

Antarctic Ice Marathon Running Equipment

A layering system is necessary to keep you warm while being light enough to enable you to undertake a physical challenge.

The general idea of a layering system on your upper body is that

- 1) A base layer will wick sweat away from your body
- 2) A mid fleece layer will provide insulation, and
- 3) An outer shell layer will provide protection from the wind.

Only two layers are necessary on the legs (base layer and outer shell) or you will otherwise overheat.



Many adventure / outdoor sports shops should be very familiar with a layering system and will be able to advise you on what to wear when running in very cold weather. There are many sample links below highlighted in blue.

FEET

1 [Pair of Sock Liners](#)

1 [Pair of Wool Socks](#)

1 Pair of Trail Runners, e.g. [Salomon Men's XA Pro 3D Ultra Trail](#), or regular running shoes*

*You may need to get the running shoes a bit bigger than your normal size. Remember, you will be wearing thicker socks during the race.

LEGS & BODY

1 Set of Cold Race Gear

UVU is a new luxury brand clothing company that is rapidly expanding its range of gear and prices. UVU is the official kit supplier of the Antarctic Ice Marathon. Please see www.uvupformance.com/race-system to view the company's current range of items. Examples of a full set of gear in black are below (different colour options are available):

1. [Functional Base Layer](#) (torso) and [Leggings](#)
2. [Mid Layer](#) (torso)
3. [Outer Race Jacket](#) and [Race Trousers](#)

**You obviously do not have to purchase UVU gear, but you must get a base layer, fleece layer and windproof shell for your upper body and a base layer and windproof shell for your legs. The UVU gear is stylish + the best available and you can use it all year round in various conditions e.g. the jacket can be used as every day wear.*

HANDS

- 1 [Pair of Gloves](#)
- 1 [Pair of Mittens](#) (no fingers)

HEAD & NECK

Generally, a balaclava, facemask, hat and neck gaiter are worn.

- 1 [Balaclava](#) (doesn't cover eyes/nose/mouth)
- 1 [Facemask](#) (covers nose and mouth but has air holes)
- 1 [Thermal Hat](#) or [Thermal Hat with Ear Flaps](#)
- 1 [Neck Gaiter](#) or [BUFF](#)

Alternative Face Mask

Alternative to the above facemask, I would recommend a relatively new product called '[Untraced](#)' if you can obtain it. By wearing this product instead of a traditional facemask, there is less tendency for goggles to fog when running.

EYEWEAR

- 1 Pair of Ski Goggles e.g. [Oakley A Frame Ski Goggles](#)

General Clothing / Accessories for Antarctica

The most important outerwear items you will need are a good wind pants, down jacket and insulated boots. A sleeping bag will be provided and you should already have a balaclava, goggles, gloves and facemask as part of your running gear.

TAIGA is a Canadian-based company that ships worldwide. It is a good 'one stop shop' for general cold weather clothing at very reasonable prices. You will need several items with **600+ fill power**. Please see [this link](#) for an explanation of down wear and fill power. Many of the sample links below are to the Tiaga website, with prices accurate as at August 2012. You can also check out www.marmot.com, www.patagonia.com and www.mountainhardwear.com for other examples / options of similar appropriate clothing.

FEET

Go to www.sorel.com and choose the region where you live. Select:

Sorel Men's Caribou Boots, rated to -40C and priced at \$140

Sorel Women's Caribou Boots, rated to -40C and priced at \$140

4 [Pairs of Wool Socks](#) - \$9.95 each

LEGS

1 [Windproof Pants](#) - \$149.95

1 [Fleece Pants \(men\)](#) / [Fleece Pants \(women\)](#) - \$79.95

1 [Midweight Thermal Base Layer \(men\)](#) / [Midweight Thermal Base Layer \(women\)](#)

UPPER BODY

1 Down Jacket / Parka –

[Seymour Dry Down Coat \(Women's\)](#) - \$198.95 / [Tantulus-Reg. Down Jacket \(Men's\)](#)
- \$179.95

Alternatively,

Haglofs Belay Down Jacket (Men) - 750 power fill down and priced at £120 sterling

Haglofs Belay Down Jacket (Women) - 750 fill power down and priced at £120
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2 Long Sleeve Wool or Fleece Shirts / Sweaters (you may have these items already!)

1 [Midweight Thermal Base Layer \(men\)](#) / [Midweight Thermal Base Layer \(women\)](#)

OTHER ITEMS

- 1 Pair of Polarized Sunglasses (wrap-around)
- 1 [Large Duffle Bag](#) - \$34.95
- 1 [Litre Water Bottle with wide opening \(PEE bottle\)](#).
- 1 Litre Water Bottle for drinking
- 1 Whistle
- 1 [Bivvi Bag](#) (required for 100km runners)
- 1 Sunscreen (minimum 30 SPF)
- 1 Lipscreen
- 1 spare Contact Lenses or Prescription Glasses
- Personal toiletries
- Underwear
- Personal Medication – Enough for your trip + 4 weeks extra supply

OPTIONAL

- Daypack / Backpack
- Notebook, reading material
- Camera, film, batteries, plug adapter
- National Flag