



THE LAST DESERT (ANTARCTICA) 2024

EQUIPMENT LIST

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EQUIPMENT LIST

You must have every mandatory item in the required quantity. Every item will be checked at race check-in. Failure to have any item will result in a time penalty or you not being allowed to start the race.

NOTE: The link on each item will take you all relevant options that are available from the [RacingThePlanet Store](#). You can also search using the tag #antarcticagear + mandatory or optional equipment item (for example, if you are searching for a sleeping bag, put #antarcticagear #sleepingbag)

MANDATORY EQUIPMENT



QTY: 1

BACKPACK / RUCKSACK

Capable of carrying all the Mandatory and Optional Equipment. A 25-30L backpack is optimal. Note: There is no one backpack model that works for everyone.

Popular Brands: OMM Classic Marathon 25L (670g) & 32L (700g), Osprey Talon 33 (899g), Ultimate Direction, Raidlight



QTY: 1

WATERPROOF BAG (35L)

The waterproof bag must be a **minimum of 35 litres** in size. There is a chance of light rain and snow, and it is vital to keep the contents of your backpack dry. Using a combination of smaller bags does not fulfil this requirement.

Popular Brands: Sea to Summit, Outdoor Research, Sealine



QTY: 1

SLEEPING BAG (-9°C/15°F)

The minimum requirement combination of sleeping bag plus bag liner is **-9°C/15°F** (comfort rating). Note: See the optional equipment list below for details on [Bag Liners](#) which can add up to 6°C/10°F to the rating of your sleeping bag. Two (2) x sleeping bags to 0°C/32°F will meet this requirement.

Popular Brands: Marmot, Western Mountaineering, Mountain Hardwear, Marmot, Big Agnes



QTY: 1

WATERPROOF BAG (60L)

The waterproof bag will be used as a drop bag and must be a **minimum of 60 litres** in size as it is vital to keep its contents dry. Using a combination of smaller bags does not fulfil this requirement. This must be a very sturdy and durable waterproof bag.

Popular Brands: Outdoor Research, Sea to Summit, NRS, Ortlieb, Sealine



QTY: 1

SLEEPING PAD

One sleeping pad is required to take onto shore in your drop bag. Two sleeping pads are recommended for additional protection from the cold ground. A regular size provides added comfort and warmth.

Most Popular: Sea To Summit Comfort Light Insulated, Therm-a-Rest NeoAir Xlite, Therm-a-Rest Z Lite SOL, Sea To Summit Comfort Plus Self-Inflating



QTY: 1

HEADLAMP & SPARE BATTERIES

Competitors are required to carry a headlamp. You must also bring spare batteries.

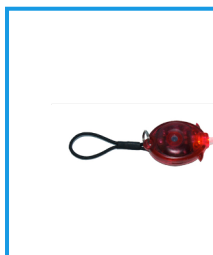
Most Popular Brands: Petzl, Black Diamond.



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EQUIPMENT LIST

MANDATORY EQUIPMENT

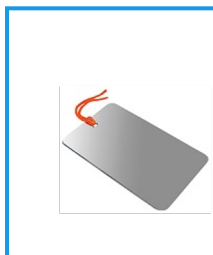


RED FLASHING LIGHT

The red flashing light is required in addition to your headlamp. This is to be attached to your backpack and switched on when visibility is low.

Popular Brand: The Rough Country Flashing Safety Light

QTY: 1



MIRROR

To attract attention in case of emergency. Reflect the sun off the mirror to draw attention to your location.

Most Popular: Coghlan's Featherweight Mirror

QTY: 1



COMPASS

Any model is adequate; however, a compass as a part of a watch is not sufficient. Note: There is no navigation in the race. The compass is an emergency gear item.

Popular Model: Silva Thermometer Compass (16g)

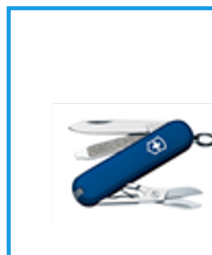
QTY: 1



SUNSCREEN (60 ml/2 fl oz)

A minimum of 60 ml/2 fl oz is required. NOTE: The sun is extremely strong in Antarctica, so we recommend bringing more than this. Choose a brand with high SPF that is waterproof, sweat-proof, and non-greasy. It is recommended to bring the required amount in separate containers.

QTY: 1



KNIFE / MULTI-TOOL

A small knife / multi-tool has multiple uses during the race. Scissors will not fulfil this requirement.

QTY: 1



WHISTLE

To attract attention in case of an emergency. Note that many backpacks include a whistle on the buckle – this is not sufficient. You must have a separate emergency whistle.

QTY: 1



SURVIVAL BIVVY BAG

Must be a closed bivvy bag (not a blanket) made of reflective material. We recommend a thick bag that you can repack easily as you may want to use it over your sleeping bag in cold or wet weather conditions.

Most Popular: Adventure Medical Kits Heatsheets Emergency Bivvy (108g)

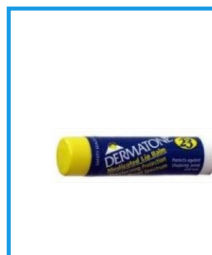
QTY: 1



EATING UTENSIL

For eating food on shore. Only one is required, but two is recommended in case you lose or break one. At least one should have a long handle.

QTY: 1



LIP SUNSCREEN

Lips are easily chapped and burned in Antarctica. A minimum SPF 30 and one full tube are required. Two tubes is recommended.

Popular Brands: Dermatone Medicated Lip Balm, Dermatone Lip 'n Face Protection with Z Cote

QTY: 1



THE LAST DESERT (ANTARCTICA) 2024

EQUIPMENT LIST

MANDATORY EQUIPMENT



4-Day Supply

MOTION SICKNESS MEDICATION

Bring motion sickness medication for the outward and return journeys between Ushuaia and Antarctica. Scopolamine patches are a recommended option.



QTY: 12

MEDICATION

Bring an adequate **supply (at least 12 mild pain relief pills)** so that you are not dependent on medication from the event medical team.

Important Note: You should seek advice from your doctor about any medication that you plan to take during the race, including any form of painkillers. If you take painkillers, Tylenol / Paracetamol / Acetaminophen are preferred over anti-inflammatory medications such as Ibuprofen / Neurofen / Advil / Motrin / Naprosyn and others. It is NOT advised to take anti-inflammatory medication on the course. Please read the expert article called [Painkillers Used during Ultramarathons](#) for more details.



QTY: 1

BLISTER KIT

The following list is a **minimum requirement**. You may need more supplies based on your experience and prior history of foot blisters:

- 10 x alcohol wipes
- 2 x hypodermic needles or safety pins
- 1 x roll of paper tape (i.e. [Micropore](#))
- 1 x roll of elastic tape (i.e. [Elastikon](#))
- 5 x Spenco 2nd Skin or [Compeed pads](#)

Note 1: Lubricant such as Bodyglide or 2Toms BlisterShield Powder is also highly recommended. Foot powder is recommended for feet that sweat a lot.

Note 2: You should try to anticipate the amount of supplies you will need for 7 days. If you do not bring enough supplies, you could be at risk of developing more severe blisters that could jeopardize your ability to finish the race.

Most Popular: [RacingThePlanet Blister Kit](#) (includes all blister kit items PLUS practical instruction sheet)



QTY: 1

COMPRESSION BANDAGE

The minimum size requirement is **7.5 cm/3 in wide x 4.5 m /14 ft long** (6 cm/2.4 inches in diameter). The compression bandage can be used for strapping an ankle / knee, slinging an arm injury, bandaging a lesion or head wound to prevent bleeding, etc.

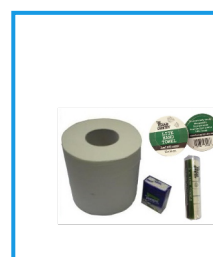
Most Popular: [Smith & Nephew Cotton Crepe Bandage](#)



QTY: 1

ALCOHOL GEL (60 ml/2 fl oz)

A minimum of **60 ml/2 fl oz** is required. Alcohol wipes cannot replace alcohol gel, but you may choose to carry both.



1 packet

TOILET TISSUE / WET WIPES

Toilet tissue and/or wet wipes are a must for toilet use on shore. No toilet paper is provided in the portable toilets.

Popular Model: [The Rough Country Lite Hand Towel](#)



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EQUIPMENT LIST

MANDATORY EQUIPMENT

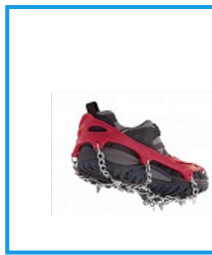


QTY: 2

RUNNING SHOES

Competitors must wear trail shoes. Gore-Tex shoes are strongly recommended for The Last Desert as they are waterproof. Two pairs of trail shoes is required. Consider buying your shoes 1 to 2 sizes larger than you would normally wear to account for additional layers of socks.

Popular Brands: Hoka One One, Salomon, Brooks, Asics



QTY: 1

KAHTOOLA MICROSPIKES

These attach to your shoes to provide extra traction on the course.

Kahtoola are the *mandatory brand*. These provide a grippy, durable, slip-on traction system. We have experienced that many other brands have broken or fallen off during the race which could lead to withdrawal.

Required Option: Kahtoola Microspikes

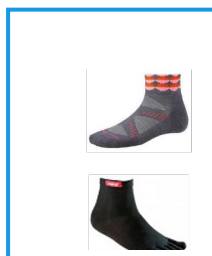


QTY: 1

GAITERS

Gaiters will help keep snow out of your shoes and your feet dry.

Popular Brands: Outdoor Research



QTY: 4

SOCKS

10 pairs are recommended to allow for a dry pair each day but only 4 pairs are compulsory. You will need thicker socks to keep warm. Most Sealskinz socks are waterproof.

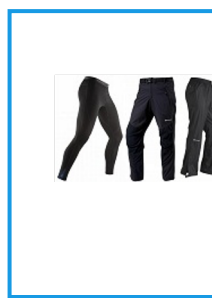
Popular Brands: Drymax, Injinji, SmartWool, Thyo, SealSkinz, Bridgedale



QTY: 3

LINER SOCKS

For warmth and protection. Compression socks can be used as sock liner.

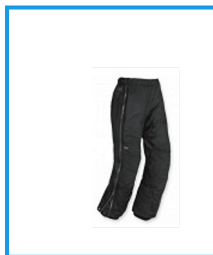


QTY: 3

RUNNING PANTS / LONG

At least three pairs of pants / trousers or long tights are mandatory. It is recommended that at least one pair is slightly thicker for cold weather or consider wearing two pairs together (check for sizing and fit).

Popular Brands: Montane, 2XU, Lululemon, CW-X (many brands will suffice)

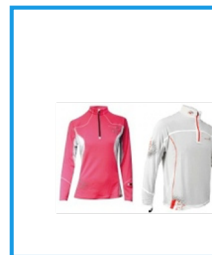


QTY: 1

WATERPROOF SHELL PANTS / TROUSERS

One pair of pants made of Gore-Tex or comparable material. These pants are essential to wear on the zodiacs.

Popular Brands: Montane, Marmot, Mountain Hardwear, Mammut



QTY: 3

LIGHT LONG SLEEVE TOPS

Three tops made of quick dry material to be worn as base layers. It is **recommended to bring more than three tops** to ensure that you always have a dry option.

Popular Brands: Montane, Mountain Hardwear, Marmot, Mammut, Patagonia



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EQUIPMENT LIST

MANDATORY EQUIPMENT

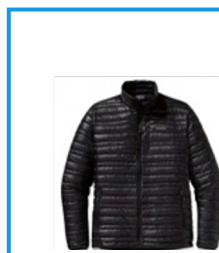


QTY: 3

EXPEDITION WEIGHT LONG SLEEVE TOPS

Three expedition weight warm tops are required for protection against the elements. These shirts must be a minimum of Capilene 3 or similar and have long sleeves.

Popular Brands: Montane, Icebreaker, Odlo, SmartWool, Mammut, Mountain Hardwear, Marmot, Patagonia



QTY: 1

FLEECE / SYNTHETIC JACKET

One mid- to heavy weight fleece or synthetic jacket is required. A full zip version is easier to put on and has better ventilation than a full jumper. It is **recommended to bring more than one**. Your souvenir jacket will suffice for this mandatory item.

Popular Brands: Montane, Marmot, Mountain Hardwear, Patagonia



QTY: 1

WATERPROOF SHELL JACKET WITH HOOD

One jacket of Gore-Tex or comparable material. We highly recommend a roomy fit as you will be likely be wearing this over several layers. This jacket is essential for the zodiac.

Most Popular Brands: Montane, Marmot, Outdoor Research, Patagonia, Mountain Hardwear



QTY: 1

DOWN PARKA

The parka must be expedition weight with an attached and insulated hood. The length must go below the waist.

Most Popular: Montane, Marmot, Mountain Hardwear, Patagonia, Helly Hanson, Outdoor Research, Mammut



QTY: 1

RAIN PONCHO

One rain poncho is required for additional warmth and wet protection. It can also cover your backpack. This must be see-through / clear. It is not unheard of to have light drizzle in Antarctica.

Most Popular: Coghlan's Emergency Poncho



QTY: 1

CASUAL CLOTHES FOR THE SHIP

Bring at least one set of clothing and one pair of shoes for wearing on the expedition ship – choose comfortable items that will keep you warm.

**Closed shoes are required to be worn when moving around the ship.



QTY: 2

WARM HAT

Vital for warmth while running. Two warm hats are required so that you always have a dry option.



QTY: 1

CAP

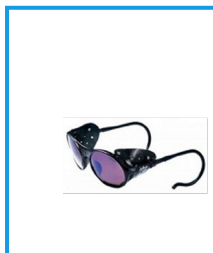
The sun in Antarctica is extremely strong, so a cap with a visor is required to protect your face from direct light and light reflecting from the ground. An option that covers your neck is recommended.



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EQUIPMENT LIST

MANDATORY EQUIPMENT

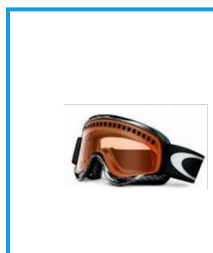


GLACIER GOGGLES

Regular sunglasses are not sufficient. Your sunglasses must have no more than 10% light transmission and have side covers.

Popular Brand: Julbo

QTY: 1

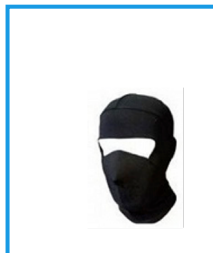


SKI GOGGLES

Ski goggles must be dark with 100% UV & IR protection. A double lens is better as it prevents fogging.

Popular Brands: Oakley, Julbo, Smith Optics

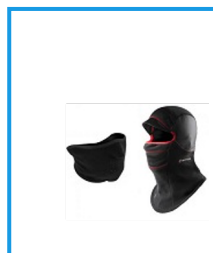
QTY: 1



BALACLAVA

One balaclava is required for warmth and protection. It is recommended to consider bringing 2. This is a lighter weight than the Neoprene Face Mask.

QTY: 1



NEOPRENE FACE MASK

One neoprene face mask is required.

QTY: 1

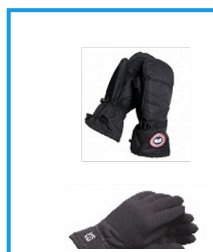


GLOVE LINERS

One pair of thin wool or polypropylene glove liners.

Popular Brands: Black Diamond, Outdoor Research

QTY: 1 pair



SHELL MITTENS / GLOVES

One pair with textured rubber palms and taped seams. These are required to keep your hands dry. These are essential for the zodiacs.

Popular Brands: Montane, SealSkinz, Mountain Hardwear, Outdoor Research

QTY: 1 pair



WOOL OR FLEECE MITTENS / GLOVES

NOTE: Only required if your SHELL MITTENS / GLOVES do not have a liner. The above recommended SHELL MITTENS / GLOVES have appropriate liners included.

Popular Brands: Montane, Black Diamond, Mountain Hardwear, Outdoor Research

QTY: 1 pair



DOWN PANTS / TROUSERS

To fit over insulation layers. Outer shell should be windproof and water resistant so this would normally be the Gore-Tex shell which would need to fit over down trousers if you choose to bring them.

Popular Brands: Montane, Mountain Hardwear, Marmot

QTY: 1 pair



THE LAST DESERT (ANTARCTICA) 2024

EQUIPMENT LIST

MANDATORY EQUIPMENT

HYDRATION SYSTEM



QTY: 3

You must carry containers that can always hold 2.5 litres of water. The main choices are:

- **Bottles:** These allow for more flexibility – they can be attached to the shoulder straps of your backpack, put in a front pack, kept in the backpack with bottle holders or carried by hand.

- **Hydration bladders:** A popular choice, but sometimes difficult to know how much fluid you have drunk; can also be difficult to fill quickly.

- **Soft bottle:** Platypus, Ultimate Direction, Salomon, at least 1 litre in capacity

Most Popular: [RacingThePlanet Trail Running Bottle](#), [RacingThePlanet Essential Bottle](#), [The Rough Country Bottle Holders](#), [Platypus SoftBottle](#), [RaidLight Raid Squeeze Bottle with Screw Top](#)

ELECTROLYTES / SALT TABLETS



6-Day Supply

Maintaining your body's electrolyte balance is critical for a safe race. It is strongly recommended to bring a mixture of electrolyte tablets AND electrolyte drink powders. **You must bring a minimum of:**

- Enough powder to make a minimum of 30 litres of drink; OR

- Enough salt tablets / Endurolytes for 30 hours on the course (usually minimum is 1.5 tablets per hour = 45 tablets); OR

- A combination of both, e.g., powder for 15 litres of water and tablets for 15 hours on the course.

If you expect to spend more than 30 hours on the course, then you should increase this accordingly. It is vital that you test your electrolyte plan during your training and follow the amounts recommended on the packets.

Most Popular Brands: Nuun, Tailwind, Hammer

COVID-19

RATs / LFTs



QTY: 5

Bring five (5) RATs / LFTs for testing in case you may have COVID-19.

FACE MASKS



QTY: 12

You will need to have 1 face mask per day.



THE LAST DESERT (ANTARCTICA) 2024

EQUIPMENT LIST

MANDATORY EQUIPMENT

FOOD SUPPLY

Meals on the ship are provided, but you are responsible for your own food while on the course. You must also bring six freeze-dried meals as a back-up. No paper or wrappers will be allowed on shore. Only the freeze-dried meals may remain in their original packaging.

Important Note: Seeds and nuts are not allowed on land in Antarctica, pack snacks appropriate as dictated by [IAATO regulations](#).

FREEZE-DRIED MEALS

You must bring 6 freeze dried meals.

Note: You must remove the top wrapper before boarding the zodiac, but the food may remain in its original packaging.

Quantity: 6

Popular Brand: Expedition Foods (freeze-dried, high-calorie meals)



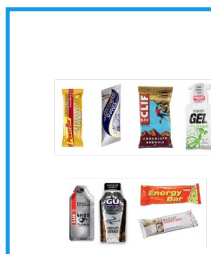
ENERGY BARS/GELS/SNACKS

You may be on the course for long periods of time so should bring adequate amounts of energy bars/gels.

Quantity: Multiple

Note: Anything with seeds or nuts is banned. You must remove any wrappers before boarding the zodiac.

Most Popular: Clif Bars, GU



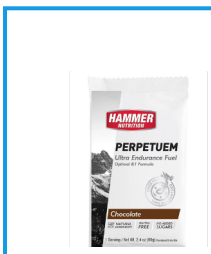
NUTRITION SUPPLEMENTS

There are a lot of choices. The ones listed are recommended by past competitors.

Quantity: Multiple.

Note: You must remove all wrappers before boarding the zodiac.

Most Popular: Hammer Perpetuem, Hammer Sustained Energy, Hammer Recoverite



WATERPROOF BAG

You will need one lightweight waterproof bag to carry you're a) Plastic food container, b) Thermos, and c) Spork or eating utensil. This should be around 20 liters.

Quantity: 1

Most Popular: Sea to Summit



PLASTIC CONTAINER

Plastic container approximately 30cm x 10cm x 10cm. This should have no sides with clips that could break in the cold weather.

Quantity: 1

Note: This will contain any snacks and/or electrolytes.



THERMOS

Bring a thermos that stays warm for 24 hours. A size of 1 – 2 litres is recommended. This will be used for hot water, soup, hot water for freeze dried meals etc.

Quantity: 1

Most Popular: Stanley, Thermos, Yeti, Snow Peak, Esbit





THE LAST DESERT (ANTARCTICA) 2024

EQUIPMENT LIST

The items listed below are **NOT** mandatory but are items that we recommend you consider bringing.

OPTIONAL EQUIPMENT

BIVVY

There is a chance that we will spend one night camping on the Antarctic mainland. A waterproof bivvy is recommended to keep warm on this evening. Single-wall bivvy designs save weight by eliminating the need for a tent canopy, poles and fly.

Quantity: 1

Most Popular: Mammut Cold Weather Outdoor Bivvy

SLEEPING BAG LINER

Sleeping bag liners are a great way to add additional warmth to lightweight sleeping bags. Most bag liners add approximately 6°C/10°F. **This can be used towards your sleeping bag rating.**

Quantity: 1

Most Popular: Sea-To-Summit Reactor Thermolite Liner (248g)

WINTER BOOTS

Consider for warmth and around the ship when you are not on the course.

Quantity: 1 Pair

Most Popular: Sorel Caribou, Columbia

SNOWSHOES

To be used for extra traction on the course.

Quantity: 1 Pair

Most Popular: Kahtoola FLIGHTdeck TS

TREKKING POLES

Useful in the deeper snow. Make sure the poles have a basket on end like what you would use for skiing. Highly recommended.

Quantity: 1 Pair

CHEST / HIP PACKS

Chest and hip packs can increase capacity without additional load on your back.

Quantity: 1

Most Popular Brands: OMM, RaidLight

THERMAL UNDERWEAR

Provides additional warmth. Warm but thin base layer clothing made from merino wool is ideal. Highly recommended.

Quantity: 2

Most Popular Brands: Icebreaker, Odlo, Smartwool

SPORTS BRA

Women's sports bras are essential. Find a brand that is comfortable for you.

Quantity: 3

BUFF

A Buff® is ideal as it can be used for multiple purposes - scarf, headgear, sweatband, etc. Highly recommended.

Quantity: 1

Most Popular: RacingThePlanet High UV Protection Buff



THE LAST DESERT (ANTARCTICA) 2024

EQUIPMENT LIST

OPTIONAL EQUIPMENT

DOWN MITTENS

Advisable to add more warmth.

Quantity: 1

HAND & TOE WARMERS

We highly recommend having hand and toe warmers for your shoes or gloves when you are on the course. These can significantly reduce cold extremities.

Quantity: 1

NOSE GUARD

A nose guard attaches to glacier glasses to protect your nose in high UV conditions.

Quantity: 1

FLAGS

Flags are popular for start and finish line photos.

Quantity: 1

WATERPROOF / DUST-PROOF BAGS, COMPRESSION BAGS, ZIP-LOCK BAGS

Pack your food and small items in zip-lock bags. For valuable items (i.e., cameras & passports), you may consider waterproof bags.

Quantity: 3

Most Popular Brands: Aloksak, Outdoor Research, Sea-to-Summit

TOWEL

For cleaning off.

Quantity: 1

Most Popular: [The Rough Country Lite Towels](#), [Sea-To-Summit Pocket Towel](#), [Sea To Summit Travel Drylite Towel Antibacterial](#)

TOOTHBRUSH & TOOTHPASTE

A small-sized travel toothbrush is recommended.

Quantity: 1

WATCH / GPS

A watch alarm and timer can be useful. Speed and distance monitor (pedometer), barometer and heart rate monitors can also provide interesting feedback.

The course is marked every 25 meters and GPS coordinates are not provided. A GPS is most useful for tracking distance.

Quantity: 1

Most Popular Brands: Garmin, Suunto

SOUVENIRS

Souvenir items.

Quantity: Multiple

Most Popular: [4 Deserts Cap](#), [RacingThePlanet Cap](#), [The Last Desert Round Patch](#), [The Last Desert Rugby Shirt](#)

CAMERA

If your camera is not waterproof, keep it in double zip lock bags.

Quantity: 1

IPHONE & HEADPHONES

A portable music player for the course or on the expedition ship. Keep phones in a double waterproof proof bag.

Quantity: 1

PORTABLE CHARGER

A way to charge your iPod, camera and other powered devices. Note that electricity is provided on the ship and can be used to charge your personal items.

Quantity: 1



THE LAST DESERT (ANTARCTICA) 2024

EQUIPMENT LIST

OPTIONAL EQUIPMENT

BOOK / MAGAZINE / KINDLE

Bring reading material for down time on the expedition ship.

Quantity: 1

PLAYING CARDS

Great for passing time on the expedition ship.

Quantity: 1

TRAINING BOOKS / MAPS

Materials to prepare for and read during the event.

Quantity: Multiple