐	7

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FINAL EQUIPMENT LIST

	ITEM	QUANTITY	SIZE / NOTES	CHECK	PAGE
25.	FREEZE-DRIED MEALS	1 meal		☐	8
26.	ELECTROLYTES / SALT TABLETS	1-day supply		☐	8
27.	ENERGY BARS / GELS / SNACKS		No seeds or nuts	☐	8
28.	NUTRITION SUPPLEMENTS			☐	8
29.	PLASTIC CONTAINER	1	Approx. 30cm x 10cm x 10cm	☐	9
30.	EATING UTENSIL	1	Long handle	☐	9
31.	THERMOS	1	1L - 2L	☐	9
32.	WATERPROOF FOOD BAG	1	Approx. 20L	☐	9
33.	WATERPROOF DROP BAG	1	60L suggested	☐	9
34.	PARKA	1	Below the waist	☐	9
	ADDITIONAL EQUIPMENT	Suggested based on distance and individual.			10–14
	CASUAL CLOTHES FOR THE SHIP				14
	CLOTHING AND GEAR RENTAL	Rent a parka and other gear			15

You should plan to bring all the items listed in the Equipment Checklist. If requested, Event Manager Rob James will meet with each of you individually to advise on what to wear based on your expected distance each day.

Important: If you plan to eat anything while on shore, you *must* bring the Plastic Container to store your food, and all wrappers must be removed in advance.

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EQUIPMENT

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



☐ A 20-25L 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 (Fast Kumo 36 Fastpack, recommended by Women for Women)

2. RUNNING SHOES x 2 pairs



☐ Competitors should 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

3. SOCKS x 4



☐ *4 pairs are suggested.* 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 2



☐ An expedition weight warm top is suggested for protection against the elements. This shirt should 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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FINAL EQUIPMENT LIST

6. FLEECE / SYNTHETIC JACKET x 1



☐ One mid- to heavyweight fleece or synthetic jacket is suggested. 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 zodiacs.

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

8. RAIN PONCHO x 1



☐ One rain poncho is suggested 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 Brand: Coghlan's

9. RUNNING PANTS / LONG x 2



☐ At least one pair of pants / trousers or long tights is suggested. 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: Lululemon, CW-X, Salomon, Montane, Patagonia, CEP, 2XU

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 suggested to keep your hands dry. These are essential for the zodiacs.

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

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FINAL EQUIPMENT LIST

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



☐ Two pairs are suggested so that you have backup.

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

13. WARM HAT x 2



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

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

14. CAP x 1



☐ The sun in Antarctica is extremely strong, so a cap with a visor is suggested 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 suggested for warmth and protection. It is recommended to consider bringing 2. This is a lighter weight than the Neoprene Face Mask.

16. GLACIER GOGGLES OR SKI GOGGLES x 1





☐ Regular sunglasses are not sufficient. We suggest full UV protection, anti-fog lenses and side shields (for glacier glasses).

Popular Brands: Julbo, Smith Optics, Goodr, Oakley

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



- ☐ A minimum of 60 ml / 2 fl oz is suggested.

  NOTE: The sun is extremely strong in Antarctica, so we recommend bringing more than this. Choose a brand with high SPF (SPF 50) that is waterproof, sweat-proof, and non-greasy. It is recommended to bring the suggested amount in separate containers. Zinc oxide is highly recommended. Consider putting an SPF 50 on the bottom layer and a skin protector on top. Reapply every 2–3 hours, as cold air reduces longevity.

Popular Brands: Dermatone (30ml), Cancer Council SPF50, La Roche-Posay Anthelios UVMune 400 SPF50+, Badger SPF50, Badger Zinc Oxide

18. LIP SUNSCREEN x 1



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

Popular Brands: Dermatone, Aquaphor, Sun Bum, Blistex, EltaMD UV Lip Balm

19. 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.

20. HYDRATION SYSTEM x 1.5 Liters



- ☐ You should 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; they can also 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

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21. WHISTLE x 1



☐ To attract attention in case of an emergency. Note that many backpacks include a whistle on the buckle – these generally do not work. You should have a separate emergency whistle.

Popular Brands: RacingThePlanet Whistle, RacingThePlanet Flat Whistle, Windstorm

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



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

Popular Brand: Purell

23. 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.

24. WATERPROOF BAG LINER (30L) x 1



☐ The waterproof bag should 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 generally does not work sufficiently.

Popular Brands: Sea to Summit, RacingThePlanet Lightweight Dry Bag

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FOOD BAG (MUST LEAVE BY START/FINISH LINE)

FOOD SUPPLY

- ☐ Meals on the ship are provided, but you are responsible for your own food while on the course.
- ☐ You should consider bringing 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 appropriately as dictated by IAATO regulations.

25. FREEZE-DRIED MEALS



- ☐ You should 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)

26. 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

27. ENERGY BARS / GELS / SNACKS



- ☐ You may be on the course for a long period of time so you 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
Note: There are so many brands; just select something that works for you.

28. 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

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29. 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.

30. EATING UTENSIL x 1



☐ For eating food on shore. One is suggested. At least one should have a long handle.

Popular Brands: Light My Fire, Sea to Summit, Expedition Foods Unbreakable Spoon

31. 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

32. WATERPROOF FOOD BAG (20-30L) x 1



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

Popular Brand: Sea to Summit

DROP BAG (SHOULD LEAVE BY START/FINISH LINE)

33. WATERPROOF DROP BAG (60-65L suggested) x 1



☐ The waterproof bag will be used as a drop bag. A capacity of *60 litres* is suggested, as it is vital to keep its contents dry. Using a combination of smaller bags is not recommended. This must be a very sturdy and durable waterproof bag.

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

34. PARKA x 1



☐ The parka should be expedition weight with an attached and insulated hood. The length should preferably go below the waist.

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

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ADDITIONAL EQUIPMENT

We recommend you consider bringing the items listed below.

35. 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

36. GAITERS x 1



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

Popular Brand: Outdoor Research

37. 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

38. NEOPRENE FACE MASK x 1



☐ One neoprene face mask is suggested.

39. BUFF x 1



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

Popular Brand: Buff

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FINAL EQUIPMENT LIST

40. NOSE GUARD x 1



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

Popular Brand: Nozkon

41. DOWN MITTENS x 1



☐ Advisable to add more warmth.

Popular Brands: Montane, Mountain Hardwear, Outdoor Research

42. THERMAL UNDERWEAR x 2



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

Popular Brands: Icebreaker, Odlo, Smartwool

43. SPORTS BRA x 1



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

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

44. 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.

45. MICROFIBRE TOWEL x 1



☐ For cleaning, or to clean your glacier glasses or ski goggles.

Popular Brand: Sea to Summit

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46. 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 (e.g. Micropore)
- 1 x roll of elastic tape (e.g. 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.

47. 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 / Nurofen / 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.

48. WATERPROOF or ZIP-LOCK BAGS x 3



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

Popular Brands: Aloksak, Outdoor Research, Sea to Summit, RacingThePlanet TPU Pouch

49. 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

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FINAL EQUIPMENT LIST

50. 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

51. CAMERA x 1



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

52. iPHONE & HEADPHONES x 1





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

53. CHARGER x 1



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

54. 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.

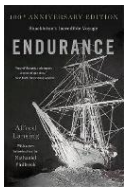
55. FLAGS



- ☐ Flags are popular for start and finish line photos.

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56. BOOK / MAGAZINE / KINDLE



- ☐ Bring reading material for downtime on the expedition ship.

57. PLAYING CARDS



- ☐ Bring cards for downtime on the expedition ship and while crossing the Drake Passage.

58. 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.

CASUAL CLOTHES FOR THE SHIP

59. 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.

60. EXTRA PAIR OF SHOES x 1



- ☐ Bring at least one pair of shoes to wear on the expedition ship or on shore 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 are mandatory to wear when you are on the zodiacs.
  - Running shoes
  - Ugg boots
  - Shoes that can be worn outside on shore or indoors
  - No sandals allowed

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

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CLOTHING AND GEAR RENTAL

Participants can rent waterproof jackets, pants, backpacks, Gore-Tex mittens, trekking poles, and other items.

This rental opportunity is provided by New Headings, LLC. New Headings, LLC, handles all orders and covers all questions regarding rental gear (T: 1·888·924·2050 or USA 1·203·924·2050).

Participants can place orders for pick up at the luggage meeting place at “Avenida Maipu 1210” in Ushuaia, Argentina on the day of embarkation. When passengers arrive at the meeting place to drop their luggage, they can find their rental gear parcel and try it on to make sure they fit.

Size exchanges will be available “on the spot” if necessary. The rental gear will then be loaded onboard the ship with the regular luggage.

At the end of the voyage, participants place their rental gear in a special luggage truck as they disembark the ship and the truck will return the gear to the rental office.

Should participants need any assistance once in Ushuaia, they can contact New Headings, LLC. at: WhatsApp +54 9 2901 600 177 (Pato Cornejo in Ushuaia); + 203 895 5964 (Mark LaMont in the USA). Website: https://oceanwide.newheadings.com

Email: pcornejo@ushuaiablanca.com.ar; mlamont@newheadings.com; pjohansen@newheadings.com.

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