



# THE LAST DESERT (ANTARCTICA) 2024

## PRELIMINARY EQUIPMENT LIST

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## PRELIMINARY EQUIPMENT LIST

You must have every mandatory item in the required quantity. Every item will be checked at race check-in. 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 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 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:** OMM, Ultimate Direction, Osprey, RaidLight, WAA, UltrAspire, Gossamer Gear (Recommended by Women for Women (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. SLEEPING BAG (0°C/32°F) x 1



- ☐ The minimum requirement combination of sleeping bag plus bag liner is **-9°C/15°F** (comfort rating). Note: See the optional equipment list below for details on [Bag Liners](#) which can add up to 6°C/10°F to the rating of your sleeping bag. Two (2) x sleeping bags to 0°C/32°F will meet this requirement.

**Popular Brands:** Sea-to-Summit, Marmot, Western Mountaineering, Mountain Hardwear

### 4. WATERPROOF BAG (60L) 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



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## PRELIMINARY EQUIPMENT LIST

### MANDATORY EQUIPMENT

#### 5. SLEEPING PAD x 1



- ☐ One sleeping pad is required to take onto shore in your drop bag. Two sleeping pads are recommended for additional protection from the cold ground. A regular size provides added comfort and warmth.

**Popular Brands:** Sea-to-Summit, Therm-a-Rest

#### 6. 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.
  - **Softbottle:** Platypus or Salomon, at least 1 liter in capacity

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

#### 7. RUNNING SHOES x 2 pairs



- ☐ Competitors must wear trail shoes. Gore-Tex shoes are strongly recommended for The Last Desert as they are waterproof. Two pairs of trail shoes is required. Consider buying your shoes one to two sizes larger than you would normally wear to account for additional layers of socks.

**Popular Brands:** Hoka One One, Inov-8, Salomon, Brooks, Asics, Altra

#### 8. 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.

**Popular Brands:** Kahtoola Microspikes

#### 9. GAITERS x 1



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

**Popular Brands:** Outdoor Research



# THE LAST DESERT (ANTARCTICA) 2024

## PRELIMINARY EQUIPMENT LIST

### 10. SOCKS x 4



- ☐ **10 pairs are recommended** to allow a dry pair for each day but only 4 pairs are compulsory. You will need thicker socks to keep warm. Past racers have highly recommended Sealskinz socks which are waterproof.

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

### 11. LINER SOCKS x 3



- ☐ 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.

### 12. RUNNING PANTS / LONG x 3



- ☐ At least three 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, Lululemon, CW-X, Salomon

### 13. 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

### 14. LIGHT LONG SLEEVE TOPS x 3



- ☐ Three tops made of quick dry material to be worn as base layers. It is **recommended to bring more than three tops** to ensure that you always have a dry option.

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



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## PRELIMINARY EQUIPMENT LIST

### MANDATORY EQUIPMENT

#### 15. EXPEDITION WEIGHT LONG SLEEVE TOPS x 3



- ☐ Three 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, Marmmut, Mountain Hardwear, Marmot, Patagonia

#### 16. 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. It is **recommended to bring more than one**. Your souvenir jacket will suffice for this mandatory item.

**Popular Brands:** Montane, Marmot, Mountain Hardwear, Patagonia

#### 17. WATERPROOF SHELL JACKET WITH HOOD x 1



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

**Popular Brands:** Montane, Marmot, Outdoor Research, Patagonia, Mountain Hardwear

#### 18. DOWN 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 Hanson, Outdoor Research, Marmmut

#### 19. 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



# THE LAST DESERT (ANTARCTICA) 2024

## PRELIMINARY EQUIPMENT LIST

### MANDATORY EQUIPMENT

#### 20. 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.**

#### 21. 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

#### 22. 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

#### 23. 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

#### 24. 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



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## PRELIMINARY EQUIPMENT LIST

### MANDATORY EQUIPMENT

#### 25. 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.

#### 26. NEOPRENE FACE MASK x 1



- ☐ One neoprene face mask is required.

#### 27. GLOVES LINERS x 1 pair



- ☐ One pair of thin wool or polypropylene glove liners.  
**Popular Brands:** Black Diamond, Outdoor Research

#### 28. SHELL GLOVES x 1 pair



- ☐ One pair of rubber 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 over time, and have an internal lining.

**Popular Brands:** Toolant, NRS, Sealskinz

#### 29. WOOL OR FLEECE MITTENS / GLOVES x 1 pair



- ☐ NOTE: These gloves are for backup.

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





# THE LAST DESERT (ANTARCTICA) 2024

## PRELIMINARY EQUIPMENT LIST

### MANDATORY EQUIPMENT

#### 30. HEADLAMP & SPARE BATTERIES x 1



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

Popular Brands: Petzl, Black Diamond

#### 31. 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](#)

#### 32. 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

#### 33. 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: [RacingThePlant Whistle](#), [RacingThePlanet Flat Whistle](#), Windstorm

#### 34. 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](#)

#### 35. 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,





# THE LAST DESERT (ANTARCTICA) 2024

## PRELIMINARY EQUIPMENT LIST

### MANDATORY EQUIPMENT

#### 36. 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](#)

#### 37. 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. It is recommended to bring the required amount in separate containers.

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

#### 38. LIP SUNSCREEN x 1



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

Popular Brand: Dermatone, Carmex, Chapstick

#### 39. 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.

#### 40. 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 / 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.



# THE LAST DESERT (ANTARCTICA) 2024

## PRELIMINARY EQUIPMENT LIST

### MANDATORY EQUIPMENT

#### 41. 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 7 days. 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.

#### 42. 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](#)

#### 43. 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, but you may choose to carry both. Hand gel is more effective than hand spray.

Popular Brands: [Purell](#)

#### 44. 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.



# THE LAST DESERT (ANTARCTICA) 2024

## PRELIMINARY EQUIPMENT LIST

### MANDATORY EQUIPMENT

#### 45. ELECTROLYTES / SALT TABLETS (7-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 15 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

#### 46. FOOD SUPPLY

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

You must also bring **six** 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 6 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) ([www.expeditionfoods.com](http://www.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.

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



# THE LAST DESERT (ANTARCTICA) 2024

## PRELIMINARY EQUIPMENT LIST

### MANDATORY EQUIPMENT

#### 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

#### 47. WATERPROOF BAG 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

#### 48. 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.

#### 49. 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](#)

#### 50. 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



# THE LAST DESERT (ANTARCTICA) 2024

## PRELIMINARY EQUIPMENT LIST

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

### OPTIONAL EQUIPMENT

#### 51. BIVVY x 1



- ☐ There is a chance that we will spend one night camping on the Antarctic mainland. A waterproof bivy is recommended to keep warm on this evening. Single-wall bivy designs save weight by eliminating the need for a tent canopy, poles and fly.

Popular Brands: Marmot Cold Weather Outdoor Bivy

#### 52. SLEEPING BAG LINER x 1



- ☐ Sleeping bag liners are a great way to add additional warmth to lightweight sleeping bags. Most bag liners add approximately 6°C/10°F. **This can be used towards your sleeping bag rating.**

Popular Brands: Sea-To-Summit

#### 53. WINTER BOOTS x 1



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

Popular Brands: Sorel Caribou, Columbia, UGG

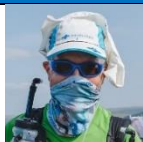
#### 54. SNOWSHOES x 1



- ☐ To be used for extra traction on the course. The ship provides snowshoes so only if you already have a pair and are an expert with snowshoes should you consider bringing this item.

Popular Brands: Kahtoola

#### 55. BUFF x 1



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

Popular Brands: [RacingThePlanet High UV Protection Buff](#), Buff

#### 56. TREKKING POLES x 1



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

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



# THE LAST DESERT (ANTARCTICA) 2024

## PRELIMINARY EQUIPMENT LIST

### OPTIONAL EQUIPMENT

#### 57. DOWN MITTENS x 1



- ☐ Advisable to add more warmth.

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

#### 58. 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.

#### 59. NOSE GUARD x 1



- ☐ A nose guard attaches to glacier glasses to protect your nose in high UV conditions. Like what mountaineers on Mt. Everest wear.

**Popular Brands:** Nozkon

#### 60. 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

#### 61. 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

#### 62. WATERPROOF / SAND-PROOF BAGS, 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](#)



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## PRELIMINARY EQUIPMENT LIST

### OPTIONAL EQUIPMENT

#### 63. 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

#### 64. TOWEL x 1



- ☐ For cleaning off.

**Popular Brands:** [The Rough Country Lite Towels](#), Sea-To-Summit Pocket Towel, [Sea To Summit Travel Drylite Towel Antibacterial](#)

#### 65. TOOTHBRUSH & TOOTHPASTE x 1



- ☐ A small-sized travel toothbrush is recommended.

**Popular Brand:** Toob Brush

#### 66. 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

#### 67. CAMERA x 1



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

#### 68. iPhone & HEADPHONES x 1



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





# THE LAST DESERT (ANTARCTICA) 2024

## PRELIMINARY EQUIPMENT LIST

### OPTIONAL EQUIPMENT

#### 69. 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.

Popular Brands: Powertraveller

#### 70. FLAGS



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

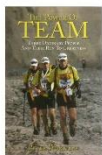
#### 71. SOUVENIRS



- ☐ Souvenir items.

Popular Brands: [4 Deserts Cap](#), RacingThePlanet Cap, [The Last Desert Round Patch](#), [The Last Desert Rugby Shirt](#)

#### 72. BOOK / MAGAZINE / KINDLE



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

#### 73. PLAYING CARDS



- ☐ Bring cards to play while on the ship.

#### 74. 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.