



ICE AXE EXPEDITIONS

ANTARCTIC PENINSULA ADVENTURE CRUISE SNOWSHOE TREKKING GEAR LIST

Please contact Ice Axe with any questions. We do not provide snowshoe 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.

Trekking Equipment

- Snowshoes
- Poles
- Skiing backpack – 35-40 liters
- [Ice axe – 45-50cm, lightweight](#)
- [Lightweight ski harness](#)
- [Locking carabiners, 2x](#)

Avalanche Safety Gear

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

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.

Avalanche Safety Gear Rentals

Avalanche Package I: Black Diamond 230 Probe, Black Diamond Transfer Shovel, Mammut Barryvox S Beacon, \$180 rental for duration of expedition.

Miscellaneous

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

Travel

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