THE LAST DESERT

(AND ULTRALITE) (ANTARCTICA) · 2026

EQUIPMENT LIST (FINAL)

13–23 NOVEMBER 2026 · USHUAIA, ARGENTINA

MANDATORY EQUIPMENT CHECKLIST

	ITEM	QUANTITY	SIZE / NOTES	CHECK	PAGE
1.	BACKPACK	1	20-32L recommended	☐	3
2.	WATERPROOF BAG	1	35L minimum	☐	3
3.	WATERPROOF DROP BAG	1	60L minimum	☐	3
4.	HYDRATION SYSTEM	2.5L capacity		☐	3
5.	RUNNING SHOES	2 pairs		☐	4
6.	KAHTOOLA MICROSPIKES	1 pair		☐	4
7.	GAITERS	1 pair		☐	4
8.	SOCKS	6 pairs	Waterproof recommended	☐	4
9.	LINER SOCKS	2 pairs		☐	4
10.	RUNNING PANTS / LONG	2	At least one pair is slightly thicker or two pairs together	☐	4
11.	WATERPROOF SHELL PANTS / TROUSERS	1	Gore-Tex or comparable material	☐	5
12.	LIGHT LONG SLEEVE TOPS	2		☐	5
13.	EXPEDITION WEIGHT LONG SLEEVE TOPS	2		☐	5
14.	FLEECE / SYNTHETIC JACKET	1	A minimum of Capilene 3 or similar and have long sleeves	☐	5
15.	WATERPROOF SHELL JACKET WITH HOOD	1	Gore-Tex or comparable material	☐	5
16.	DOWN PARKA	1	Below the waist is best	☐	6
17.	DOWN PANT / TROUSERS	1	Outer shell may be windproof and water resistant. Thick ski pants will suffice	☐	6
18.	RAIN PONCHO	1	No colour / transparent	☐	6
19.	WARM HATS	2		☐	6
20.	CAP	1		☐	6
21.	GLACIER GOGGLES	1	No more than 10% light transmission and have side covers	☐	6
22.	SKI GOGGLES	1	Must be dark with 100% UV & IR protection	☐	7
23.	BALACLAVA	1		☐	7

© Copyright RacingThePlanet Limited. All rights reserved.

FINAL EQUIPMENT LIST

	ITEM	QUANTITY	SIZE / NOTES	CHECK	PAGE
24.	NEOPRENE FACE MASK	1		☐	7
25.	GLOVE LINERS	1 pair		☐	7
26.	SHELL GLOVES	1 pair	Essential for the zodiacs	☐	7
27.	WOOL OR FLEECE MITTENS / GLOVES	1 pair		☐	7
28.	HEADLAMP & SPARE BATTERIES	1		☐	8
29.	RED FLASHING LIGHT	1		☐	8
30.	KNIFE / MULTI-TOOL	1		☐	8
31.	WHISTLE	1		☐	8
32.	MIRROR	1		☐	8
33.	SURVIVAL BIVVY BAG	1	Must be a bag!	☐	8
34.	COMPASS	1		☐	9
35.	SUNSCREEN	120ml	SPF 50+ and Zinc oxide is best.	☐	9
36.	LIP SUNSCREEN	2	SPF 50+ and Zinc Oxide is best.	☐	9
37.	MOTION SICKNESS MEDICATION	4-day supply	See recommendations	☐	9
38.	MEDICATION	7-day supply	See recommendations	☐	9
39.	BLISTER KIT	1	See min. requirements	☐	10
40.	COMPRESSION BANDAGE	1	7.5cm wide x 4.5m long	☐	10
41.	ALCOHOL GEL	60ml / 2 fl oz	Minimum	☐	10
42.	TOILET TISSUE / WET WIPES		See min. requirements	☐	10
43.	ELECTROLYTES / SALT TABLETS		See min. requirements	☐	11
44.	FOOD SUPPLY	5 meals	Minimum	☐	11
45.	WATERPROOF FOOD BAG	1	Approx. 20L food bag	☐	12
46.	PLASTIC CONTAINER	1	Appr. 30cm x 10cm x 10cm	☐	12
47.	EATING UTENSIL	1	Long handle	☐	12
48.	THERMOS	1	1L - 2L	☐	12
	OPTIONAL EQUIPMENT	Keep a minimum			13–16
	CASUAL CLOTHES FOR THE SHIP				16
	CLOTHING AND GEAR RENTAL	Rent a parka and other gear			17

You must have every mandatory item in the required quantity. Every item will be checked. Failure to have any item will result in a time penalty or you may not be allowed to start the race.

© Copyright RacingThePlanet Limited. All rights reserved.

FINAL EQUIPMENT LIST

MANDATORY EQUIPMENT

1. BACKPACK / RUCKSACK x 1



☐ Capable of carrying all the mandatory and any optional equipment that you choose to bring. A 25-32L backpack is optimal. There is no one backpack model that works for everyone but below are some popular options.

Popular Brands: Ultimate Direction, Osprey, Montane, OMM, RaidLight, WAA, UltrAspire, Gossamer Gear (Fast Kumo 36 Fastpack)

2. WATERPROOF BAG (35L) x 1



☐ The waterproof bag must be a *minimum of 35 liters* 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

3. WATERPROOF DROP BAG (60L – 65L) x 1



☐ The waterproof drop bag will be used as a drop bag and must be a *minimum of 60 liters* 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. This bag cannot be cloth.

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

4. HYDRATION SYSTEM x 1



☐ You must carry containers that can hold *2.5 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: A popular choice, but sometimes difficult to know how much fluid you have drunk; can also be difficult to fill quickly.
- Soft bottle: Platypus or Salomon, at least 1 liter in capacity.

Popular Brands: RacingThePlanet Trail Running Bottle, RacingThePlanet Essential Bottle, Platypus, Salomon, Ultimate Direction, Hydrapak, RaidLight

© Copyright RacingThePlanet Limited. All rights reserved.

FINAL EQUIPMENT LIST

5. RUNNING SHOES x 2 pairs



- ☐ Competitors must wear trail running shoes. Gore-Tex shoes are strongly recommended for The Last Desert 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.

Popular Brands: Hoka, La Sportiva, Salomon, Brooks, Saucony, Asics, Altra, Inov-8

6. KAHTOOLA MICROSPIKES x 1 pair



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

7. GAITERS x 1 pair



- ☐ Gaiters will help keep snow out of your shoes and your feet dry. Gore-Tex are recommended.

Popular Brands: Outdoor Research

8. SOCKS x 6 pairs



- ☐ You will need thicker socks to keep warm. Past racers have highly recommended Sealskinz socks which are waterproof.

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

9. LINER SOCKS x 2 pairs



- ☐ For warmth and protection. Compression socks can be used as sock liner.

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

10. RUNNING PANTS / LONG x 2



- ☐ At least two pairs 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: 2XU, Dynafit, Lululemon, CW-X, Salomon, Montane, On Running, Patagonia

© Copyright RacingThePlanet Limited. All rights reserved.

FINAL EQUIPMENT LIST

11. 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

12. LIGHT LONG SLEEVE TOPS x 2



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

Popular Brands: Montane, Marmot, Salomon, X-Bionic, Patagonia, Outdoor Research, Mountain Hardwear

13. EXPEDITION WEIGHT LONG SLEEVE TOPS x 2



☐ Two expedition weight warm tops are required for protection against the elements. These shirts must be a minimum of Capilene 3 or similar and have long sleeves.

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

14. FLEECE / SYNTHETIC JACKET x 1



☐ One mid- to heavy-weight fleece or synthetic jacket is required. A full zip version is easier to put on and has better ventilation than a full jumper.

Popular Brands: Montane, Marmot, Mountain Hardwear, Patagonia

15. 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.

© Copyright RacingThePlanet Limited. All rights reserved.

FINAL EQUIPMENT LIST

16. DOWN PARKA x 1




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

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

17. DOWN PANT / TROUSERS x 1



☐ To fit over the insulation layers. Outer shell may be windproof and water resistant.

Popular Brands: Arc'Teryx, Montane, Marmot, RAB, Mountain Hardwear, Patagonia, Helly Hansen, Outdoor Research, Mammut.

18. 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

19. WARM HATS x 2



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

Popular Brands: RacingThePlanet, Montane, Marmot, Mountain Hardwear, Patagonia, Sealskinz, Icebreaker, Buff

20. 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

21. 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, Valon (Heron Mountain), Vuarnet, Smith Optics, Goodr, Oakley

© Copyright RacingThePlanet Limited. All rights reserved.

FINAL EQUIPMENT LIST

22. SKI GOGGLES x 1



- ☐ Ski goggles must be dark with 100% UV & IR protection. A double lens is better as it prevents fogging. Consider carefully how you will prevent your goggles from fogging up during the race.

Popular Brands: Oakley, Julbo, Scott, Smith Optics, Goodr, Atomic

23. BALACLAVA x 1



- ☐ One balaclava is required for warmth and protection. This is a lighter weight than the neoprene face mask.

24. NEOPRENE FACE MASK x 1



- ☐ One neoprene face mask is required.

25. GLOVES LINERS x 1 pair



- ☐ One pair of thin wool or polypropylene glove liners.

Popular Brands: Black Diamond, Outdoor Research

26. SHELL GLOVES x 1 pair



- ☐ One pair of rubber or Gore-Tex gloves with internal lining. These are required to keep your hands dry. These are essential for the zodiacs. These are best if they are rubber on the outside, not Gore-Tex, which will get wet, especially on the zodiacs. However, Gore-Tex will suffice but is not a good option when riding on the zodiacs.

Popular Brands: Toolant, NRS, Sealskinz, Outdoor Research

27. WOOL OR FLEECE MITTENS / GLOVES x 1 pair



- ☐ Note: These gloves are for backup.

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

© Copyright RacingThePlanet Limited. All rights reserved.

28. HEADLAMP & SPARE BATTERIES x 1



☐ Competitors are required to carry a headlamp. You must also bring spare batteries.

Popular Brands: Petzl, Black Diamond

29. RED FLASHING LIGHT x 1



☐ The red flashing light is required in addition to your headlamp. This is to be attached to your backpack and switched on when visibility is low.

Popular Brand: RacingThePlanet Flashing LED Trail Running Safety Light

30. KNIFE / MULTI-TOOL x 1



☐ A small knife / multi-tool has multiple uses during the race. Scissors will not fulfil this requirement.

Popular Brands: Leatherman, Victorinox

31. 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

32. MIRROR x 1



☐ To attract attention in case of emergency. Reflect the sun off the mirror to draw attention to your location.

Popular Brand: Coghlan's

33. 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.

Popular Brands: RacingThePlanet Emergency Bivvy, Adventure Heatsheets Emergency Bivvy, SOL Emergency Bivvy with Rescue Whistle,

© Copyright RacingThePlanet Limited. All rights reserved.

FINAL EQUIPMENT LIST

34. COMPASS x 1



☐ Any model is adequate; however, a compass as a part of a watch is not sufficient. Note: There is no navigation in the race. The compass is an emergency gear item.

Popular Brand: Silva

35. SUNSCREEN (120 ml) x 1



☐ A minimum of 120 ml is required.

Note: The sun is *extremely* strong in Antarctica, so we recommend bringing more than this. Choose a brand with high SPF (50SPF) that is waterproof, sweat-proof, and non-greasy. It is recommended to bring the required amount in separate containers. Zinc oxide is highly recommended. Consider putting an SPF50 on bottom layer and skin protector on top. Reapply every 2-3 hours as cold air reduces longevity.

Popular Brands: Dermatone (30ml, you will need four tubes to meet the requirement), Cancer Council SPF50, La Roche-Posay Anthelios UVMune 400 SPF50+, Badger SPF50, Badger Zinc Oxide

36. LIP SUNSCREEN x 2



☐ Lips are easily chapped and burned in Antarctica. A minimum SPF 30 and two tubes are required.

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

37. 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.

38. MEDICATION x 1



☐ Bring an adequate *7-day supply (at least 12 mild pain relief pills)* 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.

© Copyright RacingThePlanet Limited. All rights reserved.

39. BLISTER KIT x 1





☐ The following list is a minimum requirement. 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 six Stages. If you do not bring enough supplies, you could be at risk of developing more severe blisters that could jeopardise 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.

40. COMPRESSION BANDAGE x 1



☐ The minimum size requirement *is 7.5 cm / 3 in wide x 4.5 m / 14 ft long* (6 cm /2.4 inches in diameter). The compression bandage can be used for strapping an ankle / knee, slinging an arm injury, bandaging a lesion or head wound to prevent bleeding, etc.

Popular Brands: Smith & Nephew

41. ALCOHOL GEL (60 ml) x 1



☐ A minimum of *60 ml* is required. Alcohol wipes cannot replace alcohol gel, but you may choose to carry both. Hand gel is more effective than hand spray.

Popular Brands: Purell

42. 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.

© Copyright RacingThePlanet Limited. All rights reserved.

FOOD BAG

43. ELECTROLYTES / SALT TABLETS (6-Day Supply)



- ☐ Maintaining your body's electrolyte balance is critical for a safe race. It is strongly recommended to bring a mixture of electrolyte tablets AND electrolyte drink powders. *You must bring a minimum of:*
  - Enough powder to make a minimum of 30 liters of drink; OR
  - Enough salt tablets / Endurolytes for 30 hours on the course (usually minimum is 1.5 tablets per hour=45 tablets); OR
  - A combination of both, e.g., powder for 15 liters of water and tablets for 30 hours on the course.
- ☐ If you expect to spend more than 30 hours on the course, then you should increase this accordingly. It is vital that you test your electrolyte plan during your training and follow the amounts recommended on the packets.

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

44. FOOD SUPPLY

- ☐ Meals on the ship are provided, but you are responsible for your own food while on the course.
- ☐ You must also bring *five* freeze-dried meals 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*.

Freeze-Dried Meals



- ☐ You must bring five freeze-dried meals.

  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) (expeditionfoods.com)

Energy Bars / Gels / Snacks



- ☐ You may be on the course for long periods 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. For gels, considering using a plastic flask.

Popular Brands: Clif, GU, Hammer Bars & Gels, Honey Stinger, Nakd. Note: there are so many brands, just select something that works for you.

© Copyright RacingThePlanet Limited. All rights reserved.

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

45. WATERPROOF FOOD BAG 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 Brands: Sea to Summit

46. 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.

47. 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, RacingThePlanet Unbreakable Spoon, Expedition Foods Unbreakable Spoon

48. THERMOS x 1



☐ Bring a thermos that stays warm for 24 hours. A size of 1 – 2 liters 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

© Copyright RacingThePlanet Limited. All rights reserved.

OPTIONAL EQUIPMENT

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

49. BUFF x 1



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

Popular Brands: Buff

50. TREKKING POLES x 1 pair



☐ Useful in the deeper snow. Make sure the poles have baskets on end, like the ones used for skiing. Highly recommended.

Popular Brands: Black Diamond, Leki, RaidLight

51. DOWN MITTENS x 1



☐ Advisable to add more warmth.

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

52. HAND & TOE WARMERS x 1





☐ 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.

53. NOSE GUARD x 1



☐ A nose guard attaches to glacier glasses to protect your nose in high UV conditions. As worn by mountaineers on Mt. Everest.

Popular Brands: Nozkon

© Copyright RacingThePlanet Limited. All rights reserved.

FINAL EQUIPMENT LIST

54. THERMAL UNDERWEAR x 2



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

Popular Brands: Icebreaker, Odlo, SmartWool

55. SPORTS BRA x 3



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

Popular Brands: CW-X, Lululemon, Brooks, Sweaty Betty, On

56. WATERPROOF / ZIP-LOCK BAGS x 3



☐ Pack your food and small items in zip-lock bags. For valuable items (i.e., cameras & passports), you may consider waterproof bags.

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

57. 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

58. TOWEL x 1



☐ For cleaning off and to use to wipe your glacier glasses and / or ski goggles. Highly recommended.

Popular Brand: Sea to Summit

59. 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

© Copyright RacingThePlanet Limited. All rights reserved.

FINAL EQUIPMENT LIST

60. CAMERA x 1



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

61. PHONE & HEADPHONES x 1



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

62. 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. Note: Powerbanks are strictly regulated on airplanes with most requiring your powerbank to be placed in your front seat pocket.

63. 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.

64. FLAGS



☐ Flags are popular for start and finish line photos.

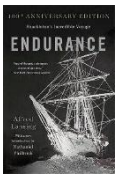
65. SOUVENIRS



☐ Souvenir items.

Popular Brands: The Last Desert Round Patch, The Last Desert Rugby Shirt

66. BOOK / MAGAZINE / KINDLE



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

© Copyright RacingThePlanet Limited. All rights reserved.

67. PLAYING CARDS



☐ Bring cards to play while on the ship.

68. TRAINING BOOKS / MAPS



☐ Materials to prepare for and read during the expedition. Consider bringing a map of Antarctica to have signed by the ship captain.

CASUAL CLOTHES FOR THE SHIP

69. CASUAL CLOTHES FOR THE SHIP x 1



☐ 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.

**Closed shoes are required to be worn when moving around the ship.

70. WINTER BOOTS x 1



☐ Consider for warmth and around the ship when you are not on the course.

Popular Brands: Sorel Caribou, Columbia, UGG

© Copyright RacingThePlanet Limited. All rights reserved.

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.

RACINGTHEPLANET STORE

Some items are available at the RacingThePlanet Store and Expedition Foods. The Last Desert competitors get a discount at both stores. Email info@racingtheplanet.com for the discount code.

Note that we are not able to ship to all countries.

© Copyright RacingThePlanet Limited. All rights reserved.