

Personal equipment necessary to **The Poles**

NOTE: It is important that all clothes dry quickly. Cotton is totally inadvisable as it absorbs moisture and it takes a lot of warmth from our body due to evaporation. Fabrics such as wool, silk and synthetic fibres are especially recommended.

HEAD and NECK

1 Hat (Wool or fibre pile also recommended with Windstopper)

1 Balaclava (Wool or fibre pile also recommended with Windstopper)

Scarf or tubular breath

Sunglasses maximum UVA protection.

Ski Goggles sun and fog protection

Torch (extra batteries)

BODY

Windproof pants and jacket (Sail Racing lightweight Gore-Tex)

Fibre Pile Jacket (Sail Racing Challenge Jacket, Soft Shell Jacket or equivalent)

Fibre Pile Pants (Sail Racing Soft Shell pants)

Thermal underwear (pants and body each pair) 3 to 5 pairs minimum

3-4 Long sleeves Shirts

2 Hiking/Nautical Pants to feel comfortable on board

HANDS

Ski Gloves/Mittens

Fibre piles gloves

Silk gloves

FEET

Sea boots/shore boots – Can be the same and no need for hiking boots if long treks are not planned

4 to 5 pairs heavy fibre pile or wool socks

Boat shoes, with soft rubber soles for below decks - recommend Crocs

Hiking boots (Vibram sole and Gorotex membrane) and gaiters - only if ambitious, long treks are planned

ACCESSORIES

1 sleeping bag for medium temperatures (12-15 degrees Celsius)

1 small backpack (10 litres)

1 litre water bottle

1 multi function pocketknife

1 synthetic towel

Bag personal hygiene' contents: It is better to take limited capacity containers (shampoo, moisturizer, etc...). * Note that you will not use the shower every day. In such cases it is advisable to bring personal hygiene wipes.

High solar protection face cream and bar lips

Seasick pills

Personal medical kit and medications: band-aids, throat lozenges, lip salves and one course of antibiotics for chest and throat infections

Avoid electrical lead 220 V (razors, toothbrushes, plucking machines, etc)

Avoid hard suitcases. Use Travel Bags like trolleys