



THE LAST DESERT (ANTARCTICA) 2010 PRELIMINARY EQUIPMENT LIST



MANDATORY EQUIPMENT

RECOMMENDED MAKES AND MODELS ARE SHOWN BELOW EACH ITEM
(YOUR EQUIPMENT WILL BE REVIEWED AT CHECK-IN AT THE HOTEL TO ENSURE THAT YOU
HAVE ALL THE MANDATORY ITEMS)

*Note: The 'X' indicates items available at www.racingtheplanet.com
Visit us on-line: International Store (Hong Kong) or Europe Store*

*All store items can be found using the "Shop By Event" option:
[The Last Desert \(Antarctica\)](#)*

Use our store's "Compare Products" feature to see which items suit you best

MANDATORY EQUIPMENT				
	Item/Type	Comments	Qty.	Store
<u>GEAR</u>				
1)	<u>BACKPACK / RUCKSACK</u>	Capable of carrying at least all the Mandatory Equipment and Personal Equipment – the same size you have used for other 4 Desert events will suffice. 25-30 liters.	1	
	RaidLight Runner R-Light – 30L	Ultra-light, multifunctional bag. 30 liters (backpack) + 1 bottle.		X
	RaidLight Evolution 2 – 20L	Ultra-light, multifunctional bag. 20 liters (backpack) + 4 liters (frontpack).		X
	OMM Classic Marathon 32L	The definitive lightweight pack for those who want to carry more equipment.		X
	OMM Classic Marathon 25L	The definitive lightweight pack for those who want to travel super light.		X
	Inov-8 Race Elite 25	An extreme lightweight pack ideal for Mountain Marathons and longer runs.		X
	Inov-8 Race Pro 30	An elite functional lightweight hydration compatible pack.		X
	Salomon Raid Revo 30	Ultra-light, yet comfortable.		X
	<input type="checkbox"/> <u>Pack Accessories</u>			
	RaidLight Equilibre Front-Pack 4L	Enhances gear accessibility and balance.		X
	OMM Trio Chest Pouch 4L	Enhances gear accessibility and balance.		X
	OMM Waist Pouch 3L	Use with a pack with shorter back; Adventure Light or Classic 25.		X
	GoMotion Sport Runner LiteBelt	A contoured, waist-level LED running belt.		X
2)	<u>SLEEPING BAG</u>	Minimum requirement is for sleeping bag rated to 15°F / -9°C. Goose down is preferred over synthetic for bulk and weight. Bag liners can add additional warmth. *See the optional equipment list for details on Bag Liners	1	
	Marmot Col EQ	The ultimate cold ascent & expedition bag. Temperature rated down -20°F/-29°C.		X



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	Item/Type	Comments	Qty.	Store
	Marmot Never Summer Bag	Sub-freezing weather bag. Down warmth to temperatures as low as 0°F/-17°C.		X
	Mountain Hardwear Phantom (Women's)	Designed to be warm and as light as possible. Down warmth to temperatures as low as 15°F/-9°C.		X
	Mountain Hardwear Lamina 20 (Women's) (regular or long)	ThermicMicro insulation: high-loft and compressible like down, but still warm when wet. Rated down to 20°F/-7°C. <i>*Must use bag liner with this bag.</i>		X
3)	<u>HEADLAMP + BACK-UP</u>	Competitors are required to carry both a headlamp and a backup light source during the event. The back-up light must be of equal strength to the primary headlamp (it can be another headlamp if you choose).	2	
	Black Diamond Spot LED	A great primary light source.		X
	Black Diamond Cosmo LED	A quality back-up light source.		X
	Princeton Tec EOS Headlamp	A great primary light source.		X
	Princeton Tec Scout Headlamp	A quality back-up light source.		X
	Petzl Tikka 2 Plus	A great primary light source.		X
	Petzl Tikka 2	A great primary light source.		X
	Petzl e+LITE Headlamp	A quality back-up light source.		X
4)	<u>COMPASS</u>	Any model will be adequate; however Silva makes some of the best compasses. Note: <u>There is no navigation in the event; this is to be carried as part of your survival gear.</u>	1	
	Silva Thermometer Compass	Compass and thermometer combination.		X
	Silva Watch Compass	Fits nicely on a watch strap.		X
	Silva Field 11	Small and light. Inbuilt whistle.		X
	Silva 1 Explorer	Luminous points for night navigation.		X
5)	<u>SAFETY PINS</u>	Heavy duty large safety pins are best.	20	X
6)	<u>KNIFE or MULTI-TOOL</u>	A small knife or multi-tool has multiple uses during the event.	1	
	4 Deserts SwissCard	All the essential multi-tool items (knife, scissors, etc.) in a compact card form.		X
	Victorinox Classic SD	Compact & convenient keychain size knife.		X
	Gerber Shortcut Mini-Tool	A serious tool in a small package.		X
	Gerber Clutch Mini-Tool	A serious tool in a small package.		X
	Gerber Double-Take	Classic two blade pocket knife.		X
	Gerber Remix Serrated Edge	A knife for general outdoor enthusiasts.		X
7)	<u>WHISTLE</u>	In case of an emergency.	1	
	Jetscream Whistle	Flat enough to fit in your pocket.		X
	Lifesystems Survival Whistle	Made from a toughened plastic material.		X

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8)	<u>SURVIVAL BIVVY / BLANKET</u>	Must be made of reflective material. Bivvys are recommended over blankets because blankets trap less body heat.	1	
	Adventure Medical Kits Headsheet	105 grams / 3.7 ounces emergency bivvy.		X
	Adventure Medical Kits ThermoLite	195 grams / 6.9 ounces bivvy sack.		X
	Space brand emergency bag	Protection in a lightweight compact bag.		X
	Space brand emergency blanket	Protects against elements of nature.		X
	Rab Storm Bivi	Lightweight, waterproof and breathable bivi		X
9)	<u>SUNSCREEN</u> - 1 FL OZ (29.5mL) minimum per tube	You must have at least two tubes. SPF 30 or more. Choose a high SPF brand which is waterproof, sweat proof and non-greasy.	2	
	Dermatone Sunblock Lotion with Z-Cote - SPF 36	Waterproof & moisturizing. Z-cote adds essential protection against UVA rays.		X
	Dermatone No-Touch Sunblock Lotion - SPF 30	Fragrance free, waterproof, and sweat proof.		X
	SmartShield SPF 30 Sunscreen Lotion with Avobenzone	This light, oil-free formula is waterproof and sweat proof.		X
	SmartShield SPF 30 Gel with Avobenzone	Great for people with oily skin. Waterproof gel contains moisturizing and healing Aloe.		X
	Dermatone Sun & Bug Combo, SPF 25 with Insect Repellent	Insect repellent for 3 hours, UVA & UVB protection; water proof and sweat proof.		X
10)	<u>LIP SUNSCREEN</u>	You must have at least two tubes; SPF 30 or more.	2	
	Dermatone Medicated Lip Balm	Protects and conditions lips.		X
	Dermatone Spot Protection Stick	Protects lips against sun, wind, and cold.		X
	Dematone Lip 'n Face Protection Crème with Z-Cote, SPF 30	Great for skin that is super sensitive to the sun. (Highly recommended by all dermatologists to prevent skin cancer).		X
11)	<u>BLISTER KIT</u>	Kit should contain: 2 x roll of papertape, 1 x roll of Elastikon tape, 5 benzoin swabs, 10 pieces of Spenco 2nd Skin, 20 alcohol wipes, 2 Hypodermic Needles and 2 safety pins. * Hydropel is also highly recommended. * Foot powder is good for races with a lot of water or for feet that sweat a lot.	1	
	RacingThePlanet® Blister Kit	Basic Kit or Kit with Hydropel.		X
	Blist-o-Ban	Highly recommended. Prevent blisters from forming, because the easiest way to treat blisters is to not get them in the first place.		X
	Spenco 2nd Skin Jar 48 - 3" Circles (non-sterile)			X
	Spenco 2nd Skin Jar 200 - 1" Squares (non-sterile)			X
	Spenco 2nd Skin Adhesive Knit			X

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	Item/Type	Comments	Qty.	Store
12)	<u>MEDICATION</u>	Anti-inflammatory medication and mild pain relief for head and foot aches such as ibuprofen and aspirin.	12	
13)	<u>ALCOHOL GEL</u> <i>- 2 FL OZ (59mL) minimum</i>	Alcohol wipes CANNOT replace alcohol gel, but you may choose to carry both.	1	
	Purell Hand Sanitizer	Kills 99.9% of most common germs.		X
	Sea-To-Summit Wilderness Wash	Bio-degradable, and fragrance free.		X
14)	<u>RED FLASHING LIGHT</u>	This is to be worn on the rear of your backpack and to be switched on when you are competing in the dark.	1	
	Flashing LED Safety Light	Flashing LED Safety Light		X
15)	<u>WATERPROOF BAG</u>	Must be at least 35 liters to hold items that you must take on shore but that you may not have to carry on the course.	1	
	Outdoor Research DryComp Summit Sack	Functions as an ultralight, waterproof storage bag – 36L with shoulder straps for easy transport.		X
	POE Zip Duffel Bag	Tough duffel style waterproof bags.		X
	Mountain Hardwear Expedition Duffel Bag	Made from tough, PVC-free HardWear Tarp, with outstanding abrasion and puncture resistance.		X
	Outdoor Research Durable Dry Sack	Durable and waterproof bags. Clip top style.		X
	Sea-to-Summit Ultra-Sil Dry Sacks	Light and waterproof bags. Clip top style.		X
<u>CLOTHING</u>				
16)	<u>FLEECE / SYNTHETIC JACKET</u> Men's Jackets Women's Jackets	Mid to heavy weight. A full zip version is easier to put on and has better ventilation than a full jumper.	1	
	Mountain Hardwear	Power Stretch Zip T, MicroChill Jacket, Le Hoody Royale, Compressor PL Jacket, Nitrous Jacket, etc.		X
	Patagonia	Guide Jacket, Alpine Wind Jacket, Down Sweater, Micro Puff Jacket, Houdini Full Zip, Phone Home Jacket, etc.		X
	Marmot	Ion Windshirt, DriClime Windshirt, Approach Jacket, Boulder Hoody Jacket, Zeus Jacket, Leadville Jacket, Venus Jacket, Tempo Jacket, etc.		X
	Mammut	Trail Jacket, Snow Zip Longsleeve		X
	Arcteryx	Covert Cardigan		X
17)	<u>DOWN PARKA</u> Men's Jackets Women's Jackets	Expedition weight with an attached and insulated hood. Should go below the waist.	1	
	Marmot Greenland Baffled Jacket	The best Down for guaranteed warmth.		X
	Marmot 8000 Meter Parka	The best Down for guaranteed warmth.		X

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	Mountain Hardwear Sub Zero SL Hooded Jacket (Women's)	Designed for cold weather: 650-fill goose down, waterproof/breathable		X
	Mammut Pilgrim Jacket (Women's)	An indispensable companion for the coldest situations when taking shelter or in a bivouac.		X
18)	<u>WATERPROOF SHELL JACKET WITH HOOD</u> Men's Jackets Women's Jackets	GoreTex or comparable material. We highly recommend a long front zipper for a roomy fit.	1	
	Outdoor Research	Mentor Jacket, Alibi Jacket, etc.		X
	Marmot	PreCip Jacket, Minimalist Jacket, etc.		X
	Mountain Hardwear	Typhoon Jacket		X
	Mammut	Mammut Ultimate Inuit Jacket		X
	Arcteryx	Alpha SV Jacket, Beta AR Jacket, Beta SL Jacket		X
19)	<u>WATERPROOF SHELL PANTS / TROUSERS</u> Men's Pants / Trousers Women's Pants / Trousers	GoreTex or comparable material. Many brands will be appropriate.	1	
	Outdoor Research	Varia Pants (women's)		X
	Mountain Hardwear	Argon Ice Pants (men's and women's), Stance Pants (men's), Tierra Pants (women's)		X
	Mammut	Base-Jump Pants (men's and women's)		X
20)	<u>RUNNING TIGHTS (LONG) or PANTS / TROUSERS</u> Men's Tights / Men's Pants / Trousers Women's Tights / Women's Pants / Trousers	At least three pairs of long tights or pants / trousers are mandatory.	3	
	CW-X Tights	Compression gear which provides support to key muscle groups and joints.		X
	SKINS Tights	Body-moulded compression gear aimed at providing support and muscle alignment.		X
	Orca Tights	Performance compression tights.		X
	2XU Tights	Performance compression tights.		X
	Mammut Pants	Cold weather underwear (men's and women's)		X
	Marmot Pants	Scree Pants (men's and women's)		X
	Patagonia Pants	Traverse Pants (men's and women's)		X
	Mountain Hardwear Pants	Power Stretch Tights (men's)		X
	Outdoor Research Pants	Specter Pants (men's and women's)		X
21)	<u>LIGHT LONG SLEEVES TOPS</u> Men's Technical Shirts Women's Technical Shirts	For sun and sweat protection. Should be made of a quick dry material.	2	
	Capilene®	Patagonia's signature base-layer fabric.		X

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	Item/Type	Comments	Qty.	Store
	CoolMax®	Performance shirts by INVISTA.		X
	DriClime® & UpCycle®	Marmot performance shirts.		X
	Koolknit™	Mountain Hardware's moisture wicking shirts that keep you dry and cool.		X
	Icebreaker Bodyfit	Offers light and breathable protection.		X
	Skins Sport and She Tops	Compression shirts which improve circulation and muscle support.		X
22)	<u>EXPEDITION WEIGHT LONG SLEEVES TOPS</u> Men's Technical Shirts Women's Technical Shirts	Thicker, warmer shirts for protection against the elements. Capilene 2 or 3 minimum.	2	
	Capilene®	Patagonia's signature base-layer fabric.		X
	DriClime® & UpCycle®	Marmot performance shirts.		X
	Mammut Alpine Underwear	Longsleeve Warm Shirt for very cold conditions.		X
	Mountain Hardware's Koolknit™	Moisture wicking shirts that keep you dry and cool.		X
	Icebreaker Bodyfit	Offers light and breathable protection.		X
	Skins Sport and She Tops	Compression improve circulation & muscle support.		X
23)	<u>SHOES</u> Men's Footwear Women's Footwear	Competitors wear trail or running shoes: * Asics is the most popular running shoes model and Montrail is the most popular trail shoe model.	2	
	Montrail (trail)	Durable, lightweight trail running shoes.		X
	Salomon (trail)	Versatile, lightweight trail running shoes.		X
	INOV-8 (trail)	Lightweight, off-road trail shoes.		
	Asics			
	Brooks			
	New Balance			
	Saucony			
24)	<u>SNOW SPIKES</u> Men's Footwear Women's Footwear	Attach to your show. To be used for extra traction on the course.	1	
	Kahtoola MICROspikes	Grippy, durable, slip on traction system.		X
25)	<u>GAITERS</u>	Gaiters will help keep snow out of your shoes and your feet dry.	1	
	Outdoor Research Men's Rocky Mountain High Gaiters (Men's and Women's versions)	Prevents snow, mud, and debris from entering your shoes. Recommended style for greatest protection		X
	Outdoor Research Rocky Mountain Low Gaiters	Keeps rocks, dirt, and light snow from finding its way into your footwear		X
	Outdoor Research Salamander	These waterproof gaiters will keep feet and footwear dry on a rainy approach.		X

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	Item/Type	Comments	Qty.	Store
	Sea-To-Summit Spinifex Ankle Gaiters Nylon	Double layer nylon handles harsh conditions.		X
26)	<u>SOCKS</u>	A fresh pair everyday is helpful: six or seven pairs are recommended. You must bring at least 2 pairs which are mid length (halfway up your calf)	7	
	Injinji Performance Socks	Toe-fit socks, superb performance.		X
	SmartWool Socks	Durable, sweat wicking socks.		X
	Teko Socks	Durable, sweat wicking socks.		X
	Hilly Socks	Performance running socks.		X
27)	<u>LINER SOCKS</u>	For warmth and protection. Compression socks can be used as sock liners.	3	
	Skins Sport Powersox	Compression socks increase circulation to the calves which increases performance and facilitates faster recovery.		X
	CW-X Compression Socks			X
	2XU Recovery Sock / Calf Guard			X
28)	<u>HEADGEAR</u> or <u>CAPS</u>	Needs a good visor to protect & shade the nose and eyes.	1	
	Outdoor Research Drifter Cap	Waterproof GoreTex hat with shaped bill.		X
	Outdoor Research Swift Cap	Shaped bill for sun protection.		X
	Inov-8 Hot Peak 60	Breathable stretch mesh, fast wicking.		X
	RacingThePlanet Cap	A baseball style cap.		X
	4 Deserts Cap	A baseball style cap.		X
29)	<u>GLACIER GOGGLES</u>	Regular sunglasses are not sufficient. No more than 10% light transmission. Must have side covers.	1	
	Julbo Mountain Glasses			
30)	<u>SKI GOGGLES</u>	Dark with 100% UV and IR protection. Double lens is better as it prevents fogging.	1	
	Julbo Ski Goggles			
31)	<u>FLEECE HAT</u>	Make sure the hat covers your ears.	1	
	Outdoor Research Riot Cap	This smooth fleece cap adds warmth in cool weather.		X
	Outdoor Research Charger Hat	Warm fleece and low-profile seams.		X
	Mountain Hardwear Micro Dome	Lightweight and snug (for men and women).		X
	Mountain Hardwear Dome Perignon	Windproof and breathable, with a fleece-lined ear band for comfort.		X
	Last Desert Buff	Buff with Polar Fleece lining.		X



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32)	<u>BALACLAVA</u>	For warmth and protection.	1	
	Outdoor Research Option Bala	Versatile, stretchable alpine balaclava.		X
	Icebreaker Balaclava Light	Lightweight and comfortable.		X
33)	<u>NEOPRENE MASK OR BALACLAVA WITH FACE MASK</u>	For warmth and protection.	1	
	Outdoor Research WS Gorilla Balaclava	This mountaineering balaclava performs in the harshest weather.		X
	Mountain Hardwear Windstopper Flex Balaclava	Full coverage with a snug fit. Techno-stretch nose, chin, and ear panels.		X
34)	<u>GLOVE LINERS</u> Men's Gloves Women's Gloves	Thin wool or polypropylene.	2	
	Icebreaker Glove Liner	Soft and lightweight (for men and women).		X
	Patagonia Lightweight Glove	Wicks moisture from skin to keep hands dry.		X
	Mammut Thermostretch Glove	Light, fast-drying liner.		X
35)	<u>WOOL or FLEECE GLOVES / MITTENS</u> Men's Gloves Women's Gloves	NOTE: Only required if your <u>SHELL MITTENS / GLOVES</u> do not have a liner.	1	
	Mammut Mittens and Gloves	Lightweight glove with plenty of insulation.		X
36)	<u>SHELL MITTENS / GLOVES</u> Men's Gloves Women's Gloves	Should have textured rubber palms and taped seams. Nylon shells will not keep your hands dry.	1	
	Mountain Hardwear Men's Mittens and Gloves	Chimayo Glove, Guajillo Glove, Epic Glove. Waterproof, breathable gloves. Warm liner.		X
	Mountain Hardwear Women's Mittens and Gloves	Pulla Glove, Pasilla Glove, Epic Glove. Waterproof, breathable gloves. Warm Liner.		X
	Outdoor Research Alti Mittens (Men's and Women's)	Alti Mittens - exceptional warmth when venturing out in seriously cold temperatures, above 8,000m or on Arctic expeditions.		X
37)	<u>WOOL or FLEECE GLOVES / MITTENS</u> Men's Gloves Women's Gloves	NOTE: Only required if your <u>SHELL MITTENS / GLOVES</u> do not have a liner. All the above recommended <u>SHELL MITTENS / GLOVES</u> have appropriate liners included.	1	X
<u>FOOD / COOKING</u>				
38)	<u>FOOD SUPPLY</u>	You are responsible for your own food will on the course and for 8 meals which may take place on shore.	8	
<input type="checkbox"/>	<u>Freeze Dried Meals</u>	You must bring 8 freeze dried meals to cover for three breakfasts and five main meals which may take place on shore.	8	

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	Item/Type	Comments	Qty.	Store
	Mountain House	Numerous dinner and breakfast meals.		X
	Backpacker Pantry	Numerous dinner and breakfast meals.		X
	Expedition Foods	High calorie per weight meals (800 a meal).		X
	Alpine Aire	More spices than the standard meals.		
□	<u>Energy Bars / Gels</u>	You may be on the course for long periods of time so should bring adequate amounts of energy bars/gels.		
	Clif Bar	Whole, all-natural, organic ingredients.		X
	PowerBar	C2MAX carb mix contains a special ratio.		X
	PowerGel	Delivers a fast energy boost.		X
	Hammer Bars	Easy to digest, gluten-free.		X
	Hammer Gels	Perfect for a quick energy boost.		X
	Jelly Belly Sport Beans	Contains carbs, electrolytes, and vitamins.		X
	GU			
□	<u>Nutrition Supplements</u>	These nutrition products were recommended by those who have completed the 4 Deserts series.		
	PowerBar Recovery	Take after the stage for muscle recovery		X
	PowerBar Energize	Take during the stage for energy		X
	Perpeteum	Take during the stage to fuel your body		X
	Recoverite	Take after the stage to aid muscle recover		X
	Sustained Energy by Hammer	Endurance fuel; reduces muscle fatigue		X
	HEED by Hammer	Sports drink; prevents cramps		X
	Race Caps Supreme	Enhances energy and endurance		X
	Whey	Protein supplement; helps repair muscles		X
	Premium Insurance Caps	Daily supplement, overall health support		X
□	<u>Snacks</u>	You may be on the course for long periods of time so should bring adequate amounts of snacks.		
	Quaker Instant Oatmeal	Individual packets offer a quick and nutritious breakfast or afternoon snack.		X
	Cup Noodles	Quick, easy, and light.		X
	Beef Jerky	An essential snack; provides much needed protein. Slim Jims are a quality brand.		X
	Strawberries Organic Fruit Snack	Made from fresh, quality fruit.		X
	Made in Nature Dried Fruit	Made in Nature selects the freshest		X
	Potato Chips	High in calories and taste; recommended to crush them up and carry in a zip-lock bag.		
	Parmesan Cheese	High in calories and easy to pack.		
39)	<u>ELECTROLYTES</u> - Enough for seven days - It is strongly recommended to	Use fluid replacement electrolytes with water to maintain proper hydration throughout the day. A constant supply will help the body's systems	7	



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	Item/Type	Comments	Qty.	Store
	<i>bring tablets in addition to electrolyte drink powders.</i>	to operate properly when under stress.		
	Endurolytes by Hammer Nutrition	Provides superior cramp prevention.		X
	Nuun (no sugar)	Light flavour drink enhancement.		X
	Saltstick Caps	Minimises cramping and fatigue		X
	Gatorade			
	Cytomax			
	Endurox			
40)	<u>HYDRATION SYSTEM</u> <i>- You must be able to carry 1.5 liters of water at one time.</i>	Choose between a hydration bladder and/or water bottles. Bottles allow for more flexibility, as bladders can be hard to refill at checkpoints. Many prefer the SmarTube or similar models.	1	
	RaidLight Bretelle Bottle-Holder	Attaches to shoulder of backpack.		X
	Lifeventure Water Bottle Pouch	Insulated pouch holds 0.5-1.0L bottle.		X
	SmarTube (for 1.5L bottle)	Convenient water bottle adapter.		X
	- SmarTube Cap for 63mm bottle	For wide-mouth bottles.		X
	Hydropak	2L and 3L bladders; backpack compatible.		X



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<u>GEAR</u>				
41)	<u>SLEEPING PAD</u>	Select a small size to save weight or regular size for added comfort and warmth. A self-inflating half size pad that provides padding in all the essential areas is also lighter; however, it is very difficult to eliminate the air each morning for packing. Tents provided do not have any ground padding.	1	
	POE Uber Light	Ultra-light, self-inflating pad.		X
	POE Uber Mountain	Light, and takes up little pack space.		X
	POE Uber High Mountain	Light, durable and comfortable.		X
	POE SL Lite	Outstanding lightweight pad.		X
	POE SL Basic	Classic all season pad.		X
	Thermarest Pro-Lite 3			
	<input type="checkbox"/> <u>Additional Comfort</u>			
	Sea-To-Summit Travel Pillow	Durable, compact and light.		X
	POE Base Extended Comfort Chair	Multi-function capabilities.		X
42)	<u>BAG LINER</u>	Bag liners are a great way to add additional warmth to lightweight sleeping bags. Most bag liners add approximately 6°C/10°F	1	
	Sea-to-Summit CoolMax Liner	A climate control travel liner.		X
	Sea-to-Summit Premium Silk Liner (Standard, Pillow Insert, Mummy Hood versions available)	Premium silk traveling sheet. Adds up to 10 degrees of warmth.		X
	Lifeventure EX3 Silk Mummy Liner	Compact, light and comfortable to use.		X
43)	<u>TREKKING POLES</u>	Useful if you intend to walk the majority of the course.	1	
	RaidLight Foldable Trail Poles	Ultra-light, foldable and easy to use.		X
	Black Diamond Alpine CF	Sturdy and ultra-compact.		X
	Black Diamond Trail	Versatile and comfortable to use.		X
	Komperdell C2 Carbon	Adjustable with an extra-firm grip.		X

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	Item/Type	Comments / Website	Qty.	Store
44)	<u>ZIP-LOCK BAGS,</u> <u>WATER / SAND PROOF BAGS,</u> <u>COMPRESSION BAGS</u>	Pack all your food and other items in zip-lock bags. For more expensive items (camera / passport), you may consider waterproof/sand-proof bags.	20	
	Sea-to-Summit Ultra-Sil Dry Sacks	Light and tough waterproof bags.		X
	Sea-to-Summit Sn240 Compression XS - 5.5" x 14" / Small - 7" x 16" / Medium - 8" x 18" / Large - 9" x 20"	XS – good for clothing. Small, Medium, Large: fit most bags <u>(including all those we recommended).</u>		X
	ALOKSAK Waterproof Bags	Ideal for film or other sensitive items.		X
45)	<u>TOOTHBRUSH / TOOTHPASTE</u>	Any brand will do. Smallest size recommended – travel toothbrush.	1	
	Toob Brush	Compact. Refillable toothpaste tube.		X
	Toob Replacement Heads	Made with soft end rounded bristles.		X
	Colgate WISP	A mini brush and soft toothpick.		X
46)	<u>WRISTWATCH / INSTRUMENT</u>	Any brand will do. An electronic compass, alarms and timer can be useful. Speed and distance monitor (pedometer), barometer and heart rate monitor provide interesting feedback.	1	
	Suunto	Excellent multi-functional sport watches.		X
	Luminox (excellent for use at night)			
	Timex			
	Polar			
47)	<u>GPS</u>	Choose a model that uses changeable batteries, <i>not</i> rechargeable batteries. Competitors will not have access to recharge their batteries. The course is marked every 25 meters. GPS coordinates are not provided. A GPS is most useful for tracking distance.	1	
	Garmin	www.garmin.com		
48)	<u>iPOD</u>	iPods work well, but you should keep the music player in a waterproof / sand proof bag. In addition, you will need a solar panel or other device to keep it charged. Competitors will not have access to recharge their iPods.	1	
49)	<u>SOLAR PANEL / POWER ACCESSORIES</u>	A solar panel or portable charger to charge your iPod, camera or other devices.	1	



OPTIONAL EQUIPMENT				
	Item/Type	Comments / Website	Qty.	Store
	Classic Solio Hybrid Charger	Lightweight and versatile.		X
	Solio Hybrid 1000	Powerful and efficient.		X
	Powerchimp Portable Charger	Compact and light portable charger		X
	Powermonkey Portable Charger	Compact and light portable charger		X
50)	<u>CAMERA</u>	Any small digital camera will do. If your camera is not waterproof then place it in double zip lock bags.	1	
51)	<u>BOOK or MAGAZINE</u>	Tear out pages you plan to read.	1	
52)	<u>PLAYING CARDS</u>	Great for passing time on the ship.	1	
53)	<u>TRAINING BOOKS & MAPS</u>	Materials to prepare for the event.		
	"Fixing Your Feet" (4th ed.) by John Vonhof	Learn to proactively prevent foot problems using various techniques.		X
	"The Power of Team" by Peter Wortham	Learn what it takes to complete an endurance race.		X
	Maps of course locations	Vietnam, India, China, Silk Road, etc		X
	Aloksak Clear Map Case	Clear map case, certified waterproof in excess of 60 meters (~200 feet).		X
54)	<u>FLAGS</u>	Handmade, high quality flags. One for each 4 Deserts event.		X
<u>CLOTHING</u>				
55)	<u>SNOW SHOES</u> Men's Footwear Women's Footwear	To be used for extra traction on the course.	1	
	Kahtoola FLIGHTdeck TS	Maximum versatility; lightweight system.		X
56)	<u>SCARF / HEADGEAR</u>	A Buff® is ideal as it has multiple uses such as a scarf, headgear, sweatband, etc.	2	
	4 Deserts Buff®			X
	RacingThePlanet Buff®			X
	Last Desert Buff®			X
57)	<u>DOWN MITTENS</u>	Advisable to add more warmth	1	
58)	<u>HAND AND TOE WARMERS</u>	Having these in your shoes when you are on the course can significantly reduce cold feet.	7	
59)	<u>NOSE GUARD</u>	Attaches to glacier glasses to protect in your nose in high UV conditions.	1	
60)	<u>DOWN TROUSERS</u> Men's Pants / Trousers Women's Pants / Trousers	To fit over insulation layers. Outer shell should be windproof and water resistant so this would normally be the Gortex shell	1	

OPTIONAL EQUIPMENT				
	Item/Type	Comments / Website	Qty.	Store
		which would need to fit over down trousers if you choose to bring them.		
	Marmot 8000 Meter Pant	The best Down for guaranteed warmth.		X
61)	<u>SHOES FOR THE SHIP</u> Men's Footwear Women's Footwear	For walking around the ship – choose comfortable shoes that will keep your feet warm.	1	
62)	<u>SPORTS BRA</u>	Women-only.	3	
	CW-X Firm Support Bra	Supplies support and comfort.		X
	CW-X Xtra Support Bra	Supplies an extra level of support.		X
	Patagonia Active Sport 24-7 Bra	Seamless, lightweight active sports bra.		X
	Patagonia Active Sport High Impact Bra	Lightweight, highly breathable bra.		X
<u>FOOD / COOKING</u>				
63)	<u>EATING TIN or CUP</u>	Titanium products are the lightest.	1	
	Guyodesigns Squishy Bowl & Cup	Flexible, versatile, and durable.		X
	GSI Ultralite Nesting Bowl+Mug	Ultra-light and efficient.		X
	Snow Peak Titanium Cups	Durable and ultra-light.		
	Sea-To-Summit X-Mug	Collapses flat for compact packing.		X
	Sea-To-Summit X-Bowl	Collapses flat for compact packing.		X
64)	<u>EATING UTENSILS</u>	Titanium products are the lightest.	1	
	Sea-To-Summit AlphaLight Spork	Durable and ultra lightweight.		X
	Light My Fire Spork	Polycarbonate and titanium versions.		X
	My-Ti Spork	Lightweight and strong.		X
	My-Ti Folding Spork	Offers strength and convenience.		X
	Flipsticks, Folding Chopsticks	Convenient and durable.		X
	Snow Peak Titanium Spork Short	Durable, lightweight, and compact.		
	Snow Peak Titanium Spork	Durable and lightweight.		
65)	<u>TISSUE and/or WET WIPES</u>	Any brand will work (at least 1 pack per day). A must for toilet use.	7	
	Kleenex Wet Tissues with Tea Tree Essence pH5.5	Mild and gentle, with tea tree essence, effectively cleanse and sanitize your skin.		X
	Wet Ones Moist Towelette with Vitamin E & Aloe	Clean-up anytime. Thick and soft.		X
	Kleenex Tissues Pockets Pack	Soft, gentle Kleenex® tissues.		X
	4 Deserts Tablet Towels	Durable and full-sized 10" x 10". Nine towels per pack. Compacted in a convenient tablet size; add water to use.		X