

Antarctica Marathon Clothing & Gear Checklist

Recommended

- Winter Parka
- Synthetic under-layer tops and bottoms (2 or 3 sets)
- Goretex or similar outer-layer
- Rain gear/ waterproof slicker with pants
- Water resistant gloves insulated to about 0F/-18C
- Running shorts/T-shirts for a run in BA
- Socks (wool for landings/synthetic for running)
- Underwear
- Running shoes – water resistant trail recommended
- Jeans/khakis and warm clothing
- Toiletries/pharmaceuticals/Dramamine
- Medium size day-pack for landings and race day
- Electrolyte drink or GU type carbohydrate replacement
- Water bottles (3) - (you may be able to buy some in Ushuaia)
- Camera with battery charger
- Electronic adapters/converters for European outlets and power
- Sunglasses
- Balaclava to protect face from wind
- Stocking hat for warmth and race
- Sense of humor and spirit of adventure

Optional

- Ski or glacier goggles
- Plastic bags for wet clothing
- Wool gloves with open fingers for photo shooting
- Binoculars
- Dry-bags for cameras and other valuables

Expected temperatures:

Buenos Aires – 70-90F/20-32C

Antarctica – 0-35F/-18-2C

Ushuaia – 45-60F/7-16C