This list follows the trip's current requirements. Buy or hire everything in advance, test it in winter conditions and present it at the inspection in Punta Arenas. Polar skis, the sled, the hauling system and boot compatibility are confirmed separately before the trip: do not buy specialist kit without written agreement.

Base and mid layers

- Underwear - at least 3 sets
- A light or midweight base layer top - 2
- Light or midweight base layer bottoms - 2 pairs
- A light fleece top or a heavier base layer top - 1
- Light fleece trousers or heavier base layer bottoms - 1 pair
- A midweight fleece jacket - 1
- Trekking trousers - 1 pair

Wind protection and insulation

- A windproof, waterproof shell jacket with a hood - 1
- Windproof, waterproof shell trousers - 1 pair
- An expedition down parka with a hood - 1
- A down gilet - 1
- Down or synthetic insulated trousers with full-length side zips - 1 pair
- A down skirt or insulated shorts - optional

Head, face and eyes

- A wool or fleece hat that covers the ears - 1
- Buff - 2
- Balaclava - 1
- A protective face mask - 1
- A cap or sun hat for sunny weather - 1
- Sunglasses with side shields - 1 pair
- A hard case for your glasses - 1
- Ski goggles - 2
- Spare contact lenses or prescription glasses - if you need them

Gloves

- Thin liner gloves - 2 pairs
- Thinsulate fleece gloves or wool mittens - 2 pairs
- Midweight insulated gloves - 1 pair
- Thick expedition mittens - 1 pair
- Wool mittens - 1 pair
- Chemical hand warmers - 10
- Elastic cord for glove leashes - optional

Footwear and socks

- Thin liner socks - 3 pairs
- Midweight trekking socks - 3 pairs
- Thick warm socks - 2 pairs
- Insulated camp booties with a non-slip sole - 1 pair

- Light winter boots or heavy trekking boots - 1 pair
- Vapour barrier socks - optional
- Trainers - optional
- Custom insoles - optional
- An Intuition Mukluk insulated liner - optional

Sleeping and baggage

- An expedition sleeping bag - the temperature rating is confirmed before you buy or hire one
- A full-length closed-cell foam mat - 1
- A full-length inflatable mat with a repair kit - 1
- An eye mask for sleeping in round-the-clock daylight - 1
- Earplugs - 1 pair
- A very large expedition duffel - at least 1
- A cabin bag no larger than 46 x 41 x 26 cm - 1
- Coloured stuff sacks for organising your kit in the sled and the tent - 4-6

Utensils, water and personal items

- A vacuum flask of about 0.95 litres - 1
- Wide-mouthed drinking bottles of about 0.95 litres - 2
- Wide-mouthed bottles for night use, about 0.95 litres - 2, or one of about 1.4 litres
- Insulated bottle covers - 1-2
- A wide insulated plastic mug with a lid - 1
- A large, light, unbreakable bowl or mug with a lid - 1
- Sturdy plastic spoons - 2
- SPF 50 or higher lip balm - 1
- SPF 50 or higher sun cream - 2 tubes of about 50 ml
- A watch with an alarm, fresh batteries and a long strap - 1
- A sewing and repair kit with reinforced tape - 1
- Your own toiletries, wet wipes, hand sanitiser, plasters, blister treatment, cream and personal items
- Any medication you take regularly, enough for the whole expedition plus a further four weeks
- A shower towel

Optional extras

- Adapters for Chilean sockets, and chargers
- US dollars in cash for communications and purchases at Union Glacier
- A GPS and a compass with a global needle or balanced for the Southern Hemisphere
- Camera, memory cards, batteries and a protective case
- A phone or music player and two pairs of headphones
- Power banks, adapters and an agreed solar panel
- A light diary, pencil, pen or e-reader
- Personal treats, photographs and small keepsakes
- Bandanas and handkerchiefs
- A female urination device