






Wharton Antarctica 2018/2019 Leadership Venture

Vertical - Recommended Gear List

Upper Body Layers				
Layer clothing combining different garments in order to achieve proper thermoregulation. Avoid cotton when purchasing as this material is a poor insulator when wet.				
Item	Item	Comments	#	Purchase-Price
	Base layer T-shirt.	Mid-weight underwear top made of wool, synthetic, or Capilene®. No Cotton. One t-shirt can be used for trekking and another t-shirt can be saved for the end of the expedition as a clean item of clothing	2	\$20 - \$30
	Base Layer (Mid-Weight)	Mid-weight underwear top made of wool, synthetic, or Capilene®. No Cotton.	2	\$40 - \$60
	Middle Layer (Fleece Pullover)	Polyester fleece pullover/expedition weight top of Polartec 200. It is great to have pit zips to allow for ventilation.	1	\$50 - \$60
	Top Layer Down Jacket	Should fit comfortably over top your base and middle-layers and fit comfortably underneath your rain jacket. It's a great investment.	1	\$170 - \$190
	Rain Jacket	A sturdy, roomy waterproof jacket with a hood. Some examples of waterproof brands are HyVent, H2No, Precip and Gore-Tex. Look for one with pit zips.	1	\$120 - \$150






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Lower Body Layers				
For this expedition, you will need 1-2 synthetic insulating layers (an under layer and a thicker pair of fleece pants. All layers must fit comfortably over each other. If you tend to get cold easily, add a middle layer between the base layer and fleece pants.				
Item	Item	Comments	#	Purchase-Price
	Base Layer (Mid-Weight Synthetic)	Mid-weight bottoms of high performance, polyester, polypropylene, ZeO2 or Capilene®. Cotton and cotton blends are not acceptable.	3	\$20 - \$45
	Expedition level Fleece mid-layer	Can be worn alone or over top your base layer. They are great for around camp or to sleep in.	1	\$35 - \$60
	Rain Pants / Waterproof Cover	Again, these pants should fit comfortably over all lower body layers. Side zippers allow the pants to be put on over boots. Must be waterproof. Some examples of waterproof brands are HyVent, H2No, Precip and Gore-Tex. Skiers tend to already have a pair.	1	\$30 - \$75
	Sports Bra for Women	Bras must be silk or synthetic. The wicking/quick dry fabric is essential for the transfers of moisture away from your skin to the exterior of the bra where it will evaporate quickly.	3	\$20 - \$35
	Briefs	Men should purchase synthetic material briefs. Women can wear what's comfortable; cotton, silk, or synthetics are fine.	3	\$20 - \$30
Head, Neck & Hand Layers				

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	Baseball Cap	Important to protect ears and face from the sun. Can be cotton. The brim should have a dark colored underside so as not to reflect more light into your eyes.	1	\$15-\$20
	Wool or Fleece Hat	A hat ("toque") that will keep your head warm. Polartec is suggested.	1	\$15 - \$20
	Balaclava	A balaclava will help keep most of your face and neck warm. This may be too warm if you tend to hike hot, but you should have something to at least cover your neck (see neck gaiter below).	1	\$20 - 40\$
	Neck Gaiter	To protect your neck from wind and sun. The Buff brand is sufficient.	2	\$20 - \$30
	Liner Gloves	Lightweight. Wool or synthetic (fleece).	1	\$10 - \$20






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	Polartec WindStoper Gloves	For versatile performance while backpacking, this lightweight Windstopper® fleece glove offers midweight warmth while blocking the wind	1	\$40-\$60
	Windproof Gloves	Windproof and warm. If they are waterproof as well, that helps as it can rain.	1	\$45 - \$80
Sleeping Gear				
Item	Item	Comments	#	Purchase-Price
	SLEEPING BAG PROVIDED	We suggest a 0 degree F bag. If you have a bag close enough, consider purchasing a liner bag which can add several degrees of comfort. Can be down or synthetic. If you know your body gets cold, you should get a warmer bag.	1	\$130 - \$150
	Compression Sack	Use this to compact your sleeping bag to help with space in your backpack.	1	\$20 - \$30
	Inflatable Mattress & Stuff Sack	We highly recommend self-inflating sleeping mattresses. Thermarest and NEMO are great brands.	1	\$50 - \$120




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	Plastic Trash Bags	2-3 Heavy duty lawn and garbage bags (33 gallon) help waterproof your sleeping bag and backpack.	3	\$0,5 - \$1,0
Backpack				
Item	Item	Comments	#	Purchase-Price
	BACKPACK PROVIDED	75 to 90 liters backpack . This will contain all of your gear and will also need to fit group gear (food, tents, and cooking gear). If you are purchasing a new backpack, you may wish to get one with a detachable top that can be worn around your waist. This can be worn during any day hikes when you do not have much gear to carry	1	\$200 - \$300
	Stuff Sacks	Small Nylon or mesh sacks for organizing items in your pack. Ziploc bags work as well.	5	\$4 - \$15 each

Boots and Socks				
Item	Item	Comments	#	Purchase-Price
	Boots Alternative 1	Sturdy leather waterproof backpacking boots with good ankle support or light mountaineering boots with good ankle support. We recommend Keen Summit County or similar. This boot will serve you well for future hikes and backpacking travel.	1	\$180 - \$250

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	PREFERED BOOTS	<p>The best option are the Muck Boots Arctic Sport or similar. These keep you quite dry and warm at all times. However they breath less so bring an extra pair of socks. Also they might have less future use for you unless you live in a cold northern climate.</p> <p>You must choose between alternative 1 or 2 for your main footwear. We do not recommend bringing both for this would be to bulky and heavy.</p>	1	\$100 - \$200
	Camp shoes	Additional shoes for around camp. Could be mid-cut (over your ankles) or with a lower cut.	1	\$35 - \$60
	Gaiters	Important to keep rain, mud, or rocks out of the top of your boots.	1	\$30 - \$50
	Wool Socks	Heavy wool or wool/polypropylene blend.	3 pairs	\$15 - 25\$
	Liner Socks	Lightweight wool, polypropylene or Capilene® "wick dry" socks. You will need at least 2 pairs if you are using a liner sock/wool sock combination.	3 pairs	\$7 - \$20
Miscellaneous				
Item	Item	Comments	#	Purchase-Price







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	<p>Insulated Thermos</p>	<p>20 oz. insulated thermos with a locking lid for hot drinks. Klean Kanteen and Hydro Flask are great brands</p>	<p>1</p>	<p>\$15 - \$30</p>
	<p>Water Bottle</p>	<p>2 Wide-mouth 16 oz. or 32 oz. sized plastic bottles such as the Nalgene® brand</p>	<p>2</p>	<p>\$10 - \$15</p>
	<p>Bowl and utensils</p>	<p>A bowl with a snap-on lid for meal and Light My Fire Spoon/Fork/Knife combinations work well, but can easily break. Lexan spoons are light and durable. Bamboo spoons also work great.</p>	<p>1</p>	<p>\$10 - \$15</p>
	<p>Head lamp</p>	<p>Make sure it's durable and lightweight. Keep in mind that Antarctica summer has no real night, however in case of an emergency its a must item. This is also a very used item for post venture travel.</p>	<p>1</p>	<p>\$30 - 60\$</p>
	<p>Sunscreen</p>	<p>A 3 to 6 ounce tub of sun screen with SPF 30 or greater.</p>	<p>1</p>	<p>\$8 - \$15</p>
	<p>Small Absorbent Towel</p>		<p>1</p>	<p>\$8 - \$12</p>







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	Toiletries	Toothbrush, toothpaste, comb, brush, skin lotion, tampons or diva cup. Travel sizes are enough.	1	
	Personal First Aid Kit	While you do not need to bring a full first aid kit, you should have at minimum a blister kit - including second skin and hand warmers.	1	\$15 - \$25
	Multi-knife	Swiss Army Knife or pen knife. Remember to keep this in your checked bag when flying.	1	\$30 - \$45
	Watch	A watch with an alarm is necessary for waking up each day. Cell phone batteries will not stay charged given the cold temperatures.	1	-
	Notepad and pencil	A small, lightweight notepad is fine for taking notes.	1	\$5
	Hand sanitizer		1	\$2





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	Trekking Poles	A sturdy telescoping pole for easy packing.	1pair	\$50 - \$85
	Sunglasses	Any good quality sunglasses with 100% UV will work fine. If you wear prescription lenses and have limited vision without them, bring your own prescription sunglasses or purchase clip-on polarized shades. Lenses should be dark and block 100 percent Ultra Violet. Julbo, Smith, Suncloud, and Oakley are good brands	1pair	\$50 - \$150
	Chums	Chums or Croakies are great for keeping track of your sunglasses or glasses.	1	\$5
	Ski Goggle	Ski Goggles can be useful in combination with sunglasses for full face coverage. Please bring these to use on windy days.	1	\$40 - \$100

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