



THE LAST DESERT (ANTARCTICA) 2018

EQUIPMENT LIST



MANDATORY EQUIPMENT LIST INDEX







**** THIS INDEX IS FOR REFERENCE ONLY. YOU MUST READ THROUGH THE FULL EQUIPMENT LIST PROVIDED ON THE FOLLOWING PAGES FOR THE SPECIFIC REQUIREMENTS OF EACH MANDATORY ITEM. FAILURE TO HAVE ANY MANDATORY ITEM WILL RESULT IN A PENALTY OR NOT BEING ALLOWED TO START THE RACE.**









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MANDATORY EQUIPMENT








YOUR EQUIPMENT WILL BE REVIEWED AT COMPETITOR CHECK-IN ON THE EXPEDITION SHIP EN-ROUTE TO ANTARCTICA. RECOMMENDED MAKES & MODELS ARE SHOWN BELOW EACH EQUIPMENT ITEM.







*Note: "Most Popular" items are available at RacingThePlanet.
Use the "Compare Products" feature to see which items suit you best.*









MANDATORY EQUIPMENT			
	Item	Comments	Qty.
1)	<p><u>BACKPACK / RUCKSACK</u></p> 	<p>The equipment you are required to carry in your backpack will be announced before each stage. A 25-30L backpack is optimal. Note: There is no one backpack model that works for everyone.</p> <p><i>Most Popular:</i> <u>Inov-8 Race Elite 24L</u>, <u>OMM Classic Marathon 25L</u> & <u>32L</u>, <u>Osprey Talon 33</u>, <u>Ultimate Direction 35L</u>, <u>RaidLight Ultra Legend 30L</u></p>	1
2)	<p>WATERPROOF BAG (35L)</p> 	<p>The waterproof bag must be a minimum of 35 liters in size. There is a chance of rain, and it is vital to keep the contents of your backpack (in particular, your sleeping bag and camp clothes) dry. Using a combination of smaller bags does <i>not</i> fulfil this requirement.</p> <p><i>Most Popular:</i> <u>Sea-to-Summit Ultra-Sil Dry Sack 35L</u> (62g), <u>Sea-to-Summit Ultra-Sil Nano Dry Sack 35L</u> (46g)</p>	1
3)	<p><u>WATERPROOF BAG (60L)</u></p> 	<p>The waterproof bag will be used as a drop bag and must be a minimum of 60 liters in size as it is vital to keep its contents dry. Using a combination of smaller bags does <i>not</i> fulfil this requirement.</p> <p><i>Most Popular:</i> <u>Sea-to-Summit Big River Dry Sack 65L</u>,</p>	1
4)	<p><u>SLEEPING BAG (-9°C/15°F)</u></p> 	<p>The minimum requirement combination of sleeping bag plus bag liner is -9°C/15°F (comfort rating). See the optional equipment list below for details on <u>Bag Liners</u> which can add up to 6°C/10°F to the rating of your sleeping bag. Two (2) x sleeping bags to 0°C/32°F will meet this requirement.</p> <p><i>Sleeping bags that meet the temperature requirement:</i> <u>Marmot Plasma 15 (-9C)</u>, <u>Western Mountaineering Apache MF, (-10C)</u> <u>Western Mountaineering Antelope (-17C)</u></p>	1
5)	<p><u>SLEEPING PAD</u></p> 	<p>One sleeping pad is required to take onto shore in your drop bag. Two sleeping pads are recommended for additional protection from the cold ground. A regular size provides added comfort and warmth.</p> <p><i>Most Popular:</i> <u>Sea To Summit Comfort Light Insulated</u>, <u>Therm-a-Rest NeoAir Xlite</u>, <u>Therm-a-Rest Z Lite SOL</u>, <u>Sea To Summit Comfort Plus Self-Inflating</u>, <u>Exped Slim Hyperlite Sleeping Pad</u></p>	1
6)	<p><u>HEADLAMP & SPARE</u></p> 	<p>Competitors are required to carry a headlamp. You must also bring a spare set of batteries.</p>	1







MANDATORY EQUIPMENT			
	Item	Comments	Qty.
	<u>BATTERIES</u>	<i>Most Popular:</i> Black Diamond Icon, <u>Black Diamond Spot LED</u> , <u>Black Diamond Storm</u> , <u>Petzl Actik</u>	
7)	<u>RED FLASHING LIGHT</u> 	<p>The red flashing light is required <i>in addition</i> to your headlamp and back-up light. This is to be attached to your backpack and turned on when visibility is low.</p> <p><i>Most Popular:</i> <u>The Rough Country® Flashing LED Trail Running Safety Light</u></p>	1
8)	<u>KNIFE / MULTI-TOOL</u> 	<p>A small knife / multi-tool has multiple uses during the race. Scissors does <i>not</i> fulfil this requirement.</p> <p><i>Most Popular:</i> <u>Victorinox Swiss Army Pioneer X</u>, <u>Leatherman Micro 20</u></p>	1
9)	<u>WHISTLE</u> 	<p>To attract attention in case of an emergency. Note that many backpacks include a whistle on the buckle – this is <i>not</i> sufficient. You must have an emergency whistle.</p> <p><i>Most Popular:</i> <u>Jetscream Safety Whistle</u></p>	1
10)	<u>MIRROR</u> 	<p>To attract attention in case of emergency. Reflect the sun off the mirror to draw attention to your location.</p> <p><i>Most Popular:</i> <u>Coghlan's Featherweight Mirror</u></p>	1
11)	<u>SURVIVAL BIVVY BAG</u> 	<p>Must be a closed bivvy bag (not a blanket) made of reflective material. We recommend a thick bag that you can repack easily as you may want to use it over your sleeping bag in cold or wet weather conditions.</p> <p><i>Most Popular:</i> <u>Adventure Medical Kits Heatsheets Emergency Bivvy</u></p>	1
12)	<u>COMPASS</u> 	<p>Any model is adequate; however, a compass as a part of a watch is <i>not</i> sufficient. Note: There is no navigation in the race. The compass is an emergency gear item.</p> <p><i>Most Popular:</i> <u>Silva Thermometer Compass</u></p>	1
13)	<u>EATING UTENSIL</u> 	<p>For eating food on shore. Only one is required, but two is recommended in case you lose or break one.</p> <p><i>Most Popular:</i> <u>Expedition Foods Unbreakable Spoon</u>, <u>Light My Fire Spork</u>, <u>Sea-to-Summit AlphaLight Long Handles Spoon</u></p>	1
14)	<u>SUNSCREEN (60 ml/2 fl oz)</u> 	<p>A minimum of 60 ml/2 fl oz is required.</p> <p>NOTE: The sun is extremely strong in Antarctica, so we recommend bringing more than this. Choose a brand with high SPF that is waterproof, sweat-proof and non-greasy. It is recommended to bring the required amount in separate containers.</p> <p><i>Most Popular:</i> <u>Cancer Council Australia SPF 50</u>, <u>Dermatone Sunblock Lotion SPR 50</u> (x 2 needed to meet the minimum requirement), <u>Dermatone Lip'n Face Protection Creme with Z-Cote®, SPF 30</u></p>	60ml min.




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	Item	Comments	Qty.
15)	<p>LIP SUNSCREEN</p> 	<p>Lips are easily chapped and burned in Antarctica. A minimum SPF 30 and one full tube are required. Two tubes is recommended.</p> <p><i>Most Popular:</i> Dermatone Medicated Lip Balm & Sun Block, Dermatone Lip 'n Face Protection Crème with Z-Cote</p>	1
16)	<p>MOTION SICKNESS MEDICATION</p> 	<p>Bring motion sickness medication for the outward and return journeys between Ushuaia and Antarctica. Scopolamine patches are a recommended option.</p>	4-Day Supply
17)	<p>MEDICATION</p> 	<p>Bring an adequate supply (at least 12 mild pain relief pills) so that you are not dependent on medication from the event medical team.</p> <p>Important Note: You should seek advice from your doctor about any medication that you plan to take during the race, including any form of painkillers. If you take painkillers, Tylenol / Paracetamol / Acetaminophen are preferred over anti-inflammatory medications such as Ibuprofen / Neurofen / Advil / Motrin / Naprosyn and others. It is NOT advised to take anti-inflammatory medication on the course. Please read the expert article called Painkillers Used during Ultramarathons for more details.</p>	
18)	<p>BLISTER KIT</p> 	<p>The following list is a minimum requirement for the blister kit. You may need more supplies based on your experience and prior history of foot blisters:</p> <ul style="list-style-type: none"> • 10 x alcohol wipes • 2 x hypodermic needles or safety pins • 1 x roll of paper tape (i.e. Micropore) • 1 x roll of elastic tape (i.e. Elastikon) • 5 x Spenco 2nd Skin or Compeed pads <p>Note 1: Lubricant such as Bodyglide, Pjur Active or Loob is also highly recommended. Foot powder is recommended for feet that sweat a lot.</p> <p>Note 2: You should try to anticipate the amount of supplies you will need for 7 days. If you do not bring enough supplies, you could be at risk of developing more severe blisters that could jeopardize your ability to finish the race.</p> <p><i>Most Popular:</i> The Rough Country® Blister Kit</p>	1
19)	<p>COMPRESSION BANDAGE</p> 	<p>The minimum size requirement is 7.5 cm/3 in wide x 4.5 m/14 ft long (6 cm/2.4 inches in diameter). The compression bandage can be used for strapping an ankle / knee, slinging an arm injury, bandaging a lesion or head wound to prevent bleeding, etc.</p> <p><i>Most Popular:</i> Elastocrepe Cotton Crepe Bandage</p>	1

MANDATORY EQUIPMENT			
	Item	Comments	Qty.
20)	<u>ALCOHOL GEL (60 ml/2 fl oz)</u> 	<p>A minimum of 60 ml/2 fl oz is required. Alcohol wipes cannot replace alcohol gel, but you may choose to carry both.</p>	1
21)	<u>TOILET TISSUE / WET WIPES</u> 	<p>Toilet tissue and/or wet wipes are a must for toilet use on shore. No toilet paper is provided in the portable toilets.</p> <p><i>Most Popular:</i> The Rough Country Lite Towels, Wet Ones Moist Towelettes</p>	1 packet
22)	<u>RUNNING SHOES</u> Men's Trail Running Shoes Women's Trail Running Shoes 	<p>Competitors must wear trail shoes. Gore-Tex shoes are strongly recommended for The Last Desert as they are waterproof. One pair of trail shoes is required, but we recommend bringing 2 pairs to ensure you have a dry pair every day. Consider buying your shoes 1 to 2 sizes larger than you would normally wear to account for additional layers of socks.</p> <p><i>Most Popular Brands:</i> Hoka One One, Inov-8, Salomon, The North Face</p>	1
23)	<u>KAHTOOLA MICROSPIKES</u> 	<p>These attach to your shoes to provide extra traction on the course.</p> <p>Kahtoola are the mandatory brand. These provide a grippy, durable, slip-on traction system. We have experienced that many other brands have broken or fallen off during the race which could lead to withdrawal.</p> <p><i>Required Options:</i> Kahtoola Microspikes</p>	1
24)	<u>GAITERS</u> 	<p>Gaiters will help keep snow out of your shoes and your feet dry.</p> <p><i>Most Popular Brands:</i> Outdoor Research Rocky Mountain High, Outdoor Research Verglas Gaiters, Outdoor Research Flex Tex Gaiters</p>	1
25)	<u>SOCKS</u> Men's Socks Women's Socks 	<p>10 pairs are recommended to allow for a dry pair each day but only 4 pairs are compulsory. You will need thicker socks to keep warm. Most SealSkinz socks are waterproof.</p> <p><i>Most Popular Brands:</i> Drymax, Injinji, SmartWool, Thyo, SealSkinz</p>	4
26)	<u>LINER SOCKS</u> Men's Socks Women's Socks 	<p>For warmth and protection. Compression socks can be used as sock liners.</p>	3

MANDATORY EQUIPMENT			
	Item	Comments	Qty.
		<p><i>Most Popular:</i> Toe Toe Ultralight Sports Running Socks, Thyo Ultralight Pody Air Socks</p>	
27)	<p><u>RUNNING PANTS/TROUSERS OR LONG TIGHTS</u></p> <p>Men's Pants / Trousers / Men's Tights Women's Pants / Trousers / Women's Tights</p> 	<p>At least three pairs of pants / trousers or long tights are mandatory. It is recommended that at least one pair is slightly thicker for cold weather or consider wearing two pairs together (check for sizing and fit).</p> <p><i>Most Popular Brands:</i> 2XU (Men's / Women's), CW-X (Men's / Women's), Marmot (Men's / Women's), Montane (Men's / Women's), SKINS (Men's / Women's) X-Bionic (Men's / Women's)</p> <p>In particular: 2XU Thermal Compression Tights</p>	3
28)	<p><u>WATERPROOF SHELL PANTS / TROUSERS</u></p> <p>Men's Pants / Trousers Women's Pants / Trousers</p> 	<p>One pair of pants made of Gore-Tex or comparable material.</p> <p><i>Most Popular:</i> Montane Atomic Pants (Men's / Women's), Marmot PreCip Pants (Men's / Women's), Montane Minimus Pants (Men's / Women's)</p>	1
29)	<p><u>LIGHT LONG SLEEVE TOPS</u></p> <p>Men's Long Sleeve Tops Women's Long Sleeve Tops</p> 	<p>Three tops made of quick dry material to be worn as base layers. It is recommended to bring more than three tops to ensure that you always have a dry option.</p> <p><i>Most Popular Brands:</i> Outdoor Research (Men's / Women's), Raidlight (Men's / Women's), X-Bionic (Men's), Icebreaker, SmartWool</p>	3
30)	<p><u>EXPEDITION WEIGHT LONG SLEEVE TOPS</u></p> <p>Men's Long Sleeve Tops Women's Long Sleeve Tops</p> 	<p>Three expedition weight warm tops are required for protection against the elements. These shirts must be a minimum of Capilene 3 and have long sleeves.</p> <p><i>Most Popular Brands:</i> Icebreaker (Men's / Women's) Odlo (Men's / Women's), SmartWool (Men's / Women's), Mammut (Men's / Women's), Marmot (Men's)</p>	3
31)	<p><u>FLEECE / SYNTHETIC JACKET</u></p> <p>Men's Fleece Jackets / Down Jackets Women's Fleece Jackets / Down Jackets</p> 	<p>One mid to heavy weight fleece or synthetic jacket is required. A full zip version is easier to put on and has better ventilation than a full jumper. It is recommended to bring more than one.</p> <p><i>Most Popular Brands:</i> 66° North (Men's / Women's), Marmot (Men's / Women's), Mountain Hardwear (Men's / Women's), Montane (Men's / Women's), Patagonia (Women's), Arc'teryx</p>	1
32)	<p><u>WATERPROOF SHELL JACKET WITH HOOD</u></p> <p>Men's Waterproof</p> 	<p>One jacket of Gore-Tex or comparable material. We highly recommend a roomy fit as you will be likely be wearing this over a number of layers.</p>	1

MANDATORY EQUIPMENT			
	Item	Comments	Qty.
	Jackets Women's Waterproof Jackets	<i>Most Popular Brands:</i> Marmot (Men's / Women's) , Montane (Men's / Women's) , Outdoor Research (Men's / Women's) , Patagonia (Women's) , Arcteryx (Men's)	
33)	DOWN PARKA Men's Down Jackets Women's Down Jackets 	<p>The parka <i>must</i> be expedition weight with an attached and insulated hood. The length must go below the waist.</p> <p><i>Most Popular:</i> Canada Goose Expedition Parka, Marmot 8000 Meter Parka</p>	1
34)	RAIN PONCHO 	<p>One rain poncho is required for additional warmth and wet protection. It can also cover your backpack. This must be see-through / clear.</p> <p><i>Most Popular:</i> Coghlan's Emergency Poncho</p>	1
35)	CASUAL CLOTHES FOR THE SHIP 	<p>Bring at least one set of clothing and one pair of shoes for wearing on the expedition ship – choose comfortable items that will keep you warm.</p> <p>**Closed shoes are required to be worn when moving around the ship.</p>	1
36)	WARM HAT 	<p>Vital for warmth while running. Two warm hats are required so that you always have a dry option.</p> <p><i>Most Popular:</i> Montane Plume Mountain Cap, Montane Mountain Squall Cap,</p>	2
37)	CAP 	<p>The sun in Antarctica is extremely strong, so a cap with visor is required to protect your face from direct light and light reflecting from the ground. An option that covers your neck is recommended.</p> <p><i>Most Popular:</i> RaidLight Sahara Cap, Sunday Afternoon Sun Guide Cap</p>	1
38)	GLACIER GOGGLES 	<p>Regular sunglasses are not sufficient. Your sunglasses must have no more than 10% light transmission and also have side covers.</p> <p><i>Most Popular:</i> Julbo Sherpa, Julbo Cham</p>	1
39)	SKI GOGGLES 	<p>Ski goggles must be dark with 100% UV & IR protection. A double lens is better as it prevents fogging.</p> <p><i>Most Popular:</i> Oakley O Frame Snow, Julbo Equinox, Bobster Phoenix</p>	1
40)	BALACLAVA 	<p>One balaclava is required for warmth and protection. It is recommended to consider bringing 2.</p> <p><i>Most Popular:</i> Salomon Balaclava Black</p>	1

MANDATORY EQUIPMENT			
	Item	Comments	Qty.
41)	<p><u>NEOPRENE FACE MASK</u></p> 	<p>One neoprene face mask is required. If you have a balaclava that comes with a neoprene face mask, you do not need to have this separately.</p> <p>ZANheadgear</p>	1
42)	<p><u>GLOVE LINERS</u></p> <p>Men's Gloves Women's Gloves</p> 	<p>One pair of thin wool or polypropylene glove liners.</p> <p><i>Most Popular:</i> Black Diamond Light Weight</p>	1
43)	<p><u>SHELL MITTENS / GLOVES</u></p> <p>Men's Gloves Women's Gloves</p> 	<p>One pair with textured rubber palms and taped seams. These are required to keep your hands dry.</p> <p><i>Most Popular:</i> Montane Minimum Mittens, SealSkinz Mountain Bike Gloves, Mountain Hardwear Minalist Outdry Gloves</p>	1
44)	<p><u>WOOL OR FLEECE MITTENS / GLOVES</u></p> <p>Men's Gloves Women's Gloves</p> 	<p>NOTE: Only required if your SHELL MITTENS / GLOVES do <i>not</i> have a liner. The above recommended SHELL MITTENS / GLOVES have appropriate liners included.</p> <p><i>Most Popular Brands:</i> Black Diamond, Marmot, Montane</p>	1
45)	<p><u>HYDRATION SYSTEM</u></p> 	<p>You must be able to carry containers that can hold 1.5 liters of water at all times. The main choices are:</p> <ul style="list-style-type: none"> • Bottles: These allow for more flexibility – they can be attached to the shoulder straps of your backpack, put in a front pack or carried by hand. • Hydration bladders: A popular choice, but sometimes difficult to know how much fluid you have drunk; can also be difficult to fill quickly. <p><i>Most Popular:</i> The Rough Country Essential Trail Running Bottle (x 2) OR The Rough Country Trail Running Bottle with The Rough Country Bottle holders, OR Platypus SoftBottle can be used as an additional water container (1L).</p>	1
46)	<p><u>ELECTROLYTES / SALT TABLETS</u></p> 	<p>Maintaining your body's electrolyte balance is critical for a safe race. It is strongly recommended to bring a mixture of electrolyte tablets AND electrolyte drink powders. You must bring a minimum of:</p> <ul style="list-style-type: none"> • <i>Enough powder to make a minimum of 30 liters of drink OR</i> • <i>Enough salt tablets / Endurolytes for 30 hours on the course (usually minimum is 1.5 tablets per hour = 45 tablets) OR</i> • <i>A combination of both, e.g. powder for 15 liters of water and tablets for 15 hours on the course.</i> <p>If you expect to spend more than 30 hours on the course then you should increase this accordingly. It is vital that you test your electrolyte plan during your training and follow the amounts recommended on the</p>	7-Day Supply

MANDATORY EQUIPMENT			
	Item	Comments	Qty.
		<p>packets.</p> <p><i>Most Popular Brands: Nuun</i></p>	
47)	<u>FOOD SUPPLY</u>	<p>Meals on the ship are provided, but you are responsible for your own food while on the course. You must also bring five freeze-dried meals as a back-up.</p> <p><i>Important Note: Seeds, nuts, fruit and dried chicken are not allowed on land in Antarctica, so pack snacks appropriate to IAATO regulations.</i></p>	
	<p><u>Dried Meals</u></p> 	<p>You must bring 5 freeze dried meals.</p> <p><i>Most Popular: Expedition Foods (freeze dried, high calorie meals)</i></p>	5
	<p><u>Energy Bars / Gels</u></p> 	<p>You may be on the course for long periods of time so should bring adequate amounts of energy bars/gels. However all food items must meet the IAATO Regulations to ensure we keep Antarctica pristine.</p> <p><i>Most Popular: Clif Bars, GU, Lucho Dillitos</i></p>	7-Day Supply
	<p><u>Nutrition Supplements</u></p> 	<p>There are a lot of choices. The ones listed are recommended by past 4 Deserts competitors.</p> <p><i>Most Popular: Perpetuem by Hammer, Hammer Recoverite, Hammer Sustained Energy</i></p>	
	<u>Snacks</u>	Meals are provided on the ship, but you may want t bring extra snacks in case you want to eat between meal times	



OPTIONAL EQUIPMENT (NOT MANDATORY, BUT SUGGESTED)

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OPTIONAL EQUIPMENT			
	Item	Comments	Qty.
1)	BIVVY	There is a chance that we will spend one night camping on the Antarctic mainland. A waterproof bivvy is recommended to keep warm on this evening. Single-wall bivvy designs save weight by eliminating the need for a tent canopy, poles and fly. <i>Most Popular:</i> Mammut Cold Weather Outdoor Bivvy	1
2)	SLEEPING BAG LINER	Sleeping bag liners are a great way to add additional warmth to lightweight sleeping bags. Most bag liners add approximately 6°C/10°F. This can be used towards your sleeping bag rating. <i>Most Popular:</i> Sea-To-Summit Reactor Thermolite Liner ,	1
3)	WINTER BOOTS	Consider for warmth and around the ship when you are not on the course. <i>Most Popular:</i> Sorel Caribou , Columbia	1
4)	SNOW SHOES	To be used for extra traction on the course. <i>Most Popular:</i> Kahtoola FLIGHTdeck TS	1
5)	TREKKING POLES	Useful in the deeper snow. Highly recommended <i>Most Popular:</i> Black Diamond ,	1
6)	CHEST / HIP PACKS	Chest and hip packs can increase capacity without additional load on your back <i>Most Popular Brands:</i> Inov-8 , OMM , Raidlight	1
7)	THERMAL UNDERWEAR Men's Underwear / Baselayers Women's Underwear / Baselayers	Provides additional warmth. Warm but thin base layer clothing made out of merino wool is ideal. Highly recommended. <i>Most Popular Brands:</i> Icebreaker (Men's / Women's), Marmot (Men's / Women's), Odlo (Men's / Women's), Smartwool (Men's / Women's)	2
8)	SPORTS BRA	Women's comfort <i>Most Popular Brands:</i> 2XU , CW-X , Icebreaker , Zensah	3
9)	SCARF / HEADGEAR	A Buff® is ideal as it can be used for multiple purposes - scarf, headgear, sweatband, etc. Highly recommended. <i>Most Popular:</i> RacingThePlanet High UV Protection Buff®	1
10)	DOWN MITTENS	Advisable to add more warmth.	1



OPTIONAL EQUIPMENT			
	Item	Comments	Qty.
11)	<u>HAND & TOE WARMERS</u>	We highly recommend having hand and toe warmers for your shoes or gloves when you are on the course. These can significantly reduce cold extremities.	1
12)	<u>NOSE GUARD</u>	A nose guard attaches to glacier glasses to protect your nose in high UV conditions.	1
13)	<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 Gore-Tex shell which would need to fit over down trousers if you choose to bring them. <i>Most Popular:</i> Canada Goose Tundra Down Pant (Men's / Women's)	1
14)	<u>EATING TIN / CUP</u>	Useful for eating on the course. <i>Most Popular:</i> Sea-To-Summit	1
15)	<u>WATERPROOF BAGS,</u> <u>COMPRESSION BAGS,</u> <u>ZIP-LOCK BAGS</u>	Pack your food and small items in zip-lock bags. For valuable items (i.e., cameras & passports), you may consider waterproof bags. <i>Most Popular Brands:</i> Aloksak , Outdoor Research , Sea-to-Summit	3
16)	<u>TOWEL</u>	For cleaning off. <i>Most Popular:</i> The Rough Country® Tablet Towels, The Rough Country® Lite Towels , Sea-To-Summit Tek Towel	1
17)	TOOTHBRUSH & TOOTHPASTE	A small-sized travel toothbrush and toothpaste is recommended.	1
18)	<u>INSECT REPELLENT</u>	You may come across flies and mosquitos (very unlikely but consider if you are sensitive). <i>Most Popular Brands:</i> Sawyer	1
19)	<u>WRISTWATCH / INSTRUMENT</u>	A watch alarm and timer can be useful. Speed and distance monitor (pedometer), barometer and heart rate monitors can also provide interesting feedback. <i>Most Popular Brands:</i> Garmin, Polar	1
20)	GPS	The course is marked every 25 meters and GPS coordinates are not provided. A GPS is most useful for tracking distance. <i>Most Popular Brand:</i> Garmin, Polar	1
21)	CAMERA	If your camera is not waterproof, keep it in double zip lock bags.	1
22)	iPod	A portable music player for the course or on the expedition ship. Keep music players in waterproof / sandproof bags.	1



OPTIONAL EQUIPMENT			
	Item	Comments	Qty.
23)	PORTABLE CHARGER	<p>A way to charge your iPod, camera and other powered devices. Note that electricity is provided on the ship and can be used to charge your personal items.</p> <p><i>Most Popular Brand: Black Diamond Ember Power Light</i></p>	1
24)	BOOK / MAGAZINE / KINDLE	Bring reading material for down time on the expedition ship.	1
25)	PLAYING CARDS	Great for passing time on the expedition ship.	1
26)	TRAINING BOOKS / MAPS	<p>Materials to prepare for and read during the event.</p> <p><i>Most Popular: The Wilderness First Aid Book</i></p>	1
27)	FLAGS	Flags are popular for start and finish line photos.	1
28)	SOUVENIRS	<p>Souvenir items</p> <p><i>Most Popular: 4 Deserts Cap, The Last Desert Round Patch</i></p>	1