



ANTARCTIC PENINSULA ADVENTURE CRUISE SKI MOUNTAINEERING GEAR LIST

We do not provide ski/splitboard gear rentals and suggest you contact your local gear shop should you need to rent any equipment. We have a limited number of Avalanche gear rentals (beacon, shovel, probe) available, please contact us for rentals. Examples of gear is linked in [blue](#). **PLEASE NOTE: You need a brand new pair of skins for use in Antarctica. We recommend bringing your existing pair for use in Ushuaia and keeping your new pair packed until we arrive in Antarctica. THIS IS MANDATORY IN ORDER TO SKI.**

Ski Equipment

- [AT Skis](#)/Splitboard – approximately 90-106mm under foot is recommended for skis
- [Skins](#) – trimmed to fit skis/board
 - **YOU MUST HAVE A BRAND NEW PAIR OF SKINS FOR USE IN ANTARCTICA**
- Ski/Snowboard Boots
- Poles
- Skiing backpack – 35-40 liters
- [Ski crampons](#) – fit to ski width and binding
- [Boot crampons](#)
- [Ice axe](#) – 45-50cm, lightweight
- [Lightweight ski harness](#)
- Triple action carabiner

Avalanche Safety Gear

- [Avalanche Transceiver](#) – 457kHz with fresh batteries, plus spare set
- [Probe](#)
- [Shovel](#)

Avalanche Safety Gear Rentals

Avalanche Package I: Black Diamond/Mammut Probe, Transfer Shovel, and Beacon, \$180 rental for duration of expedition.

Miscellaneous

- 1 or 2 one-liter water bottles
- [Sunglasses](#)
- [Goggles with light & dark lenses](#)
- [Sunscreen – 30+ SPF](#), use code ICEAXE30
- [Lip balm – 30+ SPF](#), use code ICEAXE30
- UGG Boots, Crocs, or other comfortable shoes for aboard ship
- Street clothes
- Personal toiletries

SKI MOUNTAINEERING GEAR LIST

Clothing

- [Shell jacket – waterproof/Gore-tex](#)
- [Shell pants – waterproof/Gore-tex](#)
- [Insulated “puffy” jacket](#)
- **Base layers**
- **Socks**
- **Gloves – medium weight**
- **Gloves – light weight**
- **Wool or fleece beanie/hat**
- **Sun hat – with visor/baseball cap**
- **Buff**
- **Swimsuit – for polar plunge!**

This is a recommended optimum layering system. Certain items may be substituted but a combination of layers should equal the recommended list for warmth, moisture wicking, wind and precipitation resistance, weight and packability.

Travel

- **Charging cords**
- **Power Converter/adaptor**
- **Passport**
- **Cash/credit cards**

Optional

- **Helmet**
- **Tupperware/food container/Stasher bag**