

# SKYDIVE REQUIRED CLOTHING AND EQUIPMENT LIST



Conditions in Antarctica change drastically throughout our season and vary depending on your location. At Union Glacier, the climate is very dry and generally sunny but wind chill can impact temperatures greatly with early November being as cold as  $-22^{\circ}\text{F}$  ( $-30^{\circ}\text{C}$ ). Average mid-season temperatures range from  $-12^{\circ}\text{F}$  to  $30^{\circ}\text{F}$  ( $-24^{\circ}\text{C}$  to  $-1^{\circ}\text{C}$ ). Air temperatures during your jumps may be as cold as  $-31^{\circ}\text{F}$  ( $-35^{\circ}\text{C}$ ).

To be prepared for all conditions, it is important to have a selection of items you can mix and match. The layering system described below will keep you safe and comfortable in all conditions—it is also the same system utilized by our Antarctic field staff.

**You do not need to wear ALL of these layers ALL of the time.** Dress for the weather conditions and activity level you expect to encounter and bring extra layers with you in case conditions change.



## Base Layer

### Materials

Polyester, Merino Wool, or Silk but NO COTTON

### Examples

Patagonia Capilene or Smartwool

### Description

Your first layer consists of a long-sleeved thermal top and bottom. We recommend materials that wick moisture away from your body like polyester or merino wool. If you cannot wear artificial fibers or wool, silk is an alternate option. Cotton traps moisture and can cause you to chill more rapidly. If your experience involves an aerobic activity like climbing or skiing, choose a lightweight fabric. If your experience is less active, choose a mid-weight fabric for warmth. Zip T-necks are a great option as they allow ventilation. Bring undergarments, sports bras, and/or camisoles in a similar wicking material.



## Mid Layer

### Materials

Polyester, Merino Wool, Stretch Fleece, Grid Fleece

### Examples

Patagonia R1 Fleece or Rab Power Stretch

### Description

Your second layer consists of a long-sleeved heavyweight (expedition weight) base layer top and bottom or lightweight stretch fleece top and bottom. Tops with hoods and thumb holes are great as they seal the neck and wrists to keep you warmer.



## Insulation Layer

### Materials

Fleece, Down, or Synthetic Insulation (Primaloft, Thinsulate)

### Examples

Patagonia R2, R3, or Nano, Rab Microlight

### Description

Your third layer should be a jacket that is thin, light in weight, and provides insulation. You can choose from either a mid to heavyweight fleece, a lightweight down, or a lightweight synthetic insulation. This should be a full-zip jacket but a hood is not essential.

### Optional Additional Layer: Vest

A fleece, down, or synthetic insulation vest can add insulation without much weight.



## Windproof Layer

### Materials

Stretch Softshell

### Examples

Arc'teryx Gamma MX Softshell, Patagonia Dual Point Alpine Pants

### Description

Your fourth layer should be a windproof jacket and pants. We recommend windproof softshells instead of waterproof hardshells like Gore-tex. In general, stretch softshells tend to be more breathable and more comfortable. Wind protection is the most important factor for this layer and the jacket needs to have a hood.



## Polar Insulation Layer\*

### Materials

Down or Synthetic Insulation

### Examples

Rab Neutrino Endurance Jacket, Marmot 8000M Jacket & Pants

### Description

Your outermost layer provides crucial insulation in extreme cold or wind and protection against the worst Antarctic conditions. You will need a hooded down jacket that is large enough to go over all of your other layers. Look for a minimum of 800 fill down and a minimum weight of 28 oz (800 g). It should be long enough to cover your backside.

Pants should be down or synthetic insulated with full side-zips. Make sure they are large enough to fit over your other layers.

*\*Item(s) available to rent for an additional fee.*

## Head

You will need several options to cover your head, neck, and face (mouth and nose) depending on the temperature, wind conditions, and sun exposure.



**Item 1:**  
Hat or Beanie that Covers Ears

**Materials:**  
Wool or Fleece



**Item 2:**  
Neck Gaiter or Buff

**Materials:**  
Fleece or Polyester Microfiber



**Item 3:**  
Balaclava or Face Mask

**Materials:**  
Neoprene or Windstopper

## Eyes

### Sunglasses and Hard Case



#### Materials

Non-metal frames with 100% UV protection

#### Examples

Julbo, Smith, Oakley

#### Description

Quality sunglasses are essential to prevent snow blindness. Look for side-flaps or a contoured shape to prevent light entering at the sides and dark colored lenses. Avoid metal frames; they can freeze to your skin. Bring a hard case to protect them in your luggage.

# Hands

## Liner Gloves



### Materials

Polyester, Merino Wool, Silk, Power Stretch Fleece

### Examples

Seirus, Outdoor Research, Icebreaker, The North Face

### Description

Liner gloves can be layered under other gloves or mittens for additional warmth. They also protect you if you need to take off an outer glove or mitten in cold temperatures. Having two pairs allows you to switch out liners as they become damp.

## Midweight Insulated Gloves



### Materials

Waterproof Breathable Outer with Built-in Insulation

### Examples

Marmot Randonnee Glove, Black Diamond Pursuit Gloves

### Description

Look for a midweight waterproof breathable glove that has either fixed insulation or fleece lining. This glove should have good dexterity and you should have experience jumping with these gloves on.

## Oversized Thick Insulation Mittens



### Materials

Down or Synthetic Insulation

### Examples

Marmot 8000 Meter Mitt, Mountain Equipment Redline Mitt, Outdoor Research Alti Mitts

### Description

Like your outer jacket and pants, these down or synthetic insulated mittens are your ultimate protection against the coldest Antarctic conditions. Mittens will keep your hands warmer than gloves but can make taking photos challenging. You should be able to wear two pairs of liner gloves under your mittens so your hands will be protected if you to take off a mitten for photography. Make sure your mittens have wrist loops to keep them attached to you if you take them off in high wind.

## Feet

### Thin Liner Socks



#### Materials

Wool, Polyester, or Silk—NO COTTON

#### Examples

Smartwool, Bridgedale, Thorlo, Terramar

### Thick Heavyweight Socks



#### Materials

Wool or Wool Blend Socks

#### Examples

Smartwool, Bridgedale, Thorlo, Darn Tough

### -100°F (-73°C) Rated Snow Boots with Removable Liners\*



#### Materials

Waterproof Outer and Removable Insulated Liner

#### Examples

Sorel Glacier XT, Baffin Impact or Endurance

#### Description

You will need boots that are very comfortable and very well insulated. We strongly recommend that you buy boots rated down to -100°F (-73°C) as -40°F (-40°C) boots are often not warm enough. Make sure your boots fit with two pairs of socks—one liner sock and one heavyweight sock. The boots should have built in gaiters and removable liners which can be taken out at night to dry.

*\*Item available to rent for an additional fee.*

### Waterproof Running Shoes or Hiking Boots



#### Materials

Waterproof Outer and Insulation

#### Examples

The North Face, Scarpa, Salomon

#### Description

For your jumps, you will need solid, waterproof running shoes or flexible waterproof hiking boots. On warmer days, these shoes can also be worn for many of the excursions around Union Glacier.

#### Optional Footwear: Tent Booties

It's nice to be able to take your boots off around camp and in your tent.

## Luggage

### Large or XL Duffel Bag (120-150 liter)



#### Materials

Durable PU or Ballistic Nylon

#### Examples

The North Face Base Camp Duffel—XL or Patagonia Black Hole 120 Duffel Bag

#### Description

We recommend using an oversized duffel bag for your checked bag on your Antarctic flight. Make sure it is made of a durable material to withstand international travel and handling on snow and ice. Look for a bag with a full zipper and multiple haul handles. Do not bring wheeled suitcases to Antarctica—they are very hard to move on snow.

#### Optional Item: Stuff Sack

It's easiest to organize your clothing in your bag and tent if you have color-coded mesh or nylon stuff sacks.

### Carry-on Backpack (18" x 16" x 10" or 46 cm x 41 cm x 26 cm)



#### Examples

Patagonia Lightweight Black Hole Pack 26L, Osprey Ozone Daypack 24L

#### Description

All passengers are limited to one carry-on bag sized to fit under an airplane seat for the Antarctic flight. We recommend putting all of your essential items in a carry-on backpack that you can also use for daily excursions while in Antarctica.

## Equipment

### Pee Bottle



### Examples

Nalgene 32 oz Wide Mouth Water Bottle

### Description

All human waste is removed from Union Glacier which means you will need your own container to urinate in when you are not within reach of our toilet facilities. We recommend a wide mouth water bottle that is marked for urine or 'pee' and can be used at night in your tent or when you are on a day excursion away from camp. Our staff will show you where to empty pee bottles behind the toilet facility.

### -40°F (-40°C) Rated Sleeping Bag\*



### Materials

Down or Synthetic

### Examples

Feathered Friends Snow Goose, Rab Expedition 1400, Wiggy's Hunter Antarctic Rectangular Sleeping Bag

### Description

You will need a sleeping bag that is rated down to -40°F (-40°C). A full-length zipper is important.

*\*Item available to rent for an additional fee.*

# SKYDIVING CHECKLIST

**You must bring ALL of the items on this list unless they are listed as optional.** We will look for each item on this list at your Gear Check in Punta Arenas. These items may not be available for purchase in Punta Arenas and we will not let you board the aircraft to Antarctica without them.

X	#	Item
<b>Base Layer</b>		
	2	Light or midweight tops
	2 pairs	Light or midweight bottoms
	4 pairs	Underwear, sports bras, etc.
<b>Mid Layer</b>		
	1	Lightweight fleece top or expedition-weight base layer top
	1 pair	Lightweight fleece pants or expedition-weight base layer bottoms
<b>Insulation Layer</b>		
	1	Mid or heavyweight fleece, down, or synthetic insulation jacket
	<i>Optional</i>	Fleece, down, or synthetic insulated vest
<b>Windproof Layer</b>		
	1	Hooded softshell jacket
	1 pair	Stretch softshell pants
<b>Polar Insulation Layer</b>		
	1	Thick down or synthetic insulated jacket with large hood <b>*Available to rent</b>
	1 pair	Down or synthetic insulated pants with full side-zips <b>*Available to rent</b>
<b>Headwear</b>		
	1	Hat or beanie that covers ears
	1	Neck gaiter or Buff
	1	Balaclava and/or face mask
	<i>Optional</i>	Fleece or Windstopper headband
	<i>Optional</i>	Baseball or trucker hat for sunny weather
<b>Eyewear</b>		
	1	Sunglasses with side coverage
	1	Sunglass case
	<i>Optional</i>	Spare contact lenses or prescription glasses, if required
<b>Gloves</b>		
	2 pairs	Liner gloves
	1 pair	Midweight insulated gloves
	1 pair	Oversized thick insulated mittens
	<i>Optional</i>	Chemical hand warmers

x	#	Item
<b>Footwear</b>		
	3 pairs	Thin liner socks
	3 pairs	Thick heavyweight socks
	1 pair	Boots rated -100°F (-73°C) <b>*Available to rent</b>
	1 pair	Waterproof running shoes or hiking boots
	<i>Optional</i>	Tent booties with no-slip sole
<b>Skydiving Equipment</b>		
	1	Skydiving rig with in-date reserve, must be well-maintained and approved by Skydive Master
	1	Canopy with conservative wing loading
	1	Automatic Activation Device (AAD) that is functional and in-date
	1	Jumpsuit
	1	Open face helmet or full face helmet with visor removed
	1	Goggles compatible with chosen helmet
	1	Lightweight neoprene face/neck protector
	1 pair	Insulated skydive gloves
	1	Audible altimeter
	1	Visual altimeter
	As needed	Spare altimeter batteries
	<i>Optional</i>	Back-up altimeter
<b>Other Equipment</b>		
	2	Extra large duffel bags
	1	Carry-on backpack 18" x 16" x 10" (46cm x 41cm x 26cm)
	1	Sleeping bag rated -40°F (-40°C) with full-length zip <b>*Available to rent</b>
	2	32 oz Nalgene wide-mouth water bottles (one for drinking and one marked for pee)
	1	Outdoor Research insulated cover for 32 oz Nalgene water bottle
	1	Lip balm with minimum SPF 50
	1	Sunscreen with minimum SPF 50
	1	Personal toilet bag with wash cloth, small towel, Wet Wipes, toothbrush, toothpaste, lotion, Band-Aids, blister kit, contact solution, feminine products, etc
	As needed	Personal medication. Bring enough for your experience plus an additional 4 weeks' supply.
	<i>Optional</i>	Stuff Sacks
<b>Other Optional Items</b>		
	<i>Optional</i>	<b>For Antarctica:</b> USB or 120 V A/C (North American Type A or B plugs) <b>For Chile:</b> Plug adapters and 220 V transformers