This list follows the mandatory requirements of the current Sidley expedition. Buy or hire all your personal equipment in advance, test it in cold conditions and present it at the check in Punta Arenas. Boots and crampons that do not fit together, an unsuitable sleeping bag or a missing compulsory item can all be grounds for being refused a place on the Antarctic flight. The final version of the list, issued before departure, takes precedence.

Mountaineering and expedition equipment

- An expedition rucksack of at least 80 litres
- A hard-wearing waterproof 150-litre duffel for the sled
- Compression sacks to reduce the bulk of your sleeping bag, down jacket and other items
- Dry bags to line your rucksack and protect your sleeping bag, clothing and electronics
- Adjustable trekking poles with winter baskets
- A classic ice axe about 65 cm long
- A leash for the ice axe, attached to your harness
- Mountaineering crampons compatible with your expedition boots
- A climbing helmet that fits over a warm hat
- An ascender for your dominant hand
- 9 m of 6 mm accessory cord
- A lightweight climbing harness with adjustable leg loops
- Snapgate karabiners - 6
- Standard-sized screwgate karabiners - 2
- Large screwgate karabiners for use with the harness - 2
- A belay and descending device

Clothing

- Synthetic underwear - 4 sets
- Lightweight base layer, top and bottom - 2 sets
- Warm base layer, top and bottom - 2 sets
- Synthetic T-shirts - 1-2
- Softshell jacket
- Softshell trousers
- An insulating mid layer
- Light walking trousers - 1-2 pairs
- Waterproof shell jacket with a hood
- Waterproof shell trousers with full-length side zips
- An expedition down jacket with a hood
- Insulated trousers with full-length side zips

Headwear, face and hand protection

- A warm synthetic or wool hat
- Balaclava
- Cap or other sun hat
- Buff or bandana
- Windproof face mask
- A nose guard against the sun - optional
- Thin synthetic gloves - 2 pairs
- Softshell working gloves
- Insulated membrane gloves
- Expedition mittens to go over the thin gloves

- Electrically heated gloves - optional

Footwear and socks

- Expedition mountaineering boots compatible with crampons
- Warm camp boots
- Thin socks - 3 pairs
- Warm wool or synthetic socks - 3 pairs
- Down booties - optional
- Electrically heated insoles - optional

Sleeping

- An expedition sleeping bag rated to -40 °C
- A full-length self-inflating mat
- A full-length closed-cell foam mat
- Earplugs
- An eye mask for sleeping during the polar day

Eyewear and sun protection

- Glacier sunglasses with side shields
- Ski goggles - 2
- SPF 50 or higher sun cream
- SPF 50 or higher lip balm - 2

Utensils, water and personal items

- A mug of at least 470 ml
- Large plastic bowl
- A sturdy spoon
- Wide-mouthed 1-litre bottles - 2-3
- Insulated bottle covers - 2
- A 1-litre vacuum flask
- Chemical hand and foot warmers - 10
- Several days' worth of your favourite snacks for the move
- Toiletries, a small towel and wet wipes
- A pee bottle of at least 1 litre
- A female urination device, if needed
- A simple knife or multi-tool
- A personal first-aid kit, blister treatment and enough of your own medication

For the journey, and optional electronics

- A small lockable bag for the things you leave at the hotel
- Hand luggage within the international airlines' limits
- Town clothes and shoes
- Suitable plug adapters
- A self-sufficient charging set-up and power banks
- Camera, spare batteries, charger and memory cards - optional
- A personal satellite communicator and an avalanche transceiver - as agreed with your guide