

## INFORMATION FOR PARTICIPANTS

### Gear List

1 Shell jacket -	Provided by Nik and Peter in your package for you to keep
1 Beanie -	Provided by Nik and Peter in your package for you to keep
Gumboots / Wellingtons -	Provided by Nik and Peter in your package we ask that you leave these on board for us to sterile and share with others.

These items above will be waiting for you in your cabin on date of departure

- 1 Shell pant
- 1 Fleece 200-300 weight top
- 1 Fleece 100 weight top
- 1 Fleece 100-200 bottoms
- 1 Thermal top,
- 1 Thermal bottoms
- cotton t's also for sleeping
- 2 pair of fleece gloves (1 pair is a back up)
- 1 pair outer water proof mitt / glove (with lanyard to secure to wrist)
- 2 inner sock water wicking
- 2 outer sock explorer style.
- Water proof lace up hiking boots – stiff sole for ice climbing (note you do not need full on ice climbing boots you just need go stiff hiking boots the crampons we use are strap ons)
- Sunglasses – make sure they cover snug with your face and are a good quality dark lense
- Inner sheet—silk liner for sleeping bag. Note there are Doonas and pillows on boat for each bunk however if you want to come camping we provide the sleeping bag and ask that you provide your own silk liner.
- Head torch/torch, spare batteries – handy for camping and getting about the boat after dark
- Day pack 30 – 40 litre – to take your camera, lunch, extra jumper etc for each day activity

### Other optional extras:

- Balaclava, neck warmer (good idea)
- Gaiters optional. (I recommend these just to protect expensive outer pants from crampons.)
- Comfortable shoes for wearing down below and for travelling in South America(Ug boots are great)
- Ski pole—collapsible for hiking
- Back pack 60 – 70 litre (you don't need this for camping as your day pack should suffice for this, it just a convenient was to carry your gear if you are doing some trekking in South America as well.)
- Waterproof bag for camera, gear etc. )It is possible to use garbage bags, clip lock bags are always handy for film )
- CD's, DVD's, ipod/mp3 player (we will have a lap top on board)
- Personal medical kit ie. Band aids, throat lozenges, sunscreen, one course of antibiotics, regular prescription medicine, seasick tablets (stugeron recommended)

### Note:

- There is a washing machine onboard and drying gear overnight is possible.
- The power plug on board is 220 Volt 2 round plug European style plug.
- There is a comprehensive first aid kit and ship doctor on board the boat.