



Base Camp
k2.com.au

ANTARCTICA GEAR LIST

K2 Base Camp
140 Wickham Street, Fortitude Valley,
Brisbane Qld 4006
Ph 07 3854 1340 Fax 07 3854 1281

ANTARCTICA PENINSULA

Highest Point Mt Vinson Massif - 16,066 feet / 4897 meters

Team Member: _____

BOOTS
Boots - Full leather
Optional- depends on which tour
LOWA - ASOLO

WATER BOTTLES
1x NALGENE

SUNSCREEN
1x 30 + sunscreen
1x lipbalm

RUBBER BOOTS
For shore landings
Knee high
*Usually Supplied

UNDERWEAR
Quick dry
Icebreaker

READING MATERIAL
Or playing cards

SHOES - SANDALS
Light and synthetic - for around the ship
Non slip shoes are best

TOILETRIES BAG
LIFE SYSTEMS

1ST AID KIT
EQUIP

SOCKS
Min. 4x pairs of good fitted socks
MUND SOCKS - K2 Extreme - Adventurer

CLOTHING T-SHIRTS
1 X Long Sleeve Shirt - Quick drying!
2 X T - Shirts Synthetic or Merino wool

SUNHAT
Wide brim is best. Lightweight
Outdoor Research hats

WINDPROOF DOWN JACKET
MONT

PANTS
1 x Quick Drying pants
1x Soft shell pants (Optional)
OUTDOOR RESEARCH

LONELY PLANET BOOK
Read up on the history etc

DUFFEL BAG
Duffel bag or soft suitcase

SHORTS
1 X Shorts
For inside the ship
OUTDOOR RESEARCH

BUMBAG
For camera ETC
Should fit a small drybag

DAY PACKS
Every day use- 15ltr - 35ltr
LOWE ALPINE

THERMALS
2 X Set Of Thermal Tops
2 x Thermal bottoms

ENVIRO SOAP
Wilderness Wash
Washes everything

MOTION SICKNESS PILLS
For on the ship

WATERPROOF JACKET
1 x 100% WINDPROOF - WATERPROOF
This maybe provided by your tour group

SECURITY LOCKS
LIFE VENTURE

TRAVEL CLOCK
Early morning wake up

WATERPROOF PANTS
1x 100 % WINDPROOF - WATERPROOF
BREATHABLE JACKET - Lowe alpine - Mont

EXTRA BATTERIES
GOAL ZERO

LUGGAGE TAGS

FLEECE - MIDLAYER
1X Micro fleece
1x Full weight fleece
OUTDOOR RESEARCH

SUNGLASSES
JULBO
2 x Sunglasses 1 good pair and 1 back up pair.
Plus strap

ENERGY SNACKS

FLEECE PANTS
1X Micro fleece
MONT

HEADTORCH
PETZL - EDELRID

TOUR ORGANISER
Document holder

GLOVES
1x Powerstretch
1x Waterproof - Windproof gloves
OUTDOOR RESEARCH

CAMERA
Take extra batteries and memory card

ADAPTOR PLUG
Check with your tour company for details
on which to take.

BUFF HEADWEAR
Neck gaiter, head band, balaclava, beanie etc
Buff has many uses.

BOTTLE KIT
Small bottles for liquids
LIFE SYSTEM

MONEY BELT

BEANIES
Needs to cover the ears

QUICK DRY TOWEL
1x Small Eg: Face cloth
1x Large 120x 60cm

EAR PLUGS
Great for on the plane and the ship



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RUBBER BOOTS <input type="checkbox"/>	UNDERWEAR <input type="checkbox"/>	READING MATERIAL <input type="checkbox"/>
SHOES - SANDALS <input type="checkbox"/>	TOILETRIES BAG <input type="checkbox"/>	1ST AID KIT <input type="checkbox"/>
SOCKS <input type="checkbox"/>	CLOTHING T-SHIRTS <input type="checkbox"/>	SUNHAT <input type="checkbox"/>
WINDPROOF DOWN JACKET <input type="checkbox"/>	PANTS <input type="checkbox"/>	LONELY PLANET BOOK <input type="checkbox"/>
DUFFEL BAG <input type="checkbox"/>	SHORTS <input type="checkbox"/>	BUMBAG <input type="checkbox"/>
DAY PACKS <input type="checkbox"/>	THERMALS <input type="checkbox"/>	ENVIRO SOAP <input type="checkbox"/>
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TOUR ORGANISER <input type="checkbox"/>	GLOVES <input type="checkbox"/>	CAMERA <input type="checkbox"/>
ADAPTOR PLUG <input type="checkbox"/>	BUFF HEADWEAR <input type="checkbox"/>	BOTTLE KIT <input type="checkbox"/>
MONEY BELT <input type="checkbox"/>	BEANIES <input type="checkbox"/>	QUICK DRY TOWEL <input type="checkbox"/>
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