

## **Recommended Packing List**

### **RUNNING GEAR**

#### **Body**

Base layer  
Mid layer for insulation  
Windproof outer shell

#### **Hands**

Light Running Gloves

#### **Head & Neck**

Balaclava/Facemask /neck gaiter  
Beanie  
Sunglasses or ski goggles

#### **Legs**

Base layer  
Outer Shell

#### **Feet**

Wool socks  
Sock Liners  
Trail Shoes  
\*You may need ½ size bigger shoes since you will be wearing thicker socks during the race.  
Toe/Feet warmers

Water bottles, Gels and whatever you usually use for fuel. Ziploc bags for your trash.

### **Antarctic Clothing & Other Items**

#### **0 to -20F sleeping bag**

#### **Mattress Pad Recommended**

Duffel Bag  
Windproof/waterproof pants & jacket  
Thermal Base layer-upper body & legs  
Long sleeve wool or fleece tops  
Wool socks  
Insulated boots  
Inner thermal fleece gloves PLUS outer glove or mitts (waterproof)  
Sunscreen  
Lip balm  
Water bottle  
Toiletries  
Personal medications

The weather in Punta Arenas is unpredictable.

It could be in the high 50's low 60's. Expect high winds and maybe rain.