

POLAR ADVENTURES

Schiffs- und Flug- Expeditionen
in Arktis und Antarktis



Antarktis Flug-Expeditionen GEOGRAFISCHER SÜDPOL PER SKI

**ex Punta Arenas / Chile
via Basecamp UNION GLACIAR**

POLARADVENTURES Schiffs- und Flug-Expeditionen in Arktis und Antarktis
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POLAR ADVENTURES

Schiffs- und Flug- Expeditionen
in Arktis und Antarktis

Saison 2024-25

Veranstalter Direkt-Angebote

**ab-bis Punta Arenas (Chile)
für individuelle Planungen**

**alle Abfahrten der Saison inkl.
englischsprachiger Termine**

ANTARCTIC LOGISTICS & EXPEDITIONS EXPERIENCES



November 2024 to January 2025

Prices are subject to change, particularly as fuel prices fluctuate. Please see pricing note below.

Experience and Dates Offered	Code	Number of Days	Price (USD)
Mount Vinson		12 or 13 days	\$54,600
November 26 – December 7, 2024	VINS1		
December 7 – December 18, 2024	VINS2		
December 18 – December 30, 2024	VINS3		
December 30, 2024 – January 10, 2025	VINS4		
January 10 – January 21, 2025	VINS5		
South Pole Flight		6 days	\$62,895
December 30, 2024 – January 4, 2025	SPF1		
South Pole Overnight at Three Glaciers Retreat		7 days	\$82,950
January 4 – January 10, 2025	SPFO2		
South Pole Overnight		7 days	\$68,250
January 10 – January 16, 2025	SPFO3		
Emperor Penguins		9 days	\$60,900
November 10 – November 18, 2024	EMPS1		
November 18 – November 26, 2024	EMPS2		
November 26 – December 4, 2024	EMPS3		
Emperors & Explorers		9 days	\$92,500
December 4 – December 12, 2024	EMPX4		
Ski Last Degree		12 or 13 days	\$78,750
December 7 – December 18, 2024	LDG1		
December 18 – December 30, 2024	LDG2		
January 4 – January 16, 2025	LDG3		
Antarctic Odyssey		5 days	\$31,495
December 14 – December 18, 2024	AOD1		
Custom dates available upon inquiry			

Experience and Dates Offered	Code	Number of Days	Price (USD)
Climb Antarctica		13 days	\$37,800
January 4 – January 16, 2025 Pricing reflects a minimum of 2 guests to 1 guide, please inquire further for 1:1 pricing	CLIMB1		
Ski Antarctica		13 days	\$37,800
January 4 – January 16, 2025 Pricing reflects a minimum of 2 guests to 1 guide, please inquire further for 1:1 pricing	SKI1		
Mount Sidley		12 days	\$72,975
January 10 – January 21, 2025	SIDLEY1		
Ski South Pole-Hercules		60 days	\$89,250
November 18, 2023 – January 16, 2025	SKSP-HI		
Ski South Pole-Messner		54 days	\$86,100
November 18, 2023 – January 10, 2025	SKSP-ME		
Ski South Pole-Axel Heiberg		48 days	
November 18, 2023 – January 4, 2025 Special requirements, inquire about pricing	SKSP-AH		
Skydive Antarctica		6 days	\$34,650
Dates - To be announced	SKYD		
Three Glaciers Retreat		Custom	
Custom itineraries and pricing available upon inquiry	3GR		

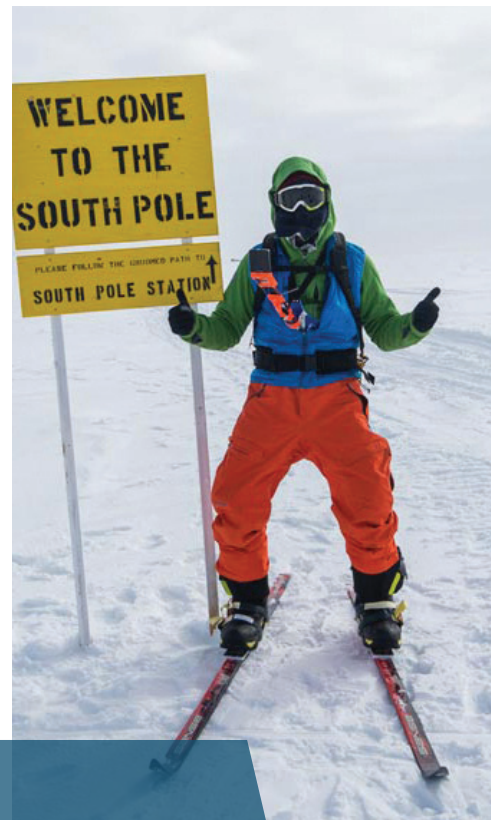
Custom Experiences: Our scheduled itineraries are just a starting point. You can combine trips, add-on scenic flights, or tailor activities to match your interests. Please contact us to discuss the options.

Pricing Note: Prices shown are based on fuel costs as of January 1, 2024. We reserve the right to add a fuel surcharge in the event of significant increases in the price of aviation kerosene. Given the current volatility of fuel prices, please anticipate this possibility.

Deposits: A deposit of \$5000 (USD) per person is required to reserve space on any experience. Deposits are refundable up to 90 days prior to departure, less a \$1000 (USD) per person processing fee.*

Cancellation: We strongly advise you to acquire cancellation insurance for your experience. Please refer to our terms & conditions * for our full cancellation policy.

* Different Terms & Conditions apply to group bookings, based on the chosen experience and size of group.



SKI LAST DEGREE

89°S To **90°S**

Ski the last 60 nautical miles (69 mi/111 km) to reach the most southerly point on Earth and experience firsthand the challenges faced by early explorers.

Ski Last Degree captures the essence of polar exploration in an incredible twelve day expedition.

You'll witness the stark beauty and silence of the high polar plateau, feel the physical demands of sled hauling, enjoy the bonds of friendship built through shared challenge, and know that you have arrived at the ultimate destination – the South Pole – through your own effort and determination.



ITINERARY ❄️



Arrival Day
Punta Arenas, Chile



Pre-departure Days
Gear Check. Flight Check-in
and Baggage Drop-off
Welcome and Safety Briefing



Day 1
Fly to Antarctica



Day 2-3
Expedition Preparations



Day 4
Fly to 89°S



Day 5-9
Ski to the Pole



Day 10
Arrive at the Pole



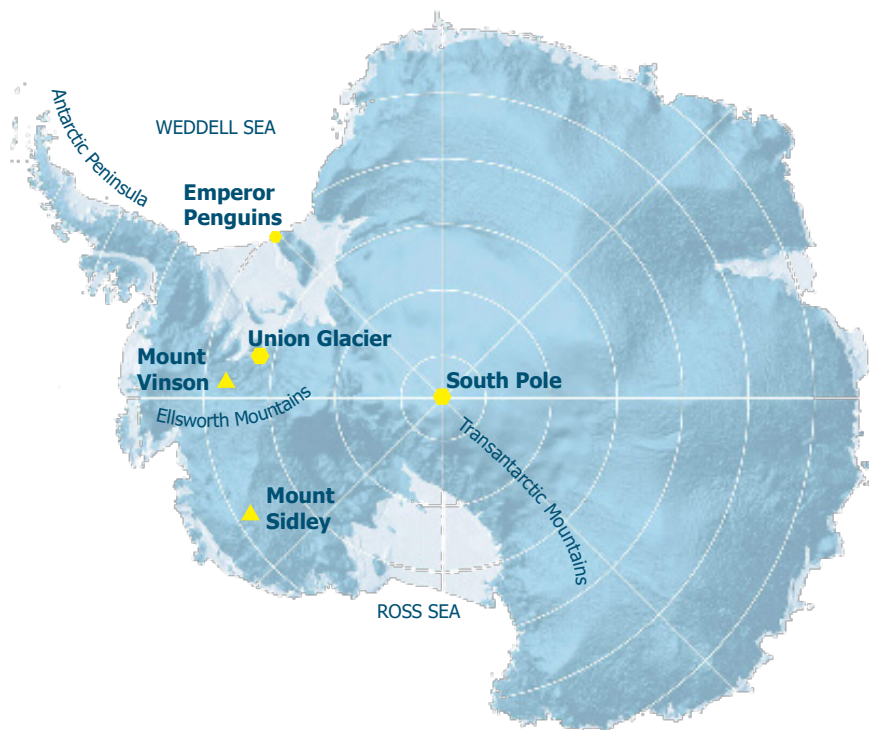
Day 11
Return to Union Glacier



Day 12
Return to Chile



Flexible Departure Day
Fly Home



❄️ *All itineraries are subject to change based on weather and flight conditions.*



ARRIVAL IN PUNTA ARENAS

Punta Arenas Office Address

Calle Bernardo O'Higgins 568

We ask you to arrive in Punta Arenas, Chile, at least **three nights prior** to your scheduled Antarctic flight in order to fully prepare you for your upcoming experience. This also allows a buffer for flight and baggage delays, should your travels to Chile not go as scheduled. We do not hold Antarctic flights for delayed passengers or baggage.

A few days before you depart from home, you will receive a digital Welcome Pack by email from your Punta Arenas Guest Liaison. This will cover important pre-departure information, including an Antarctic safety and environmental briefing and an itinerary for your time in Punta Arenas.

Santiago Airport (SCL) is the main international gateway to Chile. International flights arrive at Terminal 2, where you will complete a health check, customs and immigration procedures. Collect your checked baggage, then walk to Terminal 1, where you will re-check your bags for your domestic flight to Punta Arenas. **You must collect your checked baggage in Santiago.** If your baggage has not arrived, complete a lost baggage form before leaving the Santiago airport.

Upon arrival at Punta Arenas Airport (PUQ), our representative, holding an ALE sign, will be waiting for you at the exit of the baggage claim area and will transport you to your hotel. **Please notify your Punta Arenas Guest Liaison if you are delayed or your arrival time changes.**

Gear Check

We will arrange a group gear briefing, to review the personal clothing and equipment you will need in Antarctica. Bring any items you would like us to check as well as any questions you may have. We will explain what to pack in your checked baggage vs. your carry-on bag and what items to leave behind in Punta Arenas.





PRE-DEPARTURE DAY

Flight Check-in

You will check-in for your Antarctic flight up to 24 hours before your scheduled departure to allow for changes in weather at Union Glacier. We will collect and weigh your checked baggage at this time. Please have your bags ready for pick-up by ALE, then make your way to the ALE office for your **scheduled check-in time**.

Keep the following requirements in mind as you prepare:

- All baggage must comply with international air transport regulations.
- For the safety of our staff, individual bags must not weigh more than 55 lb (25 kg).
- Bring your passport to check-in for the flight and receive your boarding pass.

Checked Baggage

Checked baggage is loaded onto the aircraft the day before your Antarctic flight, so that we are ready to depart as soon as the weather is suitable. Keep in mind, you will not have access to your checked bags until they are delivered to your tent in Antarctica, even if the flight is delayed. Do not put anything in your checked baggage that you might need during a delay in Punta Arenas, on the flight, or for the first few hours in Antarctica.

Your checked baggage allowance is 55 lb (25 kg). Any checked baggage in excess of this amount will be charged at **\$35 USD per lb (\$77 USD per kg)**. You can pay in US cash or we can invoice you for the excess baggage. Carry-on baggage within the size limit, clothing worn aboard the aircraft, and sleeping bags rented from ALE, are not included in your checked baggage allowance.

Carry-on Bags and Polar Clothing

Pack all of your essential personal belongings in your carry-on. We recommend a 30 liter bag without a rigid structure, as it provides flexibility during day trips at Union Glacier and on ski aircraft flights within Antarctica.

Carry-on baggage is restricted to 18" x 16" x 10" (46cm x 41cm x 26cm). Carry-on items that do not fit in the overhead bin, or under the seat in front of you, will be gate-checked and may result in additional fees.

When we depart Punta Arenas you will be wearing the boots and outer clothing needed for your arrival in Antarctica. It is simpler to wear these items than to carry them. You can remove these extra layers once you are on board the aircraft.

Camera Equipment and Fragile Items

Camera packs and other fragile items that are larger than the carry-on size limit will be considered part of your checked baggage allowance and loaded in the cargo hold. Remember to keep a camera with you to take pictures during the flight and upon arrival in Antarctica.



Left Luggage

You can leave luggage in Punta Arenas if there are items you do not need in Antarctica but we do not recommend leaving valuables. Bags can be left with ALE or at your hotel. We will provide Left Luggage Tags.

If you would like ALE to store your bags, please bring them with you on departure day. We will store them at our office and transport them to your hotel once your return flight is confirmed. Ask hotel reception for access to their luggage storage room to collect your bag.

Please note that ALE cannot pick up bags that are left at your hotel. ALE is not responsible for lost or stolen luggage.

Departure Update

The evening before your Antarctic flight, we will update on you the current weather and potential departure time.





DAY 1 FLY TO ANTARCTICA

We will call you at your hotel in the morning to advise you of current conditions in Antarctica. If the weather is suitable for our flight, we will pick you up at your hotel within the hour. Please meet us in the lobby with hotel bills paid, ready to board the bus.

At the Punta Arenas airport, we will go through normal Airport Security before boarding our comfortable jet for the 4¼ hour flight to Antarctica. Our route crosses the Drake Passage, then follows the west side of the Antarctic Peninsula and the spine of the Ellsworth Mountains. We land on a naturally occurring blue-ice runway on Union Glacier where you will take your first steps in Antarctica.

Climb aboard one of our specially-adapted vans for the 5 mi (8 km) shuttle to our main camp. Our friendly staff will provide a welcome tour of camp and show you to your tent.





DAY
2-3

EXPEDITION PREPARATIONS

You will spend a couple of days at Union Glacier to test your clothing and equipment and practice sled hauling on a mini-expedition outside of camp with your team. Then you'll pack your sleds and ready for departure.



DAY
4

FLY TO
89°S

Fly by ski aircraft to 89° South, 60 nautical miles (69 mi/111 km) from the South Pole. As the aircraft disappears from view, you'll be struck by the stark beauty and emptiness surrounding you. There is nothing but snow and wide horizons in all directions.

Your team will pack sleds and ski a short distance before setting up camp for your first night on expedition. You have just arrived at altitude and it is important that your pace is slow during this initial ski.



DAY
5-9

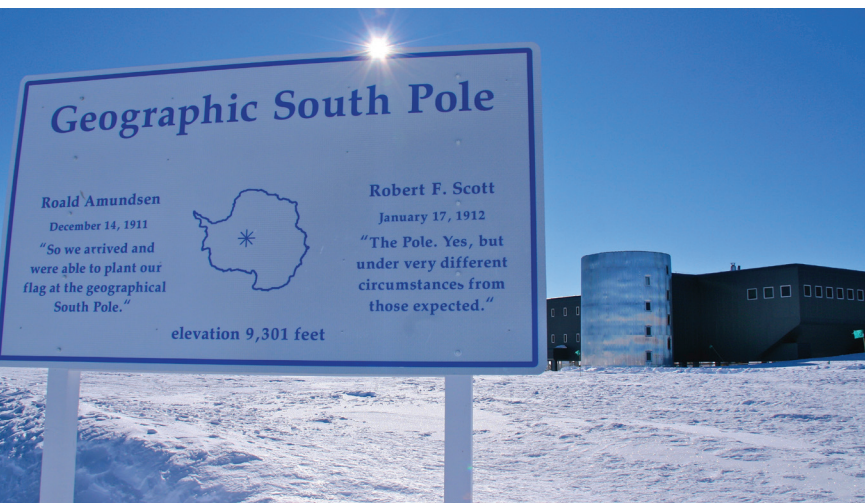
SKI TO THE POLE

Continuing your trek south, you'll ski longer periods each day to begin acclimatizing to the cold and altitude. The elevation here is 9,300 ft (2835 m) but to your body it will feel more like 10,500 ft (3200 m) due to the lower atmospheric pressure at the poles. Throughout the expedition you'll notice the altitude's impact on your breathing and your stamina.

This journey is physically demanding. Your sled will weigh approximately 66 lb (30 kg) and the snow may be sculpted by the wind into steep ridges called sastrugi, adding to the challenge. Acclimatizing slowly gives your team its best chance for success.

A 'typical' day starts with breakfast at 8 am and the team packed up and skiing by 10 am. You'll make a series of 1 hour marches, stopping for 5-10 minutes each hour for a brief rest and snack break. You'll travel until about 7 pm and then stop to set up camp and enjoy dinner together. As on all expeditions, success is a team effort, with everyone helping to pitch tents and prepare meals.

The Amundsen-Scott Station may be visible from around 15 mi (24 km) away but those last miles can seem the longest and may take another 1-2 days of travel.



DAY
10

ARRIVE AT THE POLE

Finally, you'll take the last steps to your goal and reach the most southerly point on Earth – the Geographic South Pole! Here, beneath your feet, all 360 lines of longitude meet and the ice is almost 10,000 ft (3000 m) thick.

Feel the satisfaction of having arrived here under your own power and reflect on how it must have felt to stand in this place over one hundred years ago, with only the sound of the wind and an endless expanse of white stretching northward in all directions.

You may camp overnight at the South Pole until your pick-up by ski aircraft. The South Pole is an Antarctic Specially Managed Area (ASMA #5). Please respect established protocols while at the South Pole.

DAY
11

RETURN TO UNION GLACIER

Our field staff will stay in close contact with Union Glacier Camp to identify the best 'weather window' for your return flight.

Depending on flights, your team's celebration dinner may take place at our South Pole camp or upon your return to Union Glacier. You'll receive a certificate to commemorate your Ski Last Degree Expedition and may have at least one day to explore more of Union Glacier before departing Antarctica.

DAY
12

RETURN TO CHILE

When weather and runway conditions permit, our intercontinental aircraft will arrive at Union Glacier to transport you back to Chile. Once your flight has been confirmed we will ensure that you have a hotel reservation in Punta Arenas. If the flight returns in the early morning, we will book your reservation for a day ahead of your arrival because many hotels do not allow check-in until after 3:00pm.

If in the event of a delay we cannot adjust your reservation, ALE will find you a new hotel of comparable quality. Upon your arrival our staff will meet you at the airport and transfer you and your bags back to your hotel.



FLY HOME

Due to the potential for weather delays, we strongly suggest booking your flight home one week after your planned return from Antarctica. If you purchase a full-fare ticket, most airlines will allow you to move your departure date. We recommend booking tickets through a travel agent, so they can change your ticket once the return flight from Antarctica is en route. Please note, ALE staff are unable to assist with airline reservations.

Should you wish to explore Chile before you return home, our team can provide a list of local tour operators and excursions. When it is time for your flight home, we will provide transportation from your hotel to the Punta Arenas airport.





Weather

Temperatures ranging from -13°F to -40°F (-25°C to -40°C) with wind-chill down to -50°F (-50°C).



Activity Level

Extremely Strenuous—skiing up to 9 hours per day while pulling a 66 lb (30 kg) sled at a physiological altitude of 11,000 ft (3350 m).



Requirements

Skiing and cold weather camping experience as well as a high level of fitness. Participants must undertake training for several months prior to the expedition.



What's Included

- Airport transfers in Punta Arenas, Chile
- Round trip flight to Antarctica from Punta Arenas
- Flight to 89°S from Union Glacier
- Flight to Union Glacier from South Pole
- Meals and tented accommodation in Antarctica
- Camping and skiing equipment
- Expedition Guide
- Celebration dinner and Certificate of Achievement
- Checked luggage up to 55 lb (25 kg)



Not Included

- Insurance coverage—personal, medical, evacuation, or otherwise
- Commercial flights to and from Punta Arenas
- Airport transfers outside of Punta Arenas
- Meals and accommodation in Punta Arenas
- Additional flights within Antarctica
- Personal equipment and clothing
- Expenses incurred due to delays
- Luggage over 55 lb (25 kg)
- Satellite phone charges



Weather Delay Advisory

All itineraries are subject to change based on weather and flight conditions. Every effort will be made to keep to the scheduled itinerary and flights will depart as soon as weather and runway conditions permit. Our staff will provide you with regular updates in the event of a delay.

Please understand that delays are common in Antarctic travel. For this reason we advise you not to plan any important meetings, functions, or other trips for at least one week following your scheduled return from Antarctica. We strongly suggest that you purchase a full-fare, flexible airline ticket that easily permits date changes without penalty.

SKI LAST DEGREE REQUIRED CLOTHING AND EQUIPMENT LIST



Conditions in Antarctica change drastically throughout our season and vary depending on your location. Temperatures can reach as low as -40°F (-40°C) and as high as 23°F (-5°C) and can feel colder due to the prevailing headwind and altitude.

To be prepared for all conditions, it is important to have a selection of items you can mix and match. Skiing while towing a sled generates heat and it is important to regulate your body temperature by selecting appropriate layers each day based on the conditions.

Some days you will need more insulation than others, but in general a windproof outer layer and complete face protection are always necessary. On a typical day, most people will wear a thin and thick pair of leggings and a thin base layer top and a mid-layer top, and their windproof jacket and windproof pants. Some guides suggest wearing your sledging harness underneath your windproof jacket as it can make it easier to get into pockets and to vent. During breaks you will put on the down parka. It is crucial to prevent sweating, as your sweat will freeze and render your high tech clothing useless. 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.

Face, hands, feet, and thighs are especially vulnerable to cold injury. Pay particular attention when gloves, mitts and face/head coverings.

This list is broken up into two sections with photos and descriptions of the more technical items up front and the complete clothing and equipment checklist with required quantities at the back. The suggested items are examples of products that meet the recommended criteria. Use them to compare specifications with your existing equipment or to find equivalent products from manufacturers available where you live. It is essential that you have suitable equipment for this challenging expedition. If in doubt, please contact us for further advice.

Base Layers



Materials

Merino Wool or Polyester, NO COTTON

Examples

Patagonia, Icebreaker, Brynje, Aclima



Description

Your first layer consists of a long-sleeved top and bottom. We recommend merino wool, merino-polyester mix, or wool net. If you cannot wear wool, polyester is an alternate option. Do not bring cotton as it traps moisture and can cause you to chill more rapidly. **Make sure these items are loose fitting and not too tight.**

Bring undergarments, sports bras, and/or camisoles in a similar wicking material. It will not be practicable to change underwear as often as you would at home so it is a good idea to test fabric options before your expedition. Try different options for a few days and pick the most comfortable.

Optional Bottom: Silk Leggings or Shorts

Silk leggings or shorts are an alternative option for your bottom base layer as they may reduce the likelihood of having chilblains and cold injury to the thighs.



Mid Layers



Materials

Merino Wool or Fleece

Examples

Patagonia R1-R2, Rab Power Stretch, Mountain Equipment Eclipse Pant

Description

Your second layer consists of a long-sleeved heavyweight (expedition weight) base layer top and bottom or lightweight stretch fleece top and bottom. Power Stretch fleece tights are the perfect mid layer. They should not be so tight that they produce chafing or constriction, if they do, they are too small. Tops with hoods are great as they seal the neck to keep you warmer. Chest pockets are useful for keeping batteries warm and they don't interfere with the sledging harness.



Your next item is a midweight fleece jacket. It should be a full-zip jacket but a hood is not essential. Multiple pockets are useful. This can be worn instead of your mid layer hoodie on colder days and as a cosy dry layer inside the tent in the evening.



Alternate Bottom: Hiking/Trekking Pants

Also known as guide pants, a pair of lightweight pants with some stretch can be layered over your base layers when at Union Glacier Camp. But these are not essential for the Ski Last Degree expedition itself.

Windproof Layers



Materials

Windproof Shell with optional Fur Ruff

Examples

Mountain Equipment Polar Expedition Jacket and Salopette, Bergans Antarctic Expedition Jacket and Antarctic Expedition Salopette

Description

Next you will need a windproof jacket and pants. We recommend windproof softshells as they tend to be more breathable and more comfortable than waterproof hardshells. However, if you already own windproof hardshells (Gore-tex), or are bringing them for Vinson, these will also be suitable. Wind protection is the most important factor for this layer.



Your jacket should be long enough to keep your lower back warm, but it does not need to cover your thighs. It must have a generous hood but a fur ruff is optional. If you purchase a jacket without a ruff, you can buy and sew one to the inside edge of the hood or sew in a zipper attachment so the ruff can be easily removed. Wolverine is optimum but wolf, coyote, husky, or fox fur ruffs will also work. These are available from [Apocalypse Design](#), [Brenig](#), and [Wintergreen Northern Wear](#).

Your pants should have easy pull zippers for venting and full side zips. A drop seat pant design is vital for using the toilet if the pants have suspenders/braces or a salopette (bibs) design. The thighs are an area which is vulnerable to cold injury so avoid a tight fit and allow plenty of room for insulating layers underneath.

Special Note: Clothing that combines 'pile and pertex' insulation and windproofing in one garment is often marketed as being ideal for polar expeditions. However, the combination of the windproof outer layer and built-in insulation can be too hot at times and does not allow the user to regulate layers in varying conditions. It is therefore not recommended for Ski Last Degree expeditions.

Insulation Layers

You will need several insulated options to provide protection against the coldest and windiest Antarctic conditions. These items should all be sized to fit over your windproof layers.

Down Parka with Hood



Examples

Mountain Equipment Annapurna Jacket, Rab Neutrino Pro Jacket

Description

Your parka does not need to be the warmest model available but should be expedition quality, rated -15°F (-26°C) and have a generous hood. Check to make sure the zippers are easy to use as they can get very stiff in cold temperatures.

Down Vest



Examples

Patagonia Down Sweater Vest, Rab Microlight Down Vest

Description

Your vest should be sized to fit over your windproof jacket.

Insulated Pants, Skirts, or Shorts



Examples

Klattermusen, Bergans, Salewa, Skhoop, Mountain Equipment Compressor ¾ pant, Dynafit Primloft skirt

Description

Your choice of ¾ length insulated pants, skirt or shorts are essential for both men and women to protect against "polar thigh" injury. Make sure that they come down to your knees. The advantage the down skirts have is that they are quick and easy to put on with only one zip.

Head

The face is especially vulnerable to cold injury on a Ski Last Degree expedition due to frequent headwinds. Complete face protection is essential. This means skiing in goggles, not sunglasses. The objective is to have your face and head completely protected from the elements while also being able to breathe freely and allow the moisture from your breath to escape (so that goggles do not fog).

You will need several options to cover your head, neck, and face, including your nose, depending on the temperature, wind conditions, and sun exposure. It is important to try different combinations at home to ensure that there are no gaps - often a crescent shape between the edge of goggle and a face mask or balaclava is hard to cover. Bring a variety of facemasks and head gear.



Item 1:

Hat or Beanie that Covers Ears

Materials:

Wool or Fleece

Description:

Your beanie can be worn on its own around camp or added on top of your Buff or balaclava for extra warmth while skiing.



Item 2:

Buff

Materials:

Polyester Microfiber, Fleece, or Merino Wool

Description:

The thinnest option is to wear a Buff as a balaclava with goggles on top. Combined with your jacket hood and a fur ruff, this may be enough coverage on some days.



Item 3:

Balaclava

Materials:

Power Stretch Fleece or Windstopper

Description:

On colder days you will need to replace your Buff with a balaclava.



Item 4:

Face Mask

Materials:

Neoprene or Windproof Fleece

Description:

While most face masks have both nose and mouth openings, face masks that completely cover the nose are best. If conditions are bad enough to require wearing a facemask, you need to have the nose completely covered and protected. If you purchase a face mask with a nose opening, it is best to modify it at home and sew over the nose opening. The brand [Airhole usa.airholefacemasks.com](http://usa.airholefacemasks.com) has some good offerings.

Eyes

Quality eyewear is essential to prevent snow blindness. **Sunglasses or goggles must be worn at all times outside.**

Sunglasses and Hard Case



Materials

Non-metal frames with 100% UV protection

Examples

Julbo, Smith, Oakley

Description

Your sunglasses should have dark colored lenses and full side coverage. Look for sunglasses with side-flaps (mountaineering or glacier glasses) or sport sunglasses with big lenses, wide sides, and a contoured shape that prevents light from entering at the sides. Non wraparound sunglasses provide little or no protection from peripherally focused UV radiation.

Avoid metal frames as they can freeze to your skin and bring a hard case to protect your sunglasses in your luggage.

Goggles



Materials

100% UV Protection

Examples

Julbo, Oakley, Smith, Abom

Description

Quality goggles are vital while skiing to protect your eyes and face against wind and cold injury. You will need at least two pairs of goggles that you are comfortable wearing for long periods. Make sure each pair of goggles has a different lens tint or bring two identical goggle frames that use the same interchangeable lenses. Dark orange or rose colored lenses are recommended as they work in all light conditions. Goggles also need to have excellent venting as lens fogging is a common problem. Julbo makes several examples with lenses that pop away from the frame for venting. If you wear prescription glasses, check to make sure your goggles fit over them comfortably and won't fog up inside the goggles.

On at least one pair of goggles sew a piece of windproof fleece or neoprene underneath the nose to form a mask of material, covering your nose but not your mouth, that will provide additional protection in bad weather.

Hands

You will need a selection of gloves and mitts to protect your hands while performing a range of tasks from setting up tents and taking photos which require dexterity, to skiing and standing still which require insulation.

We recommend you bring gloves with wrist loops attached as many people take a glove or mitten off and lose it in the strong wind. Look for gloves that come with wrist loops or bring some elastic shock cord and your guide will show you how to make your own.

Thin Liner Gloves



Materials

Polyester or Merino Wool

Examples

Seirus, Outdoor Research, Icebreaker

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. Note that merino gloves are less durable than polyester ones.

Thinsulate Fleece Gloves



Materials

Fleece and Thinsulate or Wool

Examples

Thinsulate, Rossignol, Ortovox, Norrona

Description

These are the main gloves that you will ski in. You have the option of wearing them with or without the liner gloves. We recommend gloves that use a mix of fleece and Thinsulate for insulation.

Alternative Option: Wool Mittens

Your other option is to use wool mitts, usually called Dachstein Mitts.

Midweight Insulated Gloves



Materials

Waterproof Breathable or Leather with Built-in Insulation

Examples

Black Diamond Pursuit Gloves, Hestra Fält Guide Gloves

Description

It's useful to have a pair of midweight insulated alpine or work gloves that can be worn when setting up camp. Hestra Fält Guide Gloves have proven to be versatile and useful on ski expeditions. The removable liner means they can be dried as needed.

Thick Insulated Mittens



Materials

Synthetic or Down Insulation

Examples

Mountain Equipment Redline Mitt, Mountain Equipment Citadel Mitt, Black Diamond Super Light Mitts, Marmot Expedition Mitts

Description

You will need one pair of mittens with a high level of insulation. Fully waterproof mountaineering mittens are not necessary as they tend to be stiffer and more bulky than what is needed for an Antarctic ski expedition. We recommend synthetic (Primaloft) insulated mittens.

Feet

Thin Liner Socks



Materials

Wool, Polyester, or Silk—NO COTTON

Examples

Smartwool, Bridgedale, Thorlo, Darn Tough, Injinji

Description

Toe socks are a good option to reduce blisters on and in between toes.

Midweight Socks



Materials

Wool or Wool Blend Socks

Examples

Smartwool, Bridgedale

Description

These will be your primary ski socks.

Heavyweight Socks



Materials

Wool or Wool Blend Socks

Examples

Smartwool, Bridgedale, Thorlo, Darn Tough

Description

Warm socks are great to wear inside your tent.

Insulated Booties



Materials

Down or Synthetic Insulation

Examples

The North Face Thermoball Bootie, Rab Hut Boots

Description

Insulated down or synthetic booties can be used around camp, inside the tent, or as extra insulation in your sleeping bag. Choose ones with a non-slip sole for trips outside the tent.

Light Winter Boot or Heavy Hiking Boot



Materials

Waterproof Outer and Insulation

Examples

The North Face, Scarpa, Salomon

Description

On warmer days, you can often wear lighter weight winter boots or heavyweight hiking boots for many excursions around Union Glacier.

Optional Footwear: Trail Running Shoes

Sleeping

Sleeping Bag



Materials

Down

Examples

Feathered Friends Snow Goose Ex -40, Mountain Equipment Redline, Marmot CWM

Description

There are two options for sleeping bags. The first option is to purchase a top quality down sleeping bag rated to -40°F (-40°C). The other option, is to use a combination of a down sleeping bag rated to 13°F to -22°F (-25°C to -30°C) and an overbag. The two bag option weighs a little more but provides comfort across a wider temperature range and is generally a less expensive option for people that already own a -30°C bag and do not wish to purchase a -40° bag. If you sleep cold, choose a bag rated on the lower end of the temperature range. We recommend down as it is much lighter and will pack smaller than synthetic bags. Get a full body-length mummy bag with a generous hood and full length zip. A little spare space inside is useful to store water bottles, batteries, and other items you don't want to freeze.

Insulated Overbag

A synthetic or down insulated outer bag can be used on top of your sleeping bag on the coldest nights. An overbag is required if you bring a -13°F (-25°C) sleeping bag.

Examples

Helsport Spitsbergen is both bags in one package, PHD Thinsulate Overbag, Halite Overbag

Foam Mat



Materials

Closed Cell Foam

Examples

Therm-a-Rest RidgeRest Solar or Classic

Description

Full-length, closed cell foam mat with textured surface.

Inflatable Mattress



Materials

Nylon, Polyester, Down

Examples

Exped DownMat, Therm-a-Rest NeoAir All Season SV

Description

You'll need a full-length inflatable mattress. Look for the warmest model available and don't forget a repair kit!

Pee Bottle(s)



Examples

Nalgene 32 oz or 48 oz Wide Mouth Water Bottle(s)

Description

You will need your own container to urinate in. We recommend a wide mouth water bottle that is marked for urine or 'pee' and can be used at night in your tent or while en-route on expedition.

We recommend practicing with your pee bottle at home so you can be comfortable using it while on expedition. Females may also find a pee funnel (Freshette, SheWee, Go-Girl) helpful.

When in Union Glacier, our staff will show you where to empty pee bottles behind the toilet facility. Once inside 89°S, use your pee bottle to collect urine while en-route and only empty it at communal pee holes at camp sites. At the South Pole and at ALE's South Pole Camp, all human waste **MUST** be collected and removed from the NGO camp.

Equipment Provided by ALE

The following items are included in ALE's Ski Last Degree Experience. Your boot fitting will be in Punta Arenas and the rest of your equipment will be issued in Union Glacier.

Ski Boots



Boot Option 1:

Baffin 3-pin Guide Pro Boots with 3-pin Bindings

Description:

This boot combines the comfort, insulation, and easy to break-in features of a non-technical mukluk boot with the skiing efficiency of a 75 mm 3-pin Nordic 'duckbill' ski binding. It has a durable molded sole unit that cannot de-laminate. The removable liners are soft, flexible, super warm, light, and heat moldable.

Boot Option 2:

Baffin Impact Boots with Ice Trek Flexi Bindings

Description:

If your boot size is smaller than a Men's US 8, you will need to use Baffin Impact Boots. This boot is compatible with Ice Trek Flexi Bindings and has removable liners.

Skiing & Sledging

Fischer or Asnes cross-country skis, Black Diamond ski poles, pogies, Paris sleds, sledging harnesses, kit bags, and zipped covers for polar bedding.

Camping

Tents, insulated tent floors, snow shovels, snow saw, tent brushes, and repair kit.

Meals

Food, packing bags, stuff sacks, stoves, stove boards, fuel, fuel bottles, plastic jerry cans, pans, kettle, kitchen cutlery, cooking equipment, lighters, and matches.

Communication

Iridium satellite phones, solar panel, and battery pack. Phones are for safety first but if you would like to make personal phone calls during the expedition, you will need to purchase a phone card at Union Glacier Camp and coordinate calls with your guide in advance. Calling cards require a specific SIM card which your guide can request from Union Glacier Comms before departing.

Medical

Comprehensive first aid kit.

Navigation

GPS, compasses, chest compass harness, and batteries.

Toilet

Toilet paper and toilet bags.

SKI LAST DEGREE 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
Base Layers		
	3+ pairs	Underwear, sports bras, etc.
	2	Light or midweight tops
	2 pairs	Light or midweight bottoms
Mid Layers		
	1	Lightweight fleece top or expedition-weight base layer top
	1 pair	Lightweight fleece pants or expedition-weight base layer bottoms
	1	Midweight fleece jacket
	1 pair	Hiking/trekking pants
Windproof Layers		
	1	Windproof shell jacket with optional fur ruff attached to the hood
	1 pair	Windproof shell pants
Insulation Layers		
	1	Down parka with hood
	1	Down vest
	1 pair	Down or synthetic insulated pants with full side-zips
	<i>Optional</i>	Down skirt or shorts
Headwear		
	1	Wool or fleece hat that cover the ears
	2	Bufs
	1	Balaclava
	1	Face mask
	1	Wide brim or baseball hat for sunny weather
Eyewear		
	1 pair	Sunglasses with side coverage
	1	Sunglass case
	2 pairs	Goggles
	<i>Optional</i>	Spare contact lenses or prescription glasses, if required
Gloves		
	2 pairs	Thin liner gloves
	2 pairs	Thinsulate fleece gloves or wool mittens
	1 pair	Midweight insulated gloves
	1 pair	Thick insulated mittens
	1 pair	Wool mittens
	10	Chemical hand warmers
	<i>Optional</i>	Elastic shock cord to make wrist loops for gloves

X	#	Item
Footwear		
	3 pairs	Thin liner socks
	3 pairs	Midweight socks
	2 pairs	Heavyweight socks
	1 pair	Insulated booties with no-slip sole
	1 pair	Lightweight winter boots or heavyweight hiking boots
	<i>Optional</i>	Vapor barrier socks
	<i>Optional</i>	Running shoes
	<i>Optional</i>	Insoles/footbeds
	<i>Optional</i>	Intuition Mukluk Liner
Sleeping Equipment		
	1	Sleeping bag
	1	Full-length, closed cell foam mat
	1	Full-length inflatable mattress and repair kit
	1	Eyeshade or eye mask for sleeping in 24-hour daylight
	1 pair	Ear plugs
Luggage		
	1 +	Extra large duffel bag(s)
	1	Carry-on backpack 18" x 16" x 10" (46cm x 41cm x 26cm)
	4-6	Stuff sacks of different colors to organize items in the sled and tent
Other Equipment		
	1	32 oz Thermos flask
	2	32 oz Nalgene wide-mouth water bottles (for drinking)
	2	32 oz Nalgene wide-mouth water bottles (marked for pee). Option to substitute for one 48 oz Nalgene wide-mouth water bottle.
	1-2	Insulated covers for 32 oz Nalgene water bottles (Outdoor Research or Forty Below)
	1	Plastic insulated mug with lid with wide bottom
	1	Large lightweight non-breakable Lexan bowl or Fairshare Mug with lid
	2	Lexan spoons
	1	Lip balm with minimum SPF 50
	2	1.75 fl oz packs of sunscreen with minimum SPF 50
	1	Watch with an alarm, new batteries, and a long wrist strap
	1	Sewing and repair kit with duct tape
	1	Personal toilet bag with pack towel, Wet Wipes, toothbrush, toothpaste, anti-bacterial gel, Band-Aids, blister kit, foot powder, lotion, contact lens solution, feminine products, etc.
	As needed	Personal medication. Bring enough for your expedition plus an additional 4 weeks' supply.
Other Optional Items		
	<i>Optional</i>	For Antarctica: USB or 120V A/C (North American Type A or B plugs) For Chile: Plug adapters and 220V transformers
	<i>Optional</i>	US cash to purchase satellite phone cards or merchandise at Union Glacier Camp
	<i>Optional</i>	GPS
	<i>Optional</i>	Compass with global needle or weighted for the southern hemisphere
	<i>Optional</i>	Camera, memory cards, accessories, and case
	<i>Optional</i>	Phone, iPod, or digital music player with two sets of headphones

X	#	Item
	<i>Optional</i>	Batteries, chargers, adapters, and solar panels to support all of the devices you bring
	<i>Optional</i>	Cotton t-shirts to wear at Union Glacier Camp
	<i>Optional</i>	Lightweight journal, sketchbook, pencils, pen, e-reader
	<i>Optional</i>	Christmas and birthday treats and gifts
	<i>Optional</i>	Personal treats like candy bars, photos, favorite poem
	<i>Optional</i>	Handkerchiefs/bandanas
	<i>Optional</i>	Pee funnel for women



SKI SOUTH POLE: MESSNER

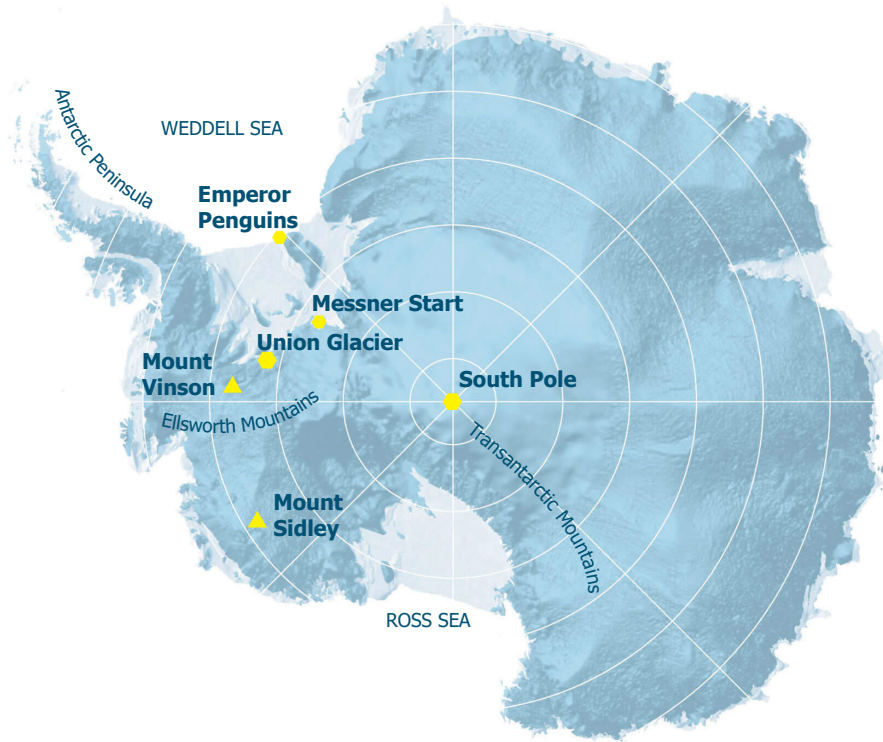
THE **ULTIMATE** CHALLENGE

Embark on an expedition that will test your strength, endurance, and resolve to join an elite group who have arrived at the Geographic South Pole under their own power. Ski South Pole is the ultimate challenge, a journey that spans an entire Antarctic season and traverses 566 mi (911 km) from the Ronne Ice Shelf, on the edge of the frozen Antarctic continent, to the Geographic South Pole.

This scenic route is inspired by Reinhold Messner's 1989 epic Antarctic crossing and offers a shorter but more committing alternative to the Hercules Inlet route. You'll skirt the western flank

of the massive Foundation Ice Stream and the Transantarctic Mountains then turn south toward your final goal, the South Pole.

You'll travel by ski for 7-8 hours a day and pull a sled with all of your supplies that weighs 132-177 lb (60 - 80 kg). You'll experience all types of weather, facing constant winds, fields of sastrugi, and white-out conditions. The route takes up to 50 days and climbs gradually to more than 9300 ft (2800 m). Days are filled with 24-hour daylight and an intense solitude and tranquility that can be found almost nowhere else on Earth.



ITINERARY



Arrival Day
Punta Arenas, Chile



Pre-departure Days
Gear check. Flight Check-in and Baggage Drop-off
Welcome and Safety Briefing



Day 1
Fly to Antarctica



Day 2-3
Expedition Preparations



Day 4-23
Messner Start to Thiel Corner Skiway



Day 24-51
Thiel Corner Skiway to South Pole




Day 52
Return to Union Glacier



Day 53
Return to Chile



Flexible Departure Day
Fly Home

 All itineraries are subject to change based on weather and flight conditions.



ARRIVAL IN PUNTA ARENAS

Punta Arenas Office Address

Calle Bernardo O'Higgins 568

We ask you to arrive in Punta Arenas, Chile, at least **six nights prior** to your scheduled Antarctic flight in order to fully prepare you for your upcoming experience. This also allows a buffer for flight and baggage delays, should your travels to Chile not go as scheduled. We do not hold Antarctic flights for delayed passengers or baggage.

A few days before you depart from home, you will receive a digital Welcome Pack by email from your Punta Arenas Guest Liaison. This will cover important pre-departure information, including an Antarctic safety and environmental briefing and an itinerary for your time in Punta Arenas.

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Upon arrival at Punta Arenas Airport (PUQ), our representative, holding an ALE sign, will be waiting for you at the exit of the baggage claim area and will transport you to your hotel. **Please notify your Punta Arenas Guest Liaison if you are delayed or your arrival time changes.**





PRE-DEPARTURE DAYS

In Punta Arenas, you will meet your guide and team members. Together you will prepare your food and equipment, review the route and expedition plan, and stay fit through training sessions.

Gear Check

Your guide will arrange a specific time to review your personal clothing and equipment and will go through each item with you. Your guide will help sort the items to pack in your checked baggage vs. your carry-on bag and what items to leave behind in Punta Arenas.

Baggage Preparations

Please notify us in advance if you plan to have more than 66 lb (30 kg) of baggage. Ski aircraft have strict cargo limits and we may not be able to accommodate excess baggage without advance notice. Keep the following requirements in mind as you prepare your baggage:

- All baggage must comply with international air transport regulations.
- Fuels or other hazardous substances are prohibited on flights to Antarctica.
- Spare or loose lithium batteries are prohibited in checked baggage and must be packed in your carry-on.
- You can check more than one bag, but for the safety of our staff, individual bags must not weigh more than 55 lb (25 kg).
- Your sled/pulk must travel empty on the flight to Antarctica so that it can be protected and handled with care. Please bring enough duffel bags in order to pack your sled contents.

Flight Check-in

You will check-in for your Antarctic flight up to 24 hours before your scheduled departure to allow for changes in weather at Union Glacier. We will collect and weigh your checked baggage at this time. Please have your bags ready for pick-up by ALE, then make your way to the ALE office for your **scheduled check-in time**. Remember to bring your passport.

Checked Baggage

Checked baggage is loaded onto the aircraft the day before your Antarctic flight, so that we are ready to depart as soon as the weather is suitable. Keep in mind, you will not have access to your checked bags until they are delivered to your tent in Antarctica, even if the flight is delayed. Do not put anything in your checked baggage that you might need during a delay in Punta Arenas, on the flight, or for the first few hours in Antarctica.

Your checked baggage allowance is 66 lb (30 kg). Any checked baggage in excess of this amount will be charged at **\$35 USD per lb (\$77 USD per kg)**. You can pay in US cash or we can invoice you for the excess baggage. Carry-on baggage within the size limit, clothing worn aboard the aircraft, and sleeping bags rented from ALE, are not included in your checked baggage allowance.

Carry-on Baggage

Pack all of your essential personal belongings in your carry-on. **Carry-on baggage is restricted to 18" x 16" x 10" (46cm x 41cm x 26cm).** Carry-on items that do not fit in the overhead bin, or under the seat in front of you, will be gate-checked and may result in additional fees.



When we depart Punta Arenas you will be wearing the boots and outer clothing needed for your arrival in Antarctica. It is simpler to wear these items than to carry them. You can remove these extra layers once you are on board the aircraft.

Camera Equipment and Fragile Items

Camera packs and other fragile items that are larger than the carry-on size limit will be considered part of your checked baggage allowance and loaded in the cargo hold. Remember to keep a camera with you to take pictures during the flight and upon arrival in Antarctica.

Left Luggage

You can leave luggage in Punta Arenas if there are items you do not need in Antarctica but we do not recommend leaving valuables. Bags can be left with ALE or at your hotel. We will provide Left Luggage Tags. If you would like ALE to store your bags, please bring them with you on departure day. We will store them at our office and transport them to your hotel once your return flight is confirmed. Ask hotel reception for access to their luggage storage room to collect your bag.

Please note that ALE cannot pick up bags that are left at your hotel. ALE is not responsible for lost or stolen luggage.

Departure Update

The evening before your Antarctic flight, we will update on you the current weather and potential departure time.





DAY 1 FLY TO ANTARCTICA

We will call you at your hotel in the morning to advise you of current conditions in Antarctica. If the weather is suitable for our flight, we will pick you up at your hotel within the hour. Please meet us in the lobby with hotel bills paid, ready to board the bus.

At the Punta Arenas airport, we will go through General Airport Security before boarding our chartered jet for the 4¼ hour flight to Antarctica. Our route crosses the Drake Passage, then follows the west side of the Antarctic Peninsula and the spine of the Ellsworth Mountains. We land on a naturally occurring blue-ice runway on Union Glacier where you will take your first steps in Antarctica.

Climb aboard one of our specially-adapted vans for the 5 mi (8 km) shuttle to our main camp. Our friendly staff will provide a welcome tour of camp and show you to your tent.





DAY
2-3

EXPEDITION PREPARATIONS

Your first few days in Antarctica will be at Union Glacier Camp. These days will give you an opportunity to test your clothing and equipment and practice sled hauling on an overnight mini-expedition outside of camp with your team. Then you'll pack your sleds and ready for departure.

DAY
4-23

MESSNER START^{TO} THIEL CORNER SKIWAY

The flight to the starting point takes about 90 minutes by ski aircraft. You'll travel east over the Ronne Ice Shelf and land close to 82° 20'S 065°00'W, at the edge of the Antarctic continent. Here you'll begin your 566 mi (911 km) ski to the South Pole. On this leg of the journey, you'll climb from sea level to about 4400 ft (1340 m). The route skirts the massive Foundation Ice Stream, bordering the Pensacola Mountains, which may be visible on a clear day. Crevasse fields caused by the ice stream's flow extend many miles beyond its margins so you'll steer well to the west to avoid them.



Temperatures will likely hover around -4°F (-20°C) as the onset of the Antarctic summer is countered by your climb to higher elevations. The first few days of travel are especially challenging, as your body becomes accustomed to the rigors of sled hauling.

Your guide will set a structured schedule that allows you to cover a reasonable daily distance. A typical schedule starts with breakfast at 8 am and the team packed and skiing by 10 am. You'll travel as a group, skiing for 7-8 hours with regular breaks to eat and drink. In the evening you'll set up camp and melt enough snow to drink, eat, and fill your bottles for the following day. Your team will develop its own particular rhythm and your actual travel time and daily distance will depend on your combined strengths, weather, and surface conditions. There may be time in the evening for reading or other camp activities. When the sky is clear, the sunlight will heat the tents to a surprisingly warm and comfortable temperature, allowing you to dry your gear for the next day.

Your first re-supply will be placed at about $84^{\circ} 20'\text{S}$, approximately 50 miles (80 km) north of our Thiel Corner skiway. Here you will have the option to take a rest day to repair equipment, re-pack sleds, read letters from home, and celebrate your progress. Several days' more travel brings you to Thiel Corner Skiway $85^{\circ}05'\text{S}$ $80^{\circ}47'\text{W}$, where your route turns due south. In good weather, you should be able to see Thiel Mountains in the distance as you approach this significant waypoint.



DAY
24-51

THIEL CORNER SKIWAY TO SOUTH POLE

Leaving the Thiel Mountains behind, you'll make the steep climb up the buried escarpment of the Transantarctic Mountains dividing east and west Antarctica. Further steep climbing near 87°S brings you onto more level ground. By now you will have experienced a variety of snow surfaces, from soft and level snow that provides excellent travel conditions; to hard packed snow; to fields of sastrugi, the wind-blown snow ridges that caused Scott and Amundsen so much grief.

You'll complete the 156 mi (251 km) leg to your second re-supply cache at about 87° 20'S. Here you may take another rest day, re-pack sleds, and have an opportunity to change into clean clothes, that you have included in your re-supply. Ahead of you will likely be the largest sastrugi of the trip which can last for several days of arduous skiing, before you reach better surfaces for the final ski to the Pole.

This final leg of your journey brings new challenges. Your body is tired from many days of travel and the repetitive routine wears on the mind. Your sled and skis stick on the cold, dry snow, making each step an effort. You are reminded of days spent tire-dragging to train for this adventure. But there is a beauty to this place and those who have travelled here talk of feeling "more alive than ever before" and of experiencing the awe that comes from being in high remote places. The vast, featureless plateau





heightens the senses and brings you into the moment, even as your mind wanders to thoughts of historic expeditions or friends back home.

Amundsen-Scott Station at the South Pole will be visible from about 15 mi (24 km) away. Those last miles can seem the longest and will take you another 1-2 days of travel. Finally, you'll take the last steps to your goal, joining an elite group who have skied from the Antarctic coast to the South Pole. Feel the satisfaction of having arrived here through your own efforts and the support of your team. The journey with all its highs and lows and the knowledge that you have achieved such a dream, will live with you forever.

The South Pole itself is a special place, steeped in the history of polar travel. There is the famous Ceremonial South Pole, surrounded by the flags of the original Antarctic Treaty nations, and the Geographic South Pole to visit and photograph. You may camp overnight at the South Pole until you are picked up by ski aircraft.

The South Pole is an Antarctic Specially Managed Area (ASMA#5). Please respect established protocols while at the South Pole.



DAY
52

RETURN TO UNION GLACIER

Our field staff will stay in close contact with Union Glacier Camp to identify the best 'weather window' for your return flight.

Depending on flights, you may have at least one day at the end of your experience to explore more of Union Glacier. You will also enjoy a celebration dinner and receive a certificate to commemorate your Ski South Pole Expedition.

DAY
53

RETURN TO CHILE

When weather and runway conditions permit, our intercontinental aircraft will arrive at Union Glacier to transport you back to Chile. Once your flight has been confirmed we will ensure that you have a hotel reservation in Punta Arenas. If the flight returns in the early morning, we will book your reservation for a day ahead of your arrival because many hotels do not allow check-in until after 3:00pm.

If in the event of a delay we cannot adjust your reservation, ALE will find you a new hotel of comparable quality. Upon your arrival our staff will meet you at the airport and transfer you and your bags back to your hotel.



FLY HOME

Due to the potential for weather delays, we strongly suggest booking your flight home one week after your planned return from Antarctica. If you purchase a full-fare ticket, most airlines will allow you to move your departure date. We recommend booking tickets through a travel agent, so they can change your ticket once the return flight from Antarctica is en route. Please note, ALE staff are unable to assist with airline reservations.

Should you wish to explore Chile before you return home, our team can provide a list of local tour operators and excursions. When it is time for your flight home, we will provide transportation from your hotel to the Punta Arenas airport.





Weather

Temperatures ranging from -13°F to -40°F (-25°C to -40°C) with wind-chill down to -50°F (-50°C).



Activity Level

Extremely Strenuous—skiing up to 8 hours per day for up to 50 days while pulling a 132-177 lb (60-80 kg) sled.



Requirements

Skiing and cold weather camping experience as well as a high level of fitness. Participants must undertake rigorous daily training for several months prior to the expedition.



What's Included

- Airport transfers in Punta Arenas, Chile
- Round trip flight to Antarctica from Punta Arenas
- Flight to Messner Start from Union Glacier
- Flight to Union Glacier from South Pole
- Meals and tented accommodation in Antarctica
- Camping equipment, sled, and harness
- Expedition Guide
- Celebration dinner and Certificate of Achievement
- Checked luggage up to 66 lb (30 kg)



Not Included

- Insurance coverage—personal, medical, evacuation, or otherwise
- Commercial flights to and from Punta Arenas
- Airport transfers outside of Punta Arenas
- Meals and accommodation in Punta Arenas
- Additional flights within Antarctica
- Personal equipment and clothing
- Expenses incurred due to delays
- Luggage over 66 lb (30 kg)
- Satellite phone charges



Weather Delay Advisory

All itineraries are subject to change based on weather and flight conditions. Every effort will be made to keep to the scheduled itinerary and flights will depart as soon as weather and runway conditions permit. Our staff will provide you with regular updates in the event of a delay.

Please understand that delays are common in Antarctic travel. For this reason we advise you not to plan any important meetings, functions, or other trips for at least one week following your scheduled return from Antarctica. We strongly suggest that you purchase a full-fare, flexible airline ticket that easily permits date changes without penalty.



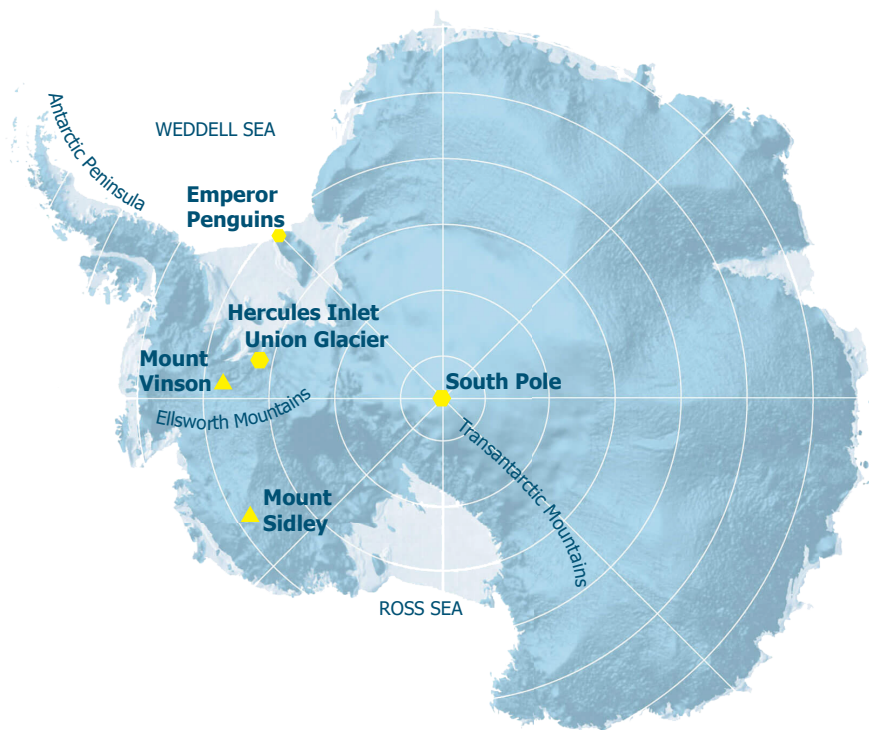


SKI SOUTH POLE: HERCULES INLET

THE ULTIMATE CHALLENGE

Embark on an expedition that will test your strength, endurance, and resolve and join an elite group who have arrived at the Geographic South Pole under their own power. Ski South Pole is the ultimate challenge, a journey that spans an entire Antarctic season and traverses 702 mi (1130 km) from Hercules Inlet, on the edge of the frozen Antarctic continent, to the Geographic South Pole.

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ITINERARY ❄️



Arrival Day
Punta Arenas, Chile



Pre-departure Days
Gear check. Flight Check-in
and Baggage Drop-off
Welcome and Safety Briefing



Day 1
Fly to Antarctica



Day 2-3
Expedition Preparations



Day 4-31
Hercules Inlet to
Thiel Corner Skiway



Day 32-55
Thiel Corner Skiway
to South Pole



Day 56
Return to Union Glacier



Day 58
Return to Chile



Flexible Departure Day
Fly Home

❄️ *All itineraries are subject to change based on weather and flight conditions.*



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Left Luggage

You can leave luggage in Punta Arenas if there are items you do not need in Antarctica but we do not recommend leaving valuables. Bags can be left with ALE or at your hotel. We will provide Left Luggage Tags. If you would like ALE to store your bags, please bring them with you on departure day. We will store them at our office and transport them to your hotel once your return flight is confirmed. Ask hotel reception for access to their luggage storage room to collect your bag.

Please note that ALE cannot pick up bags that are left at your hotel. ALE is not responsible for lost or stolen luggage.

Departure Update

The evening before your Antarctic flight, we will update on you the current weather and potential departure time.





DAY 1 FLY TO ANTARCTICA

We will call you at your hotel in the morning to advise you of current conditions in Antarctica. If the weather is suitable for our flight, we will pick you up at your hotel within the hour. Please meet us in the lobby with hotel bills paid, ready to board the bus.

At the Punta Arenas airport, we will go through normal Airport Security before boarding our comfortable jet for the 4¼ hour flight to Antarctica. Our route crosses the Drake Passage, then follows the west side of the Antarctic Peninsula and the spine of the Ellsworth Mountains. We land on a naturally occurring blue-ice runway on Union Glacier where you will take your first steps in Antarctica.

Climb aboard one of our specially-adapted vans for the 5 mi (8 km) shuttle to our main camp. Our friendly staff will provide a welcome tour of camp and show you to your tent.





DAY
2-3

EXPEDITION PREPARATIONS

Your first few days in Antarctica will be at Union Glacier Camp. These days give you an opportunity to test your clothing and equipment and practice sled hauling on an overnight mini-expedition outside of camp with your team. Then you'll pack your sleds and ready for departure.

DAY
4-31

HERCULES INLET^{TO} THIEL CORNER SKIWAY

You will fly to the starting point at Hercules Inlet once weather conditions permit. It's a short flight by ski aircraft to edge of the Antarctic continent on the Ronne Ice Shelf. You'll begin your South Pole trek skirting around the Wilson Nunataks, then heading south toward Patriot Hills. The first 3-4 days are especially challenging, as your body becomes accustomed to the rigors of sled hauling and you climb from sea level up to 2600 ft (800 m).

Soon you leave behind the Ellsworth Mountains and the terrain opens up to a vast white plain, with only the occasional rocky summit marking your route. These features, called nunataks, are the exposed peaks of mountains submerged below thousands of feet of ice.



Your guide will set a structured schedule that allows you to cover a reasonable daily distance. A typical schedule starts with breakfast at 8 am and the team packed and skiing by 10 am. You travel as a group, making a series of 1-hour marches with 5-10 minute rest/snack breaks in between. The team will stop by 7 pm to set up camp and cook supper. Your team will develop its own particular rhythm and your actual travel time and daily distance will depend on your combined strengths. There is time in the evening for reading or other camp activity. 24-hour sunlight warms your tents and clothing that is damp from perspiration dries easily.

Throughout your journey you can expect constant headwinds and temperatures from -13°F to -40°F (-25°C to -40°C). Surface conditions will vary from hard packed snow and blue-ice; to soft, level snow that provides excellent travel; to fields of sastrugi, the wind-blown snow ridges that caused Scott and Amundsen so much grief. At about 83°S you'll arrive at your first re-supply and take a rest day to repair equipment, re-pack sleds, read letters from home and celebrate your progress the edge of the Antarctic continent.

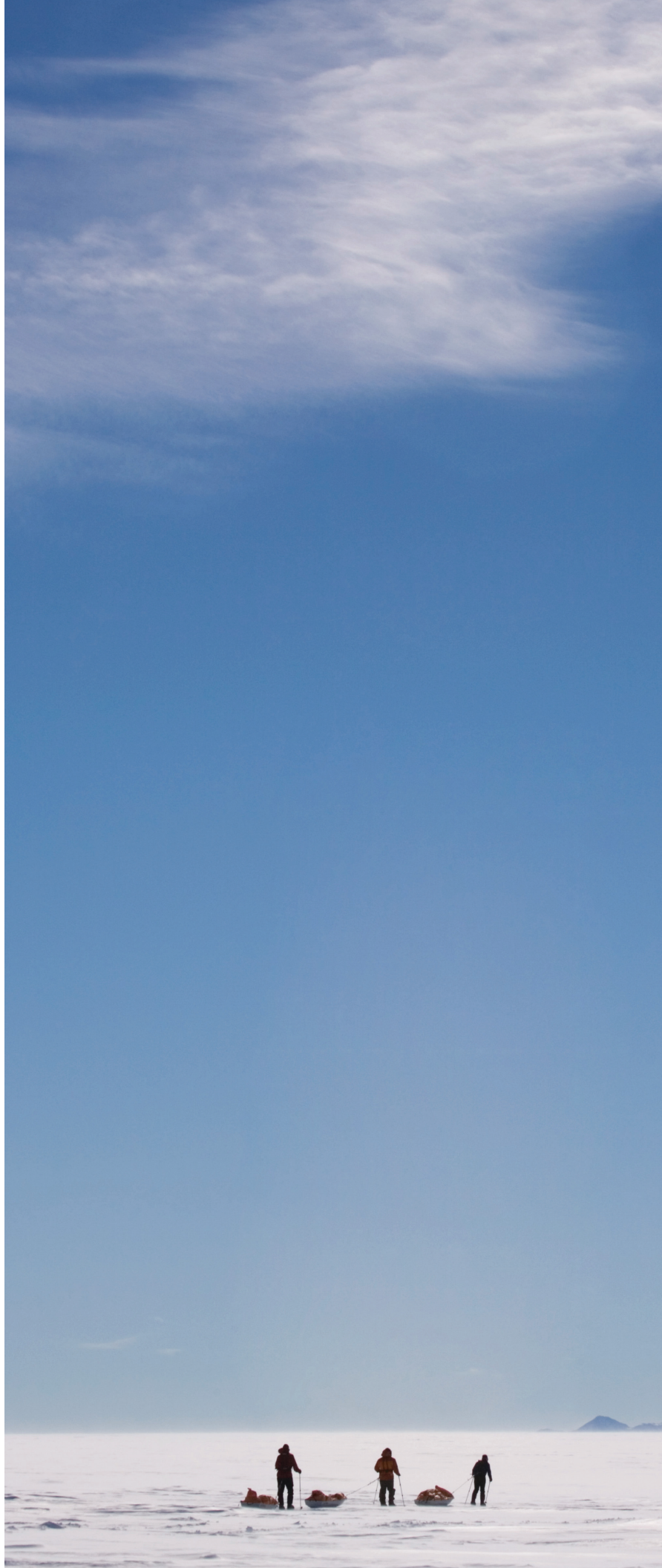
Continuing south, you'll settle back into your travel routine. Your second re-supply is at our Thiel Corner Skiway at $85^{\circ}05'\text{S}$ $80^{\circ}47'\text{W}$, adjacent to the Thiel Mountains, and roughly halfway to the Pole. Once again you'll take a rest day, changing into clean clothes and caching unserviceable items.



DAY
32-55

THIEL CORNER SKIWAY TO SOUTH POLE

Soon you'll find yourself on the vast, featureless polar plateau. This is the true heart of the Antarctic interior. Those who have traveled here talk of feeling "more alive than ever before" and of experiencing the awe that comes from being in high places. Though the plateau appears flat, you'll climb nearly 2600 ft (800 m) in the second half of your journey. Large sastrugi present a real challenge and require the support of team members, especially in flat light conditions. You'll reach your final re-supply at about 87°S. By now, the simple routine and the physical demands of the journey are familiar. The rest of the world, with its colors, smells, haste and worries feels far away.





Amundsen-Scott station at the South Pole will be visible from about 15 mi (24 km) away. Those last miles can seem the longest and will take another 1-2 days of travel.

Finally, you'll take the last steps to your goal and join an elite group who have skied from the Antarctic coast to the South Pole. Feel the satisfaction of having arrived here through your own efforts and the support of your team. The journey with all its highs and lows and the knowledge that you have achieved such a dream, will live with you forever.

You may camp overnight at the South Pole until your pick-up by ski aircraft.

The South Pole is an Antarctic Specially Managed Area (ASMA #5). Please respect established protocols while at the South Pole.





DAY
56

RETURN TO UNION GLACIER

Our field staff will stay in close contact with Union Glacier Camp to identify the best 'weather window' for your return flight.

Depending on flights, you may have at least one day at the end of your experience to explore more of Union Glacier. You will also enjoy a celebration dinner and receive a certificate to commemorate your Ski South Pole Expedition.



DAY
58

RETURN TO CHILE

When weather and runway conditions permit, our intercontinental aircraft will arrive at Union Glacier to transport you back to Chile. Once your flight has been confirmed we will ensure that you have a hotel reservation in Punta Arenas. If the flight returns in the early morning, we will book your reservation for a day ahead of your arrival because many hotels do not allow check-in until after 3:00pm.

If in the event of a delay we cannot adjust your reservation, ALE will find you a new hotel of comparable quality. Upon your arrival our staff will meet you at the airport and transfer you and your bags back to your hotel.



FLY HOME

Due to the potential for weather delays, we strongly suggest booking your flight home one week after your planned return from Antarctica. If you purchase a full-fare ticket, most airlines will allow you to move your departure date. We recommend booking tickets through a travel agent, so they can change your ticket once the return flight from Antarctica is en route. Please note, ALE staff are unable to assist with airline reservations.

Should you wish to explore Chile before you return home, our team can provide a list of local tour operators and excursions. When it is time for your flight home, we will provide transportation from your hotel to the Punta Arenas airport.



Weather

Temperatures ranging from -13°F to -40°F (-25°C to -40°C) with wind-chill down to -50°F (-50°C).



Activity Level

Extremely Strenuous—skiing up to 8 hours per day for over 50 days while pulling a 132-177 lb (60-80 kg) sled.



Requirements

Skiing and cold weather camping experience as well as a high level of fitness. Participants must undertake rigorous daily training for several months prior to the expedition.



What's Included

- Airport transfers in Punta Arenas, Chile
- Round trip flight to Antarctica from Punta Arenas
- Flight to Hercules Inlet from Union Glacier
- Flight to Union Glacier from South Pole
- Meals and tented accommodation in Antarctica
- Camping equipment, sled, and harness
- Expedition Guide
- Celebration dinner and Certificate of Achievement
- Checked luggage up to 66 lb (30 kg)



Not Included

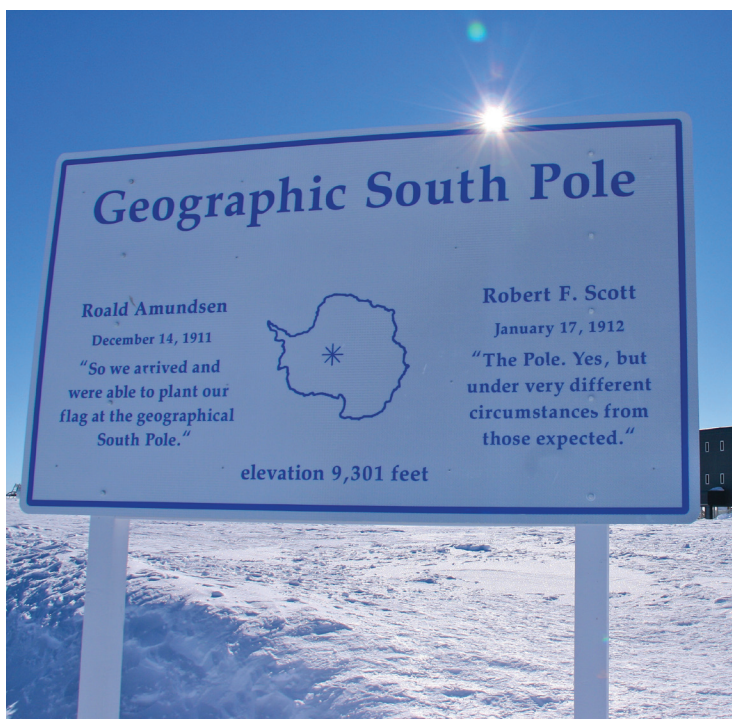
- Insurance coverage—personal, medical, evacuation, or otherwise
- Commercial flights to and from Punta Arenas
- Airport transfers outside of Punta Arenas
- Meals and accommodation in Punta Arenas
- Additional flights within Antarctica
- Personal equipment and clothing
- Expenses incurred due to delays
- Luggage over 66 lb (30 kg)
- Satellite phone charges



Weather Delay Advisory

All itineraries are subject to change based on weather and flight conditions. Every effort will be made to keep to the scheduled itinerary and flights will depart as soon as weather and runway conditions permit. Our staff will provide you with regular updates in the event of a delay.

Please understand that delays are common in Antarctic travel. For this reason we advise you not to plan any important meetings, functions, or other trips for at least one week following your scheduled return from Antarctica. We strongly suggest that you purchase a full-fare, flexible airline ticket that easily permits date changes without penalty.





SKI SOUTH POLE: AXEL HEIBERG

IN THE FOOTSTEPS OF AMUNDSEN

Test your limits on an extreme expedition marked by deep snow, steep climbs, and complex route-finding. Traverse the same terrain Amundsen discovered more than 100 years ago. Climb the steep Axel Heiberg Glacier, bounded by majestic peaks on both sides, and navigate your way around the infamous maze of crevasses known as the Devil's Ballroom.

While Amundsen traveled by dog sled, you'll travel by ski for 7-8 hours a day and pull your own sled weighing 132-177 lb (60-80 kg). The challenges continue on the polar plateau where elevations reach almost 10,500 ft (3200 m) and temperatures plummet. You'll experience all types of weather, facing constant winds, fields of sastrugi, and white-out conditions. The rewards for your effort are tangible as you reach the Geographic South Pole in the footsteps of Antarctica's great explorers.



ITINERARY ❄️



Arrival Day
Punta Arenas, Chile



Pre-departure Days
Gear check. Flight Check-in
and Baggage Drop-off
Welcome and Safety Briefing



Day 1
Fly to Antarctica



Day 2-4
Expedition Preparations



Day 5-14
Axel Heiberg Glacier



Day 15-45
The Polar Plateau to
South Pole



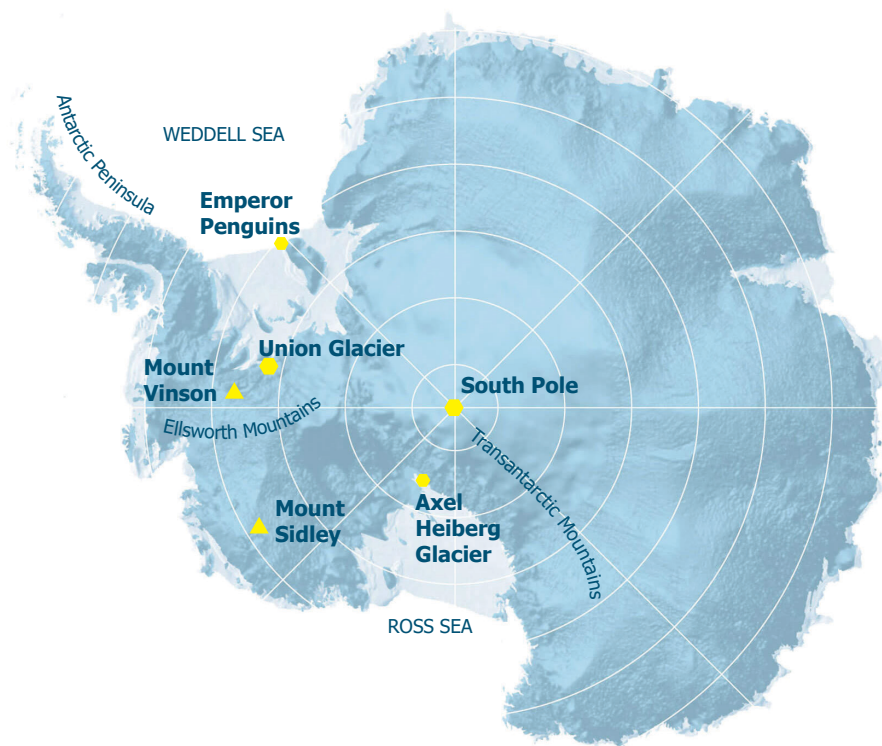
Day 46
Return to Union Glacier



Day 47
Return to Chile



Flexible Departure Day
Fly Home



❄️ All itineraries are subject to change based on weather and flight conditions.



ARRIVAL IN PUNTA ARENAS

Punta Arenas Office Address

Calle Bernardo O'Higgins 568

We ask you to arrive in Punta Arenas, Chile, at least **six nights prior** to your scheduled Antarctic flight in order to fully prepare you for your upcoming experience. This also allows a buffer for flight and baggage delays, should your travels to Chile not go as scheduled. We do not hold Antarctic flights for delayed passengers or baggage.

A few days before you depart from home, you will receive a digital Welcome Pack by email from your Punta Arenas Guest Liaison. This will cover important pre-departure information, including an Antarctic safety and environmental briefing and an itinerary for your time in Punta Arenas.

Santiago Airport (SCL) is the main international gateway to Chile. International flights arrive at Terminal 2, where you will complete a health check, customs and immigration procedures. Collect your checked baggage, then walk to Terminal 1, where you will re-check your bags for your domestic flight to Punta Arenas. **You must collect your checked baggage in Santiago.** If your baggage has not arrived, complete a lost baggage form before leaving the Santiago airport.

Upon arrival at Punta Arenas Airport (PUQ), our representative, holding an ALE sign, will be waiting for you at the exit of the baggage claim area and will transport you to your hotel. **Please notify your Punta Arenas Guest Liaison if you are delayed or your arrival time changes.**





PRE-DEPARTURE DAYS

In Punta Arenas, you will meet your guide and team members. Together you will prepare your food and equipment, review the route and expedition plan, and stay fit through training sessions.

Gear Check

Your guide will arrange a specific time to review your personal clothing and equipment and will go through each item with you. Your guide will help sort the items to pack in your checked baggage vs. your carry-on bag and what items to leave behind in Punta Arenas.

Baggage Preparations

Please notify us in advance if you plan to have more than 66 lb (30 kg) of baggage. Ski aircraft have strict cargo limits and we may not be able to accommodate excess baggage without advance notice. Keep the following requirements in mind as you prepare your baggage:

- All baggage must comply with international air transport regulations.
- Fuels or other hazardous substances are prohibited on flights to Antarctica.
- Spare or loose lithium batteries are prohibited in checked baggage and must be packed in your carry-on.
- You can check more than one bag, but for the safety of our staff, individual bags must not weigh more than 55 lb (25 kg).
- Your sled/pulk must travel empty on the flight to Antarctica so that it can be protected and handled with care. Please bring enough duffel bags in order to pack your sled contents.

Flight Check-in

You will check-in for your Antarctic flight up to 24 hours before your scheduled departure to allow for changes in weather at Union Glacier. We will collect and weigh your checked baggage at this time. Please have your bags ready for pick-up by ALE, then make your way to the ALE office for your **scheduled check-in time**. Remember to bring your passport.

Checked Baggage

Checked baggage is loaded onto the aircraft the day before your Antarctic flight, so that we are ready to depart as soon as the weather is suitable. Keep in mind, you will not have access to your checked bags until they are delivered to your tent in Antarctica, even if the flight is delayed. Do not put anything in your checked baggage that you might need during a delay in Punta Arenas, on the flight, or for the first few hours in Antarctica.

Your checked baggage allowance is 66 lb (30 kg). Any checked baggage in excess of this amount will be charged at **\$35 USD per lb (\$77 USD per kg)**. You can pay in US cash or we can invoice you for the excess baggage. Carry-on baggage within the size limit, clothing worn aboard the aircraft, and sleeping bags rented from ALE, are not included in your checked baggage allowance.

Carry-on Baggage

Pack all of your essential personal belongings in your carry-on. **Carry-on baggage is restricted to 18" x 16" x 10" (46cm x 41cm x 26cm).** Carry-on items that do not fit in the overhead bin, or under the seat in front of you, will be gate-checked and may result in additional fees.



When we depart Punta Arenas you will be wearing the boots and outer clothing needed for your arrival in Antarctica. It is simpler to wear these items than to carry them. You can remove these extra layers once you are on board the aircraft.

Camera Equipment and Fragile Items

Camera packs and other fragile items that are larger than the carry-on size limit will be considered part of your checked baggage allowance and loaded in the cargo hold. Remember to keep a camera with you to take pictures during the flight and upon arrival in Antarctica.

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DAY 1 FLY TO ANTARCTICA

We will call you at your hotel in the morning to advise you of current conditions in Antarctica. If the weather is suitable for our flight, we will pick you up at your hotel within the hour. Please meet us in the lobby with hotel bills paid, ready to board the bus.

At the Punta Arenas airport, we will go through normal Airport Security before boarding our comfortable jet for the 4¼ hour flight to Antarctica. Our route crosses the Drake Passage, then follows the west side of the Antarctic Peninsula and the spine of the Ellsworth Mountains. We land on a naturally occurring blue-ice runway on Union Glacier where you will take your first steps in Antarctica.

Climb aboard one of our specially-adapted vans for the 5 mi (8 km) shuttle to our main camp. Our friendly staff will provide a welcome tour of camp and show you to your tent.





DAY
2-4

EXPEDITION PREPARATIONS

You will spend several days at Union Glacier to test your clothing and equipment and practice sled hauling on an overnight mini-expedition outside of camp with your team. Then you'll pack your sleds ready for departure.



DAY
5-14

AXEL HEIBERG GLACIER

The flight to your start point takes you over the empty expanse of West Antarctica. Nearing the coast, you'll cross the Queen Maud Range and land on the Ross Ice Shelf near the base of the Axel Heiberg Glacier. The glacier tumbles down between magnificent snow-covered summits and Mount Fridtjof Nansen towers above you at nearly 13,353 feet (4070 m). In Amundsen's words, "Shining white, glowing blue, black crevices lit up by the sun; this land looks like a fairy tale." This is your gateway to the polar plateau, beckoning you south.



Your guide will set a structured schedule that allows you to cover a reasonable daily distance. A typical schedule starts with breakfast at 8am and the team packed and skiing by 10am. You'll travel as a group, making a series of 1-hour marches with 5-10 minute rest/snack breaks in between. You will stop by 7pm to set up camp and cook supper. Your team will develop its own particular rhythm and your actual travel time and daily distance will depend on your combined strengths.

The lower part of the glacier is gently sloped, but deep, soft snow makes sled hauling a challenge. Soon the terrain becomes very steep and broken. You may need to relay sledges as you wade through deep powder and wind your way between yawning crevasses to find a route up to the first terrace below Amundsen's Icefall.

You'll follow Amundsen's line around the chaotic jumble of ice, heading for the base of Mount Don Pedro Christophersen, then curve around onto the upper terrace. Looking back down the glacier, "The wildness of the landscape...is not to be described; chasm after chasm, with great blocks of ice scattered promiscuously about, gave one the impression that here Nature was too powerful for us."

You'll trace the sweeping curve of the upper terrace and, passing between Mounts Fridtjof Nansen and Engelstad, leave behind the Axel Heiberg Glacier.



DAY
15-45

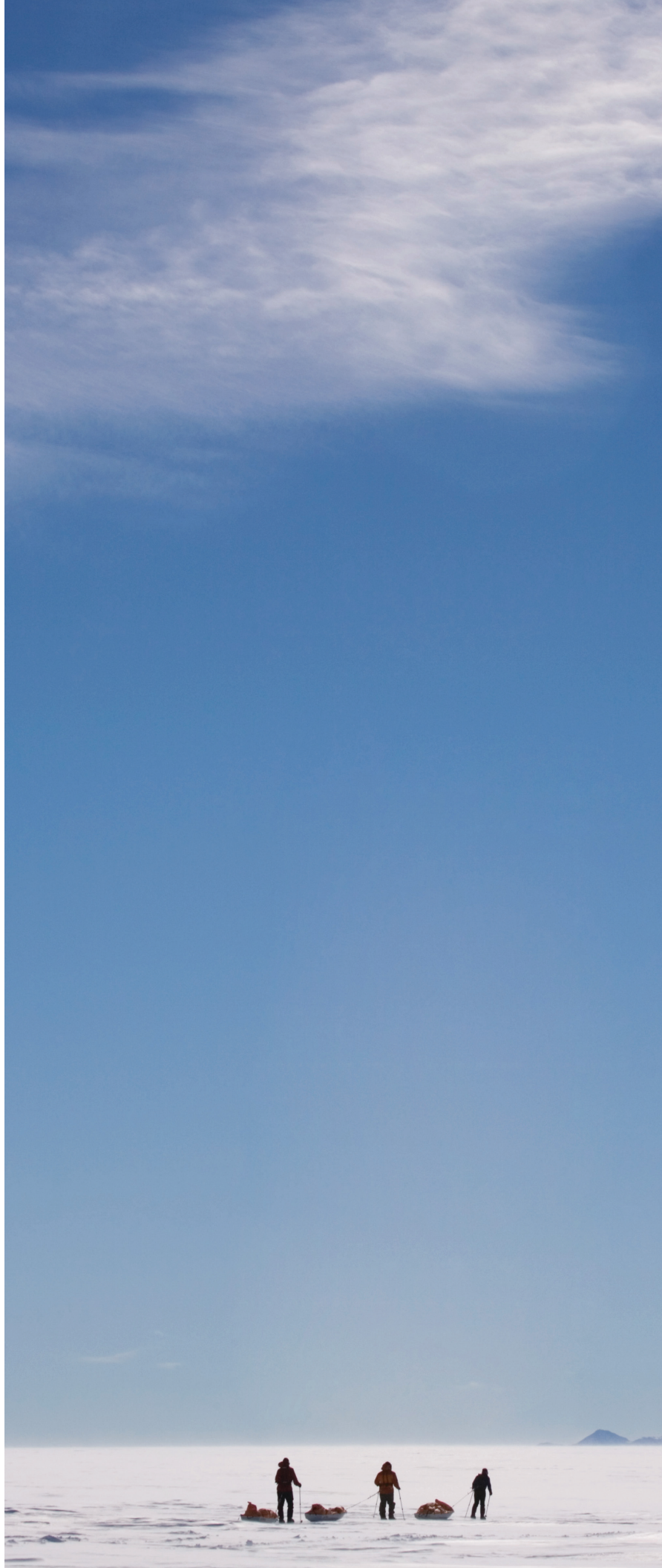
THE POLAR PLATEAU

Here on the plateau you'll face a new set of challenges. You have climbed quickly from sea level to 9200 ft (2800 m) and will feel the effects of altitude. The air is much colder, the wind constant, and of the snow surface Amundsen wrote, "A sledding trip through the Sahara would not have offered a worse gliding surface."

As you leave behind the mountains and set off across the plateau, you'll trend west to avoid the Devil's Glacier and Ballroom. These heavily crevassed areas waylaid Amundsen in whiteout conditions, slowing his progress south.

Temperatures plummet as you continue south and gain elevation, climbing to 10,171 ft (3,100 m) on Titan Dome. Wind, cold and white-out are our constant companions, challenging body, mind and spirit.

At 88° 23'S you'll reach Shackleton's Furthest South. Amundsen paid tribute here to Shackleton—the first man to penetrate the Antarctic Mountains and set foot on the polar plateau. Imagine Amundsen's feelings as he skied further south than any human being had been.





The last two degrees to the Pole may be the hardest as you spend hours alone with your thoughts and anticipation builds. Amundsen-Scott South Pole Station will be visible from about 15 mi (24 km) away. Those last miles can seem the longest and will take another 1-2 days of travel.

Finally, you'll take the last steps to your goal, completing one of the most challenging expeditions imaginable. Feel the satisfaction of having arrived here through your own efforts and the support of your team. Embrace the spirit of those first men who pioneered your route to the Pole. You may camp overnight at the South Pole until your pick-up by ski aircraft.

The South Pole is an Antarctic Specially Managed Area (ASMA#5). Please respect established protocols while at the South Pole.





DAY
46

RETURN TO UNION GLACIER

Our field staff will stay in close contact with Union Glacier Camp to identify the best 'weather window' for your return flight.

Depending on flights, you may have at least one day at the end of your experience to explore more of Union Glacier. You will also enjoy a celebration dinner and receive a certificate to commemorate your Ski South Pole Expedition.

DAY
47

RETURN TO CHILE

When weather and runway conditions permit, our intercontinental aircraft will arrive at Union Glacier to transport you back to Chile. Once your flight has been confirmed, we will ensure that you have a hotel reservation in Punta Arenas. If the flight returns in the early morning, we will book your reservation for a day ahead of your arrival because many hotels do not allow check-in until after 3:00pm.

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FLY
HOME

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Weather

Temperatures ranging from -13°F to -40°F (-25°C to -40°C) with wind-chill down to -50°F (-50°C).



Activity Level

Extremely Strenuous—skiing up to 8 hours per day for over 40 days while pulling a 132-177 lb (60-80 kg) sled.



Requirements

Skiing and cold weather camping experience as well as a high level of fitness. Participants must undertake rigorous daily training for several months prior to the expedition.



What's Included

- Airport transfers in Punta Arenas, Chile
- Round trip flight to Antarctica from Punta Arenas
- Flight to Axel Heiberg Glacier from Union Glacier
- Flight to Union Glacier from South Pole
- Meals and tented accommodation in Antarctica
- Camping equipment, sled, and harness
- Expedition Guide
- Celebration dinner and Certificate of Achievement
- Checked luggage up to 66 lb (30 kg)



Not Included

- Insurance coverage – personal, medical, evacuation or otherwise
- Commercial flights to and from Punta Arenas
- Airport transfers outside of Punta Arenas
- Meals and accommodation in Punta Arenas
- Additional flights within Antarctica
- Personal equipment and clothing
- Expenses incurred due to delays
- Luggage over 66 lb (30 kg)
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Weather Delay Advisory

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Please understand that delays are common in Antarctic travel. For this reason we advise you not to plan any important meetings, functions, or other trips for at least one week following your scheduled return from Antarctica. We strongly suggest that you purchase a full-fare, flexible airline ticket that easily permits date changes without penalty.



SKI SOUTH POLE REQUIRED CLOTHING AND EQUIPMENT LIST



Conditions in Antarctica change drastically throughout our season and vary depending on your location. Temperatures can reach as low as -40°F (-40°C) and as high as 23°F (-5°C) and can feel colder due to the prevailing headwind. To be prepared for all conditions, you must have a selection of items you can mix and match. Skiing while towing a sled generates heat and it is important to regulate your body temperature throughout the day by adjusting your layers.

Some days you will need more insulation than others, but in general a windproof outer layer and complete face protection are always necessary. On a typical day, most people will wear a thin and thick pair of leggings and a thin base layer top and a mid-layer top, and their windproof jacket and windproof pants. Some guides suggest wearing your sledging harness underneath your windproof jacket as it can make it easier to get into pockets and to vent. If it is cold, you will add the down vest on top of your windproof jacket. During breaks you will put on the down parka. It is crucial to prevent sweating, as your sweat will freeze and render your high tech clothing useless. 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.

Face, hands, feet, and thighs are especially vulnerable to cold injury. Pay particular attention when choosing boots, gloves, mitts and face/head coverings.

On a long ski expedition, there are additional concerns about abrasion injuries associated with the repetitive motion of skiing for 40+ days. Thighs are particularly vulnerable and once sores develop, cold temperatures and continued activity inhibit healing. Base layers designed for mountaineering and short journeys may contribute to 'polar thigh'. Instead choose items that are not too tight or abrasive.

This list is broken up into two sections with photos and descriptions of the more technical items up front and the complete clothing and equipment checklist with required quantities at the back. The suggested items are examples of products that meet the recommended criteria. Use them to compare specifications with your existing equipment or to find equivalent products from manufacturers available where you live. It is essential that you have suitable equipment for this challenging expedition. If in doubt, please contact us for further advice.

Base Layers



Materials

Silk, Merino Wool or Polyester, NO COTTON. Note that although merino has excellent thermal qualities, it is more abrasive than silk or synthetics.

Examples

Patagonia, Icebreaker, Brynje, Aclima

Description

Your first layer consists of a long-sleeved top and bottom.

Make sure these items are loose fitting and not too tight or abrasive.

For the legs, we recommend silk leggings or shorts to provide a sliding surface for clothing layers that come above (rather than the base layer rubbing against the skin).

For the upper body, choose your favorite of polyester, merino-polyester mix, merino wool, or wool net. If you cannot wear wool, polyester is an alternate option. Do not bring cotton as it traps moisture and can cause you to chill more rapidly.

Bring undergarments, sports bras, and/or camisoles in a similar wicking material. Test fabric options before your expedition, as it will not be practicable to change underwear as often as you would at home. Try different options for a few days and pick the most comfortable.



Mid Layers



Materials

Merino Wool or Fleece

Examples

Patagonia R1-R2, Rab Power Stretch, Mountain Equipment Eclipse Pant

Description

Your second layer consists of a long-sleeved heavyweight (expedition weight) base layer top and bottom or lightweight stretch fleece top and bottom. Power Stretch fleece tights are the perfect mid layer. They should not be so tight that they produce chafing or constriction, if they do, they are too small. Tops with hoods are great as they seal the neck to keep you warmer. Chest pockets are useful for keeping batteries warm and they don't interfere with the sledging harness.

Your next item is a midweight fleece jacket . It should be a full-zip jacket but a hood is not essential. Multiple pockets are useful. This can be worn instead of your mid layer hoodie on colder days and as a cosy dry layer inside the tent in the evening.

Alternate Bottom: Hiking/Trekking Pants

Also known as guide pants, a pair of lightweight pants with some stretch can be layered over your base layers when at Union Glacier Camp. But these are not essential for the ski expedition itself.

Windproof Layers



Materials

Windproof Shell with Fur Ruff

Examples

Mountain Equipment Polar Expedition Jacket and Salopette, Bergans Antarctic Expedition Jacket and Antarctic Expedition Salopette

Description

Next you will need a windproof jacket and pants. We recommend windproof softshells as they tend to be more breathable and more comfortable than waterproof hardshells. However, if you already own a windproof hardshell (Gore-tex) this will also be suitable. Wind protection is the most important factor for this layer.



Your jacket should be long enough to keep your lower back warm, but it does not need to cover your thighs. It must have a generous hood with a fur ruff. If you purchase a jacket without a ruff, you can buy and sew one to the inside edge of the hood or sew in a zipper attachment so the ruff can be easily removed. Wolverine is optimum but wolf, coyote, husky, or fox fur ruffs will also work. These are available from [Apocalypse Design](#), [Brenig](#), [Glacier Wear](#), and [Wintergreen Northern Wear](#).

Your pants should have easy pull zippers for venting and full side zips. A drop seat pant design is vital for using the toilet if the pants have suspenders/braces or a salopette (bibs) design. The thighs are an area which is vulnerable to cold injury so avoid a tight fit and allow plenty of room for insulating layers underneath.

Special Note: Clothing that combines 'pile and pertex' insulation and windproofing in one garment is often marketed as being ideal for polar expeditions. However, the combination of the windproof outer layer and built-in insulation can be too hot at times and does not allow the user to regulate layers in varying conditions. It is therefore not recommended for Ski South Pole expeditions.

Down Layers

You will need several down options to provide protection against the coldest and windiest Antarctic conditions. These items should all be sized to fit over your windproof layers.

Down Parka with Hood



Examples

Mountain Equipment Annapurna Jacket, Rab Neutrino Pro Jacket

Description

Your parka does not need to be the warmest model available but should be expedition quality, rated -15°F (-26°C) and have a generous hood. Check to make sure the zippers are easy to use as they can get very stiff in cold temperatures.

Lightweight Down Jacket



Examples

Patagonia Down Sweater Hoody, Rab Microlight Alpine Jacket

Down Vest



Examples

Patagonia Down Sweater Vest, Rab Microlight Down Vest

Description

Your vest should be sized to fit over your windproof jacket.

Insulated Pants, Skirt, or Shorts



Examples

Klattermusen, Bergans, Salewa, Skhoop, Mountain Equipment Compressor $\frac{3}{4}$ pant, Dynafit Primloft skirt, Dynafit Mezzalama 2 Polartec Alpha Overshorts

Description

Your choice of $\frac{3}{4}$ length insulated pants, skirt or shorts are essential for both men and women to protect against “polar thigh” injury. Make sure that they come down to your knees. The advantage the down skirts have is that they are quick and easy to put on with only one zip.

Head

The face is especially vulnerable to cold injury on a Ski South Pole expedition due to frequent headwinds. Complete face protection is essential. This means skiing in goggles, not sunglasses. The objective is to have your face and head completely protected from the elements while also being able to breathe freely and allow the moisture from your breath to escape (so that goggles do not fog).

You will need several options to cover your head, neck, and face, including your nose, depending on the temperature, wind conditions, and sun exposure. It is important to try different combinations at home to ensure that there are no gaps - often a crescent shape between the edge of goggle and a face mask or balaclava is hard to cover. Bring a variety of facemasks and head gear.



Item 1:

Hat or Beanie that Covers Ears

Materials:

Wool or Fleece

Description:

Your beanie can be worn on its own around camp or added on top of your Buff or balaclava for extra warmth while skiing.



Item 2:

Buff

Materials:

Polyester Microfiber, Fleece, or Merino Wool

Description:

The thinnest option is to wear a Buff as a balaclava with goggles on top. Combined with your jacket hood and a fur ruff, this may be enough coverage on some days.



Item 3:

Balaclava

Materials:

Power Stretch Fleece or Windstopper

Description:

On colder days you will need to replace your Buff with a balaclava.



Item 4:

Face Mask

Materials:

Neoprene or Windproof Fleece

Description:

While most face masks have both nose and mouth openings, face masks that completely cover the nose are best. If conditions are bad enough to require wearing a facemask, you need to have the nose completely covered and protected. If you purchase a face mask with a nose opening, it is best to modify it at home and sew over the nose opening. The brand Airhole usa.airholefacemasks.com has some good offerings.

Eyes

Quality eyewear is essential to prevent snow blindness. **Sunglasses or goggles must be worn at all times outside.**

Sunglasses and Hard Case



Materials

Non-metal frames with 100% UV protection

Examples

Julbo, Smith, Oakley

Description

Your sunglasses should have dark colored lenses and full side coverage. Look for sunglasses with side-flaps (mountaineering or glacier glasses) or sport sunglasses with big lenses, wide sides, and a contoured shape that prevents light from entering at the sides. Non wraparound sunglasses provide little or no protection from peripherally focused UV radiation.

Avoid metal frames as they can freeze to your skin and bring a hard case to protect your sunglasses in your luggage.

Goggles



Materials

100% UV Protection

Examples

Julbo, Oakley, Smith, Abom

Description

Quality goggles are vital while skiing to protect your eyes and face against wind and cold injury. You will need at least two pairs of goggles that you are comfortable wearing for long periods. Make sure each pair of goggles has a different lens tint or bring two identical goggle frames that use the same interchangeable lenses. Dark orange or rose colored lenses are recommended as they work in all light conditions. Goggles also need to have excellent venting as lens fogging is a common problem. Julbo makes several examples with lenses that pop away from the frame for venting. If you wear prescription glasses, check to make sure your goggles fit over them comfortably and won't fog up inside the goggles.

On at least one pair of goggles sew a piece of windproof fleece or neoprene underneath the nose to form a mask of material, covering your nose but not your mouth, that will provide additional protection in bad weather.

Hands

You will need a selection of gloves and mitts to protect your hands while performing a range of tasks from setting up tents and taking photos which require dexterity, to skiing and standing still which require insulation.

We recommend you bring gloves with wrist loops attached as many people take a glove or mitten off and lose it in the strong wind. Look for gloves that come with wrist loops or bring some elastic shock cord and your guide will show you how to make your own in Punta Arenas.

Thin Liner Gloves



Materials

Polyester or Merino Wool

Examples

Seirus, Outdoor Research, Icebreaker

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.

Note that merino gloves are less durable than polyester ones.

Thinsulate Fleece Gloves



Materials

Fleece and Thinsulate or Wool

Examples

Thinsulate, Rossignol, Ortovox, Norrona

Description

These are the main gloves that you will ski in. You have the option of wearing them with or without the liner gloves. We recommend gloves that use a mix of fleece and Thinsulate for insulation.

Alternative Option: Wool Mittens

Your other option is to use wool mitts, usually called Dachstein Mitts.

Midweight Insulated Gloves



Materials

Waterproof Breathable or Leather with Built-in Insulation

Examples

Black Diamond Pursuit Gloves, Hestra Fält Guide Gloves

Description

It's useful to have a pair of midweight insulated alpine or work gloves that can be worn when setting up camp. Hestra Fält Guide Gloves have proven to be versatile and useful on ski expeditions. The removable wool liner means they can be dried as needed.

Thick Insulated Mittens



Materials

Synthetic or Down Insulation

Examples

Mountain Equipment Redline Mitt, Mountain Equipment Citadel Mitts, Black Diamond Super Light Mitten, Marmot Expedition Mitten

Description

You will need one pair of mittens with a high level of insulation. Fully waterproof mountaineering mittens are not necessary as they tend to be stiffer and more bulky than what is needed for an Antarctic ski expedition. We recommend synthetic (Primaloft) insulated mittens.

Optional: Chemical Hand Warmers

Chemical hand warmers are optional but keep in mind they add weight to your load even once they are used.

Pogies



Description

We will provide you with ski pole pogies—insulated ski pole handle covers, like the insulated covers available for motorcycle handlebars. These provide wind protection and an additional layer of insulation to keep hands warm while skiing.

Feet

Thin Liner Socks



Materials

Wool, Polyester, or Silk—NO COTTON

Examples

Smartwool, Bridgedale, Thorlo, Darn Tough, Injinji

Description

Toe socks are a good option to reduce blisters on and in between toes. If you use Intuition Boot Liners, you may find these are warm enough to ski in on most days.

Midweight Socks



Materials

Wool or Wool Blend Socks

Examples

Smartwool, Bridgedale

Description

When skiing in colder temperatures, these will be your primary ski socks.

Heavyweight Socks



Materials

Wool or Wool Blend Socks

Examples

Smartwool, Bridgedale, Thorlo, Darn Tough

Description

Warm socks are great to wear inside your tent.

Insulated Booties



Materials

Down or Synthetic Insulation

Examples

The North Face Thermoball Bootie, Rab Hut Boots, Valandre synthetic booties

Description

Insulated down or synthetic booties can be used around camp, inside the tent, or as extra insulation in your sleeping bag. Choose ones with a non-slip sole for trips outside the tent.

Sleeping

Sleeping temperatures will vary drastically during your expedition. Even though temperatures tend to be coldest during the early season, temperatures will also drop as you ski towards the Pole and gain altitude on the polar plateau. 24-hour solar radiation will warm the inside of tents but on cloudy days there is little passive heating.

Sleeping Bag



Materials

Down

Examples

Feathered Friends Snow Goose Ex -40, Mountain Equipment Redline, Marmot CWM

Description

There are two options for sleeping bags. The first option is to purchase a top quality down sleeping bag rated to -40°F (-40°C). The other option, is to use a combination of a down sleeping bag rated to 13°F to -22°F (-25°C to -30°C) and an overbag. The two bag option weighs a little more but provides comfort across a wider temperature range and is generally a less expensive option for people that already own a -30°C bag and do not wish to purchase a -40° bag. If you sleep cold, choose a bag rated on the lower end of the temperature range. We recommend down as it is much lighter and will pack smaller than synthetic bags. Get a full body-length mummy bag with a generous hood and full length zip. A little spare space inside is useful to store water bottles, batteries, and other items you don't want to freeze.

Insulated Overbag

A synthetic or down insulated outer bag can be used on top of your sleeping bag on the coldest nights. An overbag is required if you bring a -13°F (-25°C) sleeping bag.

Examples

Helsport Spitsbergen is both bags in one package, PHD Thinsulate Overbag, Halite Overbag

Materials

Closed Cell Foam

Examples

Therm-a-Rest RidgeRest Solar or Classic

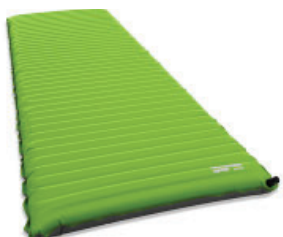
Description

Full-length, closed cell foam mat with textured surface.

Foam Mat



Inflatable Mattress



Materials

Nylon, Polyester, Down

Examples

Exped DownMat, Therm-a-Rest NeoAir All Season SV

Description

You'll need a full-length inflatable mattress. Look for the warmest model available and don't forget a repair kit!

Pee Bottle(s)



Examples

Nalgene 32 oz or 48 oz Wide Mouth Water Bottle(s)

Description

You will need your own container to urinate in. We recommend a wide mouth water bottle that is marked for urine or 'pee' and can be used at night in your tent or while en-route on expedition.

We recommend practicing with your pee bottle at home so you can be comfortable using it while on expedition. Females may also find a pee funnel (Freshette, SheWee, Go-Girl) helpful.

When in Union Glacier, our staff will show you where to empty pee bottles behind the toilet facility. Once inside 89°S, use your pee bottle to collect urine while en-route and only empty it at communal pee holes at camp sites. At the South Pole and at ALE's South Pole Camp, all human waste **MUST** be collected and removed from the NGO camp.

Ski Equipment

A Ski South Pole expedition is the longest ski trip that most participants will ever take. The best boot and binding system combines insulation, comfort, durability, and skiing efficiency. While there are several different boot and binding combinations, they are not interchangeable. **Your boots must match your binding system.**

Please avoid single layer telemark boots as they are not warm enough. Mountaineering, alpine touring (AT), and plastic telemark boots are also not suitable. AT boots are only used by kiting/ski sailing expeditions.

Please check with your guide before buying boots or if you want to use boots that are not listed below. Your guide may request that all team members utilize the same type of boots and bindings.

BOOT OPTION 1

Baffin 3-pin Guide Pro Boots with 3-pin Bindings



This boot combines the comfort, insulation, and easy to break-in features of a non-technical mukluk boot with the skiing efficiency of a 75 mm 3-pin Nordic 'duckbill' ski binding. It has a durable molded sole unit that cannot de-laminate. The removable liners are soft, flexible, super warm, light, and heat moldable.

BOOT OPTION 2

Alfa Polar A/P/S Boots with Rottefella NNN BC Binding



This boot has been used by many expeditions to the North and South Poles. It combines the quick clip in and out advantages of a Rottefella NNN BC binding with the warmth of a modern, expedition mountaineering boot. You will likely need to go two sizes larger than your hiking boots, to accommodate the Intuition Liner (see below).

While the Rottefella NNN BC bindings are very easy to use, they are more vulnerable to failure. As a result, we recommend bringing a spare binding.

REQUIRED LINER

Intuition Mukluk Liner



No matter which boot you choose, you will also need to purchase an Intuition Mukluk Liner separately. These liners are soft, flexible, super warm, lightweight, and heat moldable. Bring the original boot manufacturer liners as backup.

Optional: Extra Insole/Footbed

An additional insole or footbed in your boot adds warmth, helps eliminates heel lift, and can be used the fill in the liner once it has packed out.

Backcountry Nordic Skis w/ Mounted Bindings



Materials

Wood core skis with metal-edges

Examples

Åsnes Amundsen or Fischer E99 EasySkin Xtralite

Description

You will need wood core backcountry cross-country skis with metal edges. The width of the ski is dependent on the boot and binding combination. The wood core will allow bindings to be mounted very securely.

If using Rottefella NNN bindings, we recommend bringing a spare pair of bindings and mounting the bindings using the Quiver Killer mounting system. www.quiverkiller.com

Ski Skins



Materials

Synthetic or Nylon

Examples

Åsnes SHORT Skin Extreme 45mm

Description

You need both a pair of full-length skins and a pair of half-length skins. Full-length skins provide traction along the entire length of the ski which is useful over sastrugi and other undulations but increases drag. Half-length skins provide less traction but offer a little more glide.

Many skiers glue and screw their skins to their skis for polar expeditions as it eliminates the risk of the skin coming off. Very short counter-sunk screws are needed. Your guide will help you attach your skins in Punta Arenas.

Ski Poles



Examples

Black Diamond Traverse Ski Poles, Swix Mountain Advanced Carbon Composite Ski Poles, Thomas Ulrich Leki Ski Poles

Description

You will need high quality nordic or touring ski poles. Cork or leather handles are warmest. Ensure wrist straps are adjustable and long enough that a thick mitt can pass through the loop. Adjustable length (telescopic) poles are generally not recommended as many models collapse under load with the exception of Black Diamond's FlickLock design. Additionally, most telescopic poles are not long enough, but can make a good spare set between a team.

Optional Electronics

It is useful to standardize your electronics to be powered by AA lithium batteries as much as possible. Make sure all chargers are USB or 12 V DC-DC capable of plugging into a "female" cigarette lighter socket. Electronics can add a lot of weight so prioritize and research the lightest weight and most compact options. At our Union Glacier and South Pole camps, our charging stations have two types of outlets: USB and 120V A/C (North American Type A or B plugs).

GPS

If you already own one, you can bring it but there is no need to purchase as your guide will carry two.

Cameras

Compact digital cameras are light in weight and sufficient for most people. Bring a padded case and several memory cards. Digital SLRs and their accessories add a lot of weight and are a luxury item. If you have professional requirements to bring a digital SLR then please speak with your guide to see if it is possible to share lenses amongst team members.

iPod or Digital Music Player

We've found solid state iPod Shuffles or iPod Nanos to be the most reliable. We recommend two sets of headphones as the thin wires can become brittle in low temperatures. Spotify type music accounts require an internet connection every 30 days and will stop working after a month in Antarctica.

Mobile Phone

If you have a smart phone with camera, music, e-books, etc. it may be worth taking instead of multiple gadgets. Can be paired with an Iridium Go! for global connectivity.

Iridium Satellite Phone

Iridium is the only mobile satellite telephone system that works in the interior of Antarctica. You can buy pre-paid minutes at Union Glacier Camp using US cash and use our phones for calls during the expedition. If you wish to bring your own phone then there are several models to choose from. You can pair an Iridium GO! with a smart phone or purchase a standalone satellite phone (9575 and 9555). Bring a spare battery, padded case, and charging cable. Make sure you purchase the correct battery for your handset.

Web Posting Equipment

It is not practical to carry a laptop computer and power supply due to the weight. Also, it is unreasonable to assume you'll have enough power or time to post long or regular updates during your expedition. If this is a priority for you, then the lightest option is a Garmin inReach or a smart phone paired with an Iridium GO! unit.

Solar Panel and Battery Pack

If you bring any personal electronics, the best way of recharging them is with a solar panel and a battery pack. These vary in size, weight, and cost depending on how many items you need to charge. We recommend Goal Zero or Powertraveller Powermonkey panels. Check that your solar panel is powerful enough to recharge your battery pack.

Equipment Provided by ALE

Sleds

Acapulka 210 professional sleds (pulks), sledging harnesses, ski pole povies, kit bags, and zipped covers for polar bedding.

Camping

Tents, insulated tent floors, snow shovels, snow saw, tent brushes, and repair kit.

Meals

Food, packing bags, stuff sacks, stoves, stove boards, fuel, fuel bottles, plastic jerry cans, pans, kettle, kitchen cutlery, cooking equipment, lighters, and matches.

Communications

Two Iridium satellite phones for safety, solar panel, and battery pack.

Medical

Comprehensive first aid kit.

Navigation

Two GPS, compasses, chest compass harness, and batteries.

Toilet

Toilet paper and toilet bags for use during the Last Degree.

SKI SOUTH POLE 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
Base Layers		
	6+ pairs	Underwear, sports bras, etc.
	1 pair	Long Shorts
	3 pairs	Light or midweight bottoms
	3	Light or midweight tops
	<i>Optional</i>	Silk leggings or shorts
Mid Layers		
	1	Lightweight fleece top or expedition-weight base layer top
	1 pair	Lightweight fleece pants or expedition-weight base layer bottoms
	1	Midweight fleece jacket
Windproof Layers		
	1	Windproof shell jacket with fur ruff attached to the hood
	1 pair	Windproof shell pants with full side-zips
Down Layers		
	1	Down parka with hood
	1	Lightweight down jacket
	1	Down vest
	1	Down skirt or shorts
Headwear		
	2	Wool or fleece hats that cover the ears
	2	Bufs
	2	Face masks
	1	Balaclava
Eyewear		
	1 pair	Sunglasses
	2 pairs	Goggles (1 pair with nose beak attached)
	1	Sunglass case
	<i>Optional</i>	Spare contact lenses or prescription glasses, if required
Gloves		
	2 pairs	Thin liner gloves
	2 pairs	Thinsulate fleece gloves
	1 pair	Wool mittens
	1 pair	Midweight insulated gloves
	1 pair	Thick insulated mittens
	<i>Optional</i>	Elastic shock cord to make wrist loops for gloves
	<i>Optional</i>	Chemical hand warmers

X	#	Item
Footwear		
	6-8 pairs	Thin liner socks
	3 pairs	Midweight socks
	2 pairs	Heavyweight socks
	1 pair	Insulated booties with no-slip sole
	1 pair	1 pair Heel lift insoles example: Superfeet Heel Lifts. These are a useful relief to strained Achilles tendons.
Sleeping Equipment		
	1	Sleeping bag
	Optional	Insulated overbag
	1	Full-length, closed cell foam mat
	1	Full-length inflatable mattress and repair kit
	2	Eyeshades or eye masks for sleeping in 24-hour daylight
	2 pairs	Ear plugs
Ski Equipment		
	1 pair	Ski boots
	1 pair	Intuition Mukluk Liner
	1 pair	Backcountry nordic skis with boot compatible bindings
	1 pair	Full-length ski skins
	2 pairs	Half-length ski skins
	1 pair	Ski poles
	<i>Optional</i>	Insoles/footbeds
Luggage		
	1+	Large lightweight duffel bag(s) (avoid heavy bags like The North Face Base Camp Duffel)
	1	Carry-on backpack 18" x 16" x 10" (46cm x 41cm x 26cm). You will use this bag on your Antarctic flights as your carry-on and can leave it Union Glacier with a change of clothing for after your expedition (t-shirt, jeans, underwear, socks, lightweight boots, shower toiletries, and a towel)
	4-6	Stuff sacks of different colors to organize items in the sled and tent
Other Equipment		
	2	32 oz Thermos flask
	2	32 oz Nalgene wide-mouth water bottles (for drinking)
	2	32 oz Nalgene wide-mouth water bottles (marked for pee). Option to substitute for one 48 oz Nalgene wide-mouth water bottle.
	1-2	Insulated covers for 32 oz Nalgene water bottles (Outdoor Research or Forty Below)
	1	Pee funnel for women
	1	Plastic insulated mug with lid with wide bottom
	1	Large lightweight non-breakable Lexan bowl or Fairshare Mug with lid
	2	Lexan spoons
	2	Lip balm with minimum SPF 50
	2	4 fl oz pack of sunscreen with minimum SPF 50
	2	Handkerchiefs/bandanas

	1	Small pocket knife
	1	Watch with an alarm, new batteries, and a long wrist strap
	1	Sewing and repair kit with duct tape and screwdriver for bindings
x	#	Item
	1	Personal toilet bag with pack towel, Wet Wipes, toothbrush, toothpaste, anti-bacterial gel, lotion, contact lens solution, feminine products, etc.
	1	Personal first-aid kit that includes Band-Aids, super glue, blister kit, foot powder, tape, antiseptic, pain medication
	As needed	Personal medication. Bring enough for your expedition plus an additional 4 weeks' supply. High quality multi-vitamins are recommended.
Optional Electronics		
	<i>Optional</i>	GPS
	<i>Optional</i>	Garmin inReach, Iridium GO!, or Iridium satellite phone and case
	<i>Optional</i>	Camera, memory cards, accessories, and case
	<i>Optional</i>	Phone, iPod or digital music player with two sets of headphones
	<i>Optional</i>	Batteries, chargers, adapters, and solar panels to support all of the devices you bring
	<i>Optional</i>	For Antarctica: USB or 120V A/C (North American Type A or B plugs) For Chile: Plug adapters and 220V transformers
Other Optional Items		
	<i>Optional</i>	Lightweight journal, sketchbook, pencils, pen, e-reader
	<i>Optional</i>	Compass with global needle or weighted for the southern hemisphere
	<i>Optional</i>	Christmas and birthday treats and gifts
	<i>Optional</i>	Personal treats like candy bars, photos, favorite poem
	<i>Optional</i>	US cash to purchase satellite phone cards or merchandise at Union Glacier Camp

SKIING & CLIMBING SKILLS QUESTIONNAIRE



MR/MRS MS/MISS	GIVEN NAMES (AS SHOWN ON PASSPORT)	SURNAME / LAST NAME (AS SHOWN ON PASSPORT)	NATIONALITY OF PASSPORT	HEIGHT (INCHES/CMS)	WEIGHT (LBS/KGS)

Name by which you wish to be known (if other than above) _____ Date of Birth (dd/mm/yy) _____

Street Address _____ City _____

Region _____ Country _____ Post Code _____

Home Phone + _____ Work Phone + _____

Mobile + _____ Email _____

What is your first language? _____ How well do you speak English? _____

You will be taking part in a demanding expedition as part of a team. Past experience and good training contribute to your enjoyment and to the overall well-being of the team. It is important for everybody on the team to have a similar level of fitness and skill.

Please describe your previous experience as honestly and completely as possible so that we can do our best to match your ability with that of other participants.

In the Past Experience sections, please only list trips you have accomplished to date. Trips that are planned between now and your arrival in Antarctica should only be included under the Training section.

WHICH OF OUR GUIDED EXPERIENCES ARE YOU INTERESTED IN?

Experience Name	Check All That Apply	Preferred Departure Date
Mount Vinson		
Mount Sidley		
Climb Antarctica		
Ski Antarctica		
Ski South Pole - Hercules Inlet		
Ski South Pole - Messner Start		
Ski South Pole - Axel Heiberg		
Ski Last Degree		
Will you be using ALE's Baffin 3-pin boots?	Yes No	

PAST SKI EXPERIENCE

How many years downhill skiing?
How many years cross-country skiing?
How many years backcountry ski touring?
What experience do you have of hauling a sled/pulk?

How many days have you skied in the last 2 years?

Downhill days:	
Off-piste downhill days:	
Backcountry touring days:	
Cross-country days:	
Total ski days:	

List below any ski touring trips that you have done

Month/ Year	Details of Region/Route	Name of Guide (if used)	Distance Skied	Number of Days

PAST MOUNTAINEERING/CLIMBING EXPERIENCE

How many years have you been mountaineering/climbing?					
Have you ever been rock climbing?	Yes	No	Lead	Follow	Top-Rope
Have you ever been ice climbing?	Yes	No	Lead	Follow	Top-Rope
Have you worked as a guide in the mountains?	Yes	No			
If so, provide details:					
Has the majority of your mountaineering/climbing been unguided?			Yes	No	
How frequently have you been mountaineering/climbing in the last 2 years?	# of 1-2 day trips:	# of 7+ day trips:			

List below all major mountaineering/climbing trips (single peaks/traverses/climbing areas) that you have done.

Month/ Year	Mountain	Route	Name of Guide (if used)	Highest altitude reached?	Did you summit?

PAST GLACIER TRAVEL EXPERIENCE

Do you have roped glacier travel experience?	Yes	No
If so, where/when?		
Have you climbed out of a crevasse using prusiks or mechanical ascenders?	Yes	No
If so, where/when?		

PAST WINTER OUTDOOR EXPERIENCE

How many years have you been active in winter sports?		
How frequently have you done winter sports in the last 2 years?	# of 1-2 day trips:	# of 7+ day trips:

List below any winter outdoor sports not previously mentioned in other sections.

Month/ Year	Details of Region/Activity	Name of Guide (if used)	Temperature	Number of Days

List below any winter/snow trips where you camped in a tent.

Month/ Year	Details of Region/Activity	Name of Guide (if used)	Temperature	Number of Nights

PAST ALTITUDE EXPERIENCE

Have you ever camped at altitude?	Yes	No
Highest altitude you have camped?		

List below any times you have been above 10,000 ft (3000 m) not previously mentioned.

Month/ Year	Details of Region/Activity	Name of Guide (if used)	Highest altitude reached?	Number of Days

FIRST AID EXPERIENCE & TRAINING

Do you have any first aid experience/training?	Yes	No
If yes, please tell us the organization you trained with and when you recieved your certification.		

OTHER PAST EXPERIENCE

<p>Please provide details on any other experiences you have had which may be relevant to a skiing/climbing expedition but have not been previously mentioned in other sections e.g. marathons, triathlons, endurance events, extended backpacking trips, biking (road or mountain), multi-day adventures, etc.</p>

PHYSICAL FITNESS

How often do you exercise? Please check the box to the right that best describes your level of activity.

In good health, but do not have a regular exercise routine.

Mainly exercise 1-2 times a week (e.g. a weekend hike, visit to the gym, short jog).

Exercise 2-3 times a week with cardiovascular sessions lasting more than 45 minutes.

Exercise more than 4 times a week with a mix of interval and cardiovascular sessions.

What physical activities do you do on a regular basis: Climbing, hiking, skiing, running, biking (mountain or road), other?

Can you hike uphill for 6-8 hours carrying a 25 kg/55 pound pack without being exhausted the next day?

Yes

No

When did you last do this?

TRAINING

Describe your fitness routine leading up to your expedition

Type of Training	Hours per Session	Sessions per Week
Gym Work		
Running		
Cycling		
Outdoor Exercise		
Other:		
Other:		
Please list below any other trips or training you have planned between now and when you arrive in Antarctica		

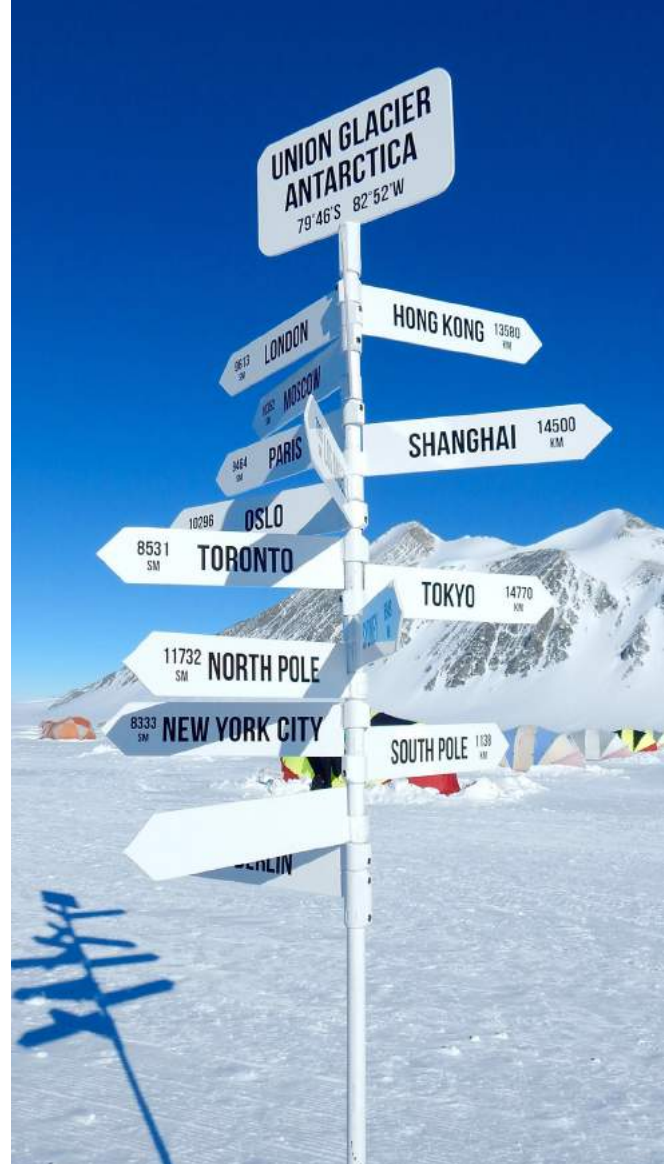
SIGNATURE

I declare that the information provided is a fair representation of my skiing, climbing and mountaineering experience. I also declare that I know of no reason that should prohibit me from taking part in the expedition or that would jeopardize other team members or myself.

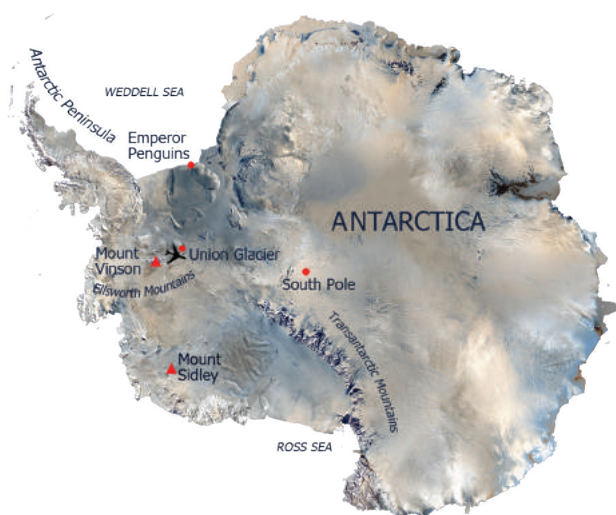
Name: _____

Signed: _____ Date: _____

ALE reserves the right to check your credentials.



UNION GLACIER CAMP



79° 46'S 82° 52'W
2297 FT (700 M)

Our main camp is only accessible by air and lies on the broad expanse of Union Glacier in the Southern Ellsworth Mountains. All of our guests take their first steps in Antarctica here, on the naturally occurring blue-ice runway. We are a short flight from Mount Vinson, the highest peak in Antarctica, and just over 600 nautical miles (1138 km) from the South Pole. Majestic peaks rise in all directions offering unlimited opportunities for scenic excursions, technical climbs, and ski tours.



ACCOMMODATIONS

Union Glacier Camp is the only facility of its kind in Antarctica. Our full-service camp operates during the Antarctic summer (November through January) and is dismantled at the end of each season. We can house up to 70 guests in our dual occupancy Clam Tents.

Clam Tents are double-walled sleeping tents that are designed to withstand Antarctic conditions with a high-tech nylon covering and durable aluminum frame. They are also incredibly comfortable to live in with large doors and a tall interior that allows you to stand upright and move around easily (16 ft x 8 ft or 5 m x 2.4 m). Tents are naturally heated by the 24-hour sunlight up to 60°F (16°C) but may be colder during long periods of overcast skies. Each guest is provided with a cot, mattress, pillow, linens, and towels.

Please tell us if you have a preferred tent-mate. Otherwise we will pair you with a compatible roommate of the same gender.

WEATHER

The Antarctic climate is generally cold, dry, and windy. Even though it is summer, the temperatures remain below freezing at all times. Camp is typically less windy than other areas, such as the blue-ice runway, and temperatures range between -12° to 30°F (-24° to -1°C). Please keep in mind conditions can change rapidly and wind chill can make temperatures feel colder. Bring everything on our **Required Clothing & Equipment List** so you are prepared for all conditions.



MEALS

BREAKFAST 8-9 AM

Hot breakfast is served until 8:45am and self-serve continental breakfast is available until 9am.

LUNCH 12:45-2 PM

DINNER 6:45-8 PM

The dining tent is the heart of our camp and serves as a gathering place for all of our guests. You'll have the opportunity to meet people from all over the world embarking on everything from a Mount Vinson summit attempt to a Ski South Pole expedition. You'll get to mingle with our staff, who speak 15 different languages, and may have the chance to talk to scientists working on a variety of research projects.

Our talented chefs utilize a fully equipped kitchen to create fresh-cooked meals, baked goods, and fantastic desserts. You'll be surprised at the range of fresh fruits, vegetables, meats, and cheeses we're able to fly in regularly from Chile. We offer a variety of hot beverages, soft drinks, juices, and water. Chilean beer and wine are served in limited quantities with dinner.

Breakfast, lunch, and dinner are served at set times. In between meals, self-serve snacks and beverages are always available. All meals are served buffet style and vegetarian options are available upon request. If you have made special dietary requests or have food allergies, please introduce yourself to the kitchen staff when you arrive in camp.



SHOWERS & TOILETS

While at Union Glacier Camp, you'll have access to communal showers and toilet facilities. In keeping with our mission to set the highest possible environmental standards, we try to minimize the amount of residue (grey) water we generate as well as the fuel we use to melt snow in Antarctica. We provide disinfectant hand gel in the dining tent and in all toilets and ask that guests limit shower use to every 2-3 days to conserve water. We also provide wash basins if you don't want to take a full shower. Many guests bring pre-moistened towelettes such as Wet Wipes to use in between showers. Towels are provided in your tent and body wash is available in all shower stalls but you should bring any other toiletries with you. We do not offer laundry service in Antarctica.

SHOWER HOURS

7-10:30 AM

5-10 PM

All human waste is removed from Union Glacier Camp, which requires us to keep liquid and solid human waste separate for ease of transport. For men, a stand-up urinal is provided in addition to a sit down toilet. For women, two sit-down toilets are provided, one for liquid waste and another one for solid waste and toilet paper. During the night, some guests prefer to use a "pee bottle" in their tent. Our staff will show you the container where you empty pee bottles next to the toilet facility. Don't forget to bring your pee bottle with you when you leave camp. On vehicle excursions, our guides will also have a portable toilet you can use in emergencies.





ACTIVITIES

You can be as active or relaxed as you like while at Union Glacier. Each morning we will meet with you to discuss options for the day and organize activities tailored to the weather and your interests. We offer a variety of group excursions (described in your detailed itinerary) and there are plenty of activities you can do on your own around camp. Take a walk, cross-country ski, or try out one of our fat tire bikes on the groomed 6 mi (10 km) loop. If you're looking for something more low-key, check out a book, movie, or game in our polar library. We also have a small merchandise shop featuring clothing, hats, patches, and other keepsakes. These items are exclusively sold at Union Glacier Camp and cannot be purchased anywhere else in the world. Items range in price from \$10-\$200 and are available for purchase with US cash.

In the evenings, our guest lecturers will host engaging talks on a variety of topics from polar history to glaciology. Many will share photos and stories of their own expeditions to remote parts of Antarctica and beyond. Please respect camp quiet hours between 10pm and 7am.

If you'd like to experience more of Antarctica, you can add a flight to one of our other destinations for an additional fee. Based on the time of your visit and weather conditions, you may be able to join a flight to the South Pole, charter a scenic flight around the Ellsworth Mountains, or visit Mount Vinson Base Camp. If you're interested in adding one of these flights to your itinerary, please ask our Guest Services team and they can provide you with rates and availability.



COMMUNICATION

Satellite phone cards are available for purchase with US cash (\$40 USD for 30 minutes) from our Guest Services team. Please note that you are charged per attempted transmission, not per connection. You can make calls from our two phone booths which are equipped with satellite phones for your use. Please do not use personal satellite phones in communal areas like the dining tent.

There is no mobile coverage in Antarctica. Satellite internet access is for operations only. Please enjoy this digital detox!

In an emergency, your family may contact our offices in Salt Lake City or Punta Arenas and we can forward a message to you while you are on the ice. However, we will only give out information about you to those individuals listed on your Personal Information Form (PIF).

Punta Arenas Guest Services

Calle Bernardo O'Higgins 568

Punta Arenas, Chile

Guest Services Manager +56 9 6832 7472

guests.punta@antarctic-logistics.com

Salt Lake Sales Office

3478 South Main Street

Salt Lake City, UT 84115 USA

Tel +1 801 266 4876

info@antarctic-logistics.com



POWER

Limited charging facilities are available in the dining tent and feature two types of outlets: USB and 120V A/C (North American Type A or B plugs). Ensure your batteries are fully charged prior to leaving Punta Arenas, you have back-up batteries on hand, and you leave any unnecessary electronics behind. Please be courteous of your fellow guests and do not leave electronics plugged in overnight.





TRANSPORTATION

Most of our guests arrive in Antarctica on an Ilyushin-76TD. This robust, four engine Russian jet was originally designed to deliver heavy machinery to remote areas of the USSR. It is well-suited for off-strip landings, such as the blue-ice runway at Union Glacier, and easily copes with polar weather conditions.

Each season we charter three to four ski aircraft to transport guests and cargo within the continent. We utilize De Havilland DHC-6 Twin Otters and a Basler BT-67. The Twin Otter is the workhorse of many National Antarctic Programs and is used by the British Antarctic Survey, the United States Antarctic Program, as well as the Argentine and Chilean air force. The Basler is our larger ski aircraft and is a turboprop conversion of the Douglas DC-3. We use it to transport larger groups of passengers and cargo into the field.

We maintain a fleet of specially adapted vehicles for ground transportation, snow clearing, and runway maintenance. These include two 4x4 and three 6x6 passenger vehicles, several tractors, Tucker Sno-Cats, industrial snow-blowers, skiway groomer, and a number of snowmobiles and sleds.



MEDICAL SERVICES

Keeping you healthy in Antarctica is one of our key priorities. We have a basic medical clinic staffed by doctors and medics who specialize in emergency, high altitude, and remote medicine. The clinic is equipped to treat minor illnesses or can be used to stabilize more serious conditions until the patient can be evacuated. Our field guides all hold advanced first aid certification, are trained in emergency response protocols, and carry comprehensive first aid kits when away from camp. A member of our medical team accompanies all South Pole flights due to the altitude and extreme temperatures at this location.

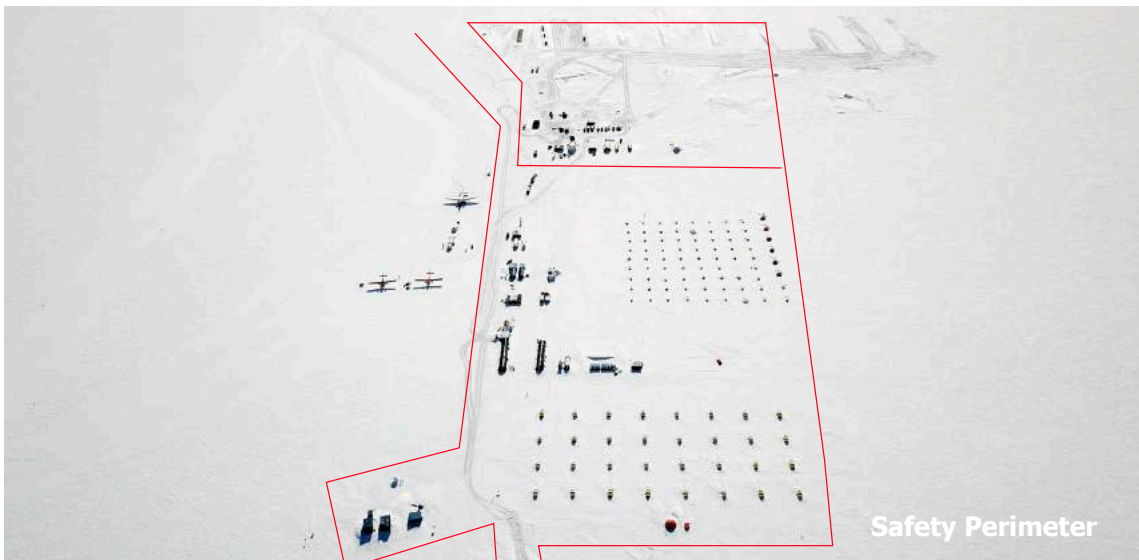
If you take regular medication, bring enough with you for your anticipated itinerary as well as 4 weeks' extra supply. Even in Punta Arenas, compatible prescription medications can be difficult to source.

Common ailments such as dehydration, sunburn, and cold injury can easily be avoided through self-care. Make sure to drink plenty of fluids, as you can easily become dehydrated in Antarctica's cold, dry climate. Your body needs calories to keep warm, so please enjoy our hearty meals and delicious desserts. Keep your skin covered in cold and windy conditions to prevent frostbite. Wear gloves when taking photos and use a balaclava, Buff, or face mask. Wear high quality sunglasses or goggles whenever outside and liberally apply sunscreen. And don't forget to use the disinfectant hand gel!

Tell our medics or your guide immediately if you feel unwell or have a problem. Many issues can be easily resolved if they are addressed early, but can become serious if ignored.

If necessary, we will call in a dedicated flight to evacuate a patient. Keep in mind Punta Arenas, Chile is 1,859 mi (2991 km) away from Union Glacier and evacuation is entirely dependent on good weather conditions. Because of this, medical evacuation may take up to several days. Evacuation flights will be at your own expense, which is why we require all guests to carry Medical Evacuation Insurance.





TRAVEL SAFETY

Few people get to camp and travel on an active glacier and this unique environment requires everyone to be cautious and conservative. Stay within your limits, listen to safety briefings, and follow instructions. Ask if you have questions.

Union Glacier is a large expanse of actively moving snow and ice that is flowing from the Polar Plateau towards the Ronne Ice Shelf. As the glacier carves its way through the mountains and flows over uneven terrain, deep holes and cracks can form in the surface of the snow. These crevasses can be hundreds of feet deep and are often covered by a thin layer of snow, making them very dangerous. Assume all glaciated terrain contains hidden crevasses and always seek advice before traveling outside of camp.

We use a variety of tools to identify safe areas around Union Glacier and our field camps. These include high resolution satellite imagery, ground penetrating radar, a thorough understanding of glacier dynamics, and historical knowledge of the area. Our camp boundaries and safe travel routes are routinely maintained and clearly marked to ensure safe passage in low visibility. Our Travel Safety team gives regular briefings to guests and staff on where it is safe or not safe to travel.

All guests and staff must adhere to a strict Check-Out and Check-In Procedure when leaving camp and be cleared by our Travel Safety Manager. Guests and staff must stay on established safe routes outside of

camp or employ glacier travel techniques (ropes, harness, etc.). Please check with our Communications staff before crossing the skiway to use the 6 mi (10 km) loop. Even if you see all of our aircraft on the ground, there may be other aircraft in the vicinity.

If you need assistance, our Guest Services team is always available as your first point of contact. The Communications and Operations Offices are open for guests between 9am and 7pm. Please be respectful of these busy workplaces and only visit them when necessary.

“NO GO” AREAS

We have identified a safety perimeter around camp, identified by flags. Do not cross the flags or enter any of the following “No Go” areas unless you are accompanied by a member of our staff.

- The blue-ice runway or taxiway when a flight is due (You will be advised where you may stand to take photos)
- The back of the Ilyushin during unloading or loading
- Radio masts, antennas, and guy lines
- Ski aircraft parking area, skiways, air crew tents, and air crew office
- Medical Clinic unless a medic is present
- Garage and Workshop Areas
- Staff sleeping tent area, unless you are visiting the medic’s tent
- Clean snow area



TIME

Even though you'll be living in 24-hour daylight, Union Glacier Camp time is the same as Punta Arenas, Chile, where our flights originate. Our field camps at Mount Vinson, South Pole, and Gould Bay also operate on this same time.

Union Glacier Time

= GMT (UK time) -3 hours

= Eastern Standard Time (NYC time) +2 hours

= Pacific Standard Time (LA time) +5 hours.

Amundsen-Scott Station, located at the South Pole uses New Zealand Daylight Time (GMT +13 hours).

DISTANCE

1 nautical mile (nm) =

1.15 statute miles =

1.852 kilometers

1 degree of latitude = 60 nm

1 minute of latitude = 1 nm

SMOKING

Smoking and/or vaping are PROHIBITED inside ANY tent, structure, vehicle or aircraft due to extreme fire danger. Smoking is permitted outside only. Containers for ash and cigarette butts are located outside the dining tent. Please use your own container with a lid should you wish to smoke elsewhere.

GRATUITIES

You are welcome to give gratuities/tips if you wish but should feel under no pressure to do so. Tipping rates are left entirely to your discretion based on your level of satisfaction with our service. Tips can be given to our Guest Services Manager. Like many travel companies, gratuities are pooled and shared among the entire staff because we feel each person plays an equally vital role in the safe and successful completion of your experience.



FIELD CAMPS

Many of our experiences take guests away from our primary camps and into the field to experience Antarctica as early explorers encountered it, the most remote wilderness on earth.

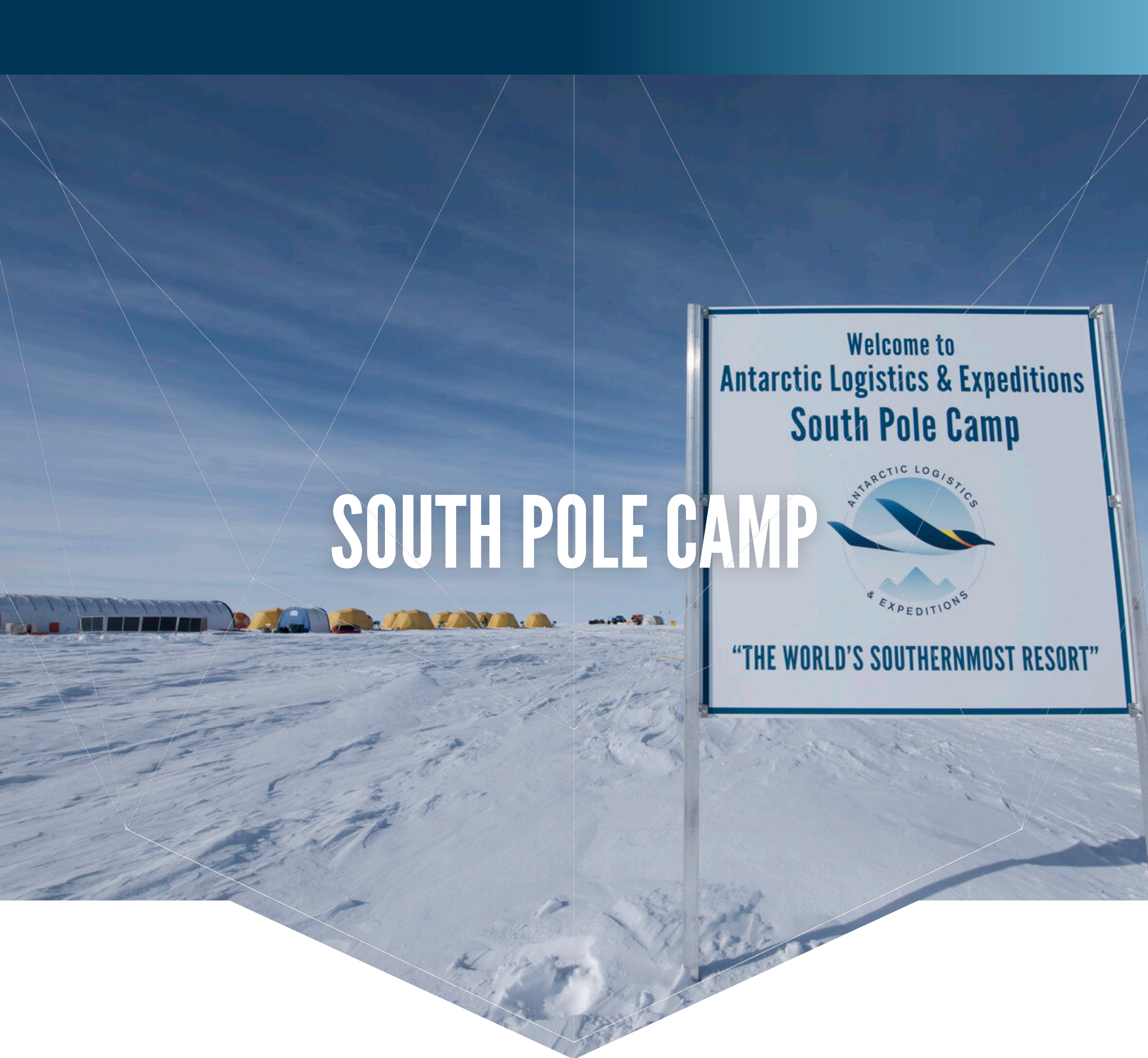
SKI EXPEDITION TENTS

Ski Last Degree and Ski South Pole expeditions often use single-walled, tunnel shaped, Hilleberg tents that are lightweight and quick to set up. These are important factors when you are hauling your equipment more than 600 miles (1000km) and have to set up and take down your tent each day, often in extreme conditions. The simple hoop frame allows us to partially disassemble the tent and pack it into an expedition sled, greatly speeding up the time required to set up camp each day. The tunnel shape means that the tent must be set up into the prevailing wind, which blows consistently from the Pole toward the coast.

MOUNTAINEERING TENTS

Mount Vinson, Climb Antarctica, Ski Antarctica, and Mount Sidley expeditions utilize sturdy 4-season mountain tents like the Mountain Hardwear Trango 3.1 tents. These free-standing, double-walled tents have a more complex pole configuration, which makes them extremely strong in high winds, regardless of the wind direction.

[Field Camp Photos](#)



When the great Polar explorers, Amundsen and Scott, arrived at the South Pole a century ago, there was only the sound of the wind and an endless expanse of white stretching in all directions. Today the South Pole is a crossroads for modern adventurers and polar science.

ALE is the only private operator with a seasonal camp at the South Pole. Our camp is situated about 0.6 miles (1 km) from the Geographic South Pole Marker and Amundsen–Scott South Pole Station. A flagged route marks the path between our camp and the Pole.

ACCOMMODATIONS

Our tented camp at the South Pole is designed to provide as much comfort and security as possible given the extreme environment. ALE guests on overnight experiences will sleep in Arctic Oven tents. These heated, double-walled tents are designed to withstand Antarctic conditions and equipped with the same type of cots, mattresses, and pillows used at Union Glacier.

WEATHER

Be prepared for extreme conditions. Temperatures range from -31° to -13°F (-35° to -25°C) and the physiological altitude (how high it feels) is roughly 11,000 ft (3,300m). You may feel the effects of altitude, including shortness of breath and mild headache and it will be cold! One of our experienced medics accompanies all South Pole Flights and is ready to assist you should you have any issues with the cold or altitude. With the right clothing and equipment, you will quickly settle in and enjoy life at the bottom of the world.

MEALS

Meals are prepared by one of our talented chefs and served in a large heated dining tent. This main tent is the center of activity for the camp is open to expedition groups and guests to enjoy together.

TOILETS

Toilet facilities are housed in a tent and are similar to those used at Union Glacier Camp. All waste is returned to Union Glacier Camp for proper disposal in Chile. No shower facilities are provided at South Pole Camp.

ACTIVITIES

While camping at the South Pole you can participate in activities, mingle with teams who have skied to the Pole, or simply relax and take it all in. Choose from a variety of morning and afternoon activity sessions, with opportunities to visit the South Pole Markers, South Pole Visitor Center; lectures on Antarctic themes; and DVD presentations.

COMMUNICATIONS

ALE's South Pole Camp maintains daily communication with Union Glacier Camp using satellite phone and email communications. Guests can make outgoing satellite phone calls using our Iridium handsets. Pre-paid phone cards can be purchased at Union Glacier.

POWER

South Pole Camp is solar powered and limited charging facilities are available in the main tent for guests. Two types of outlets are available: USB and 120V A/C (North American Type A or B plugs). Ensure your batteries are fully charged prior to leaving Union Glacier, you have back-up batteries on hand, and you leave any unnecessary electronics behind. Please be courteous of your fellow travelers and do not leave electronics plugged in overnight.

TIME

The sun rises and sets only once a year at the South Pole and we will have 24-hour daylight throughout our stay. Our South Pole Camp operates on the same time as Punta Arenas, Chile and Union Glacier Camp, where our flights originate, however we may find ourselves keeping odd hours as we coordinate our activities with those of Amundsen-Scott Station (NZ-SP time UTC+13).

South Pole Camp Time

- = GMT (UK time) -3 hours
- = Eastern Standard Time (NYC time) +2 hours
- = Pacific Standard Time (LA time) +5 hours.

SOUTH POLE ASMA #5

The South Pole has been designated as an Antarctic Specially Managed Area (ASMA #5) to conserve the environmental, scientific and historical values of the area. A management plan directs all activities in the Area and specific guidelines apply to all non-governmental visits. We ask for your cooperation in respecting visitor guidelines during any time we may spend at the South Pole.

SOUTH POLE ASMA

South Pole Camp Photos

INTERCONTINENTAL FLIGHTS



ALE provides an intercontinental air bridge between South America and the Ellsworth Mountains, West Antarctica. ALE operates approx. weekly passenger flights from November through January and cargo flights as needed. Flight time is 4 1/4 hours.

Flights depart from Presidente Carlos Ibañez del Campo airport (PUQ/SCCI) in Punta Arenas, Chile and land at Union Glacier blue-ice runway (UGL/SCGC). Our commercial passenger jets carry 60 passengers. Our cargo aircraft can hold two shipping containers' volume of cargo, with a total capacity of 17,500 kg. Dedicated cargo flights, private jet charters and airfield support can also be arranged. All flights are weather dependent (see Meteorology).

FLIGHT SCHEDULE



Ilyushin IL-76 TD (cargo)

The IL-76 was originally conceived for delivering heavy machinery to remote, poorly-serviced areas of the USSR. As such it needed to meet the requirements for a heavy-lift freighter with good speed and range, be able to operate from short and unprepared airstrips, and capable of coping with the worst weather conditions likely to be experienced in Siberia and the Soviet Union's Arctic regions.

The IL-76 has seen extensive service as a commercial freighter, especially for oversized or heavy items unable to be otherwise carried. An onboard crane can self-load and offload items up to 10 tonne, without the need for specialized airport equipment. The IL-76 has been used as emergency response transport for civilian evacuations and to deliver humanitarian/disaster relief aid around the world, especially to undeveloped areas due to its ability to operate from unpaved runways. The IL-76TD has a greater range and load capacity than the original IL-76.



Boeing 757 (passengers)

ALE uses standard commercial jets for our scheduled, intercontinental passenger flights. These deliver a fast flight service to Antarctica and have fuel efficient, low noise engines that help ALE in our policy of continued reduction in fuel use.

The Boeing 757-200 (or similar) offers passengers a shorter flight time, a comfortable flight, and plenty of windows to enjoy the spectacular Antarctic views and thrilling blue-ice landing.

ALE has deployed a number of airfield facilities to enable a rapid turn-around for commercial jets. This means that the most efficient use can be made of weather opportunities to fly to Antarctica.



Private Jets

Extended range, private jets, such as Bombardier, Dassault Falcon and Gulfstream families, offer the most comfortable way to fly to Antarctica. These types of aircraft come with luxurious passenger cabins, shorter flight times due to a fast flight speed, low noise and fuel-efficient engines that minimize potential environmental impacts.

ALE can facilitate charter flights, or provide limited airfield support for your aircraft, by prior arrangement. Please contact us well in advance of your project start date, to allow time for necessary Antarctic authorizations and pilot familiarization. ALE does not provide a fueling service at our runway.



INTERNAL FLIGHTS

Flights beyond Union Glacier are by ski aircraft. Each season we contract de Havilland DHC-6 Twin Otters and a Basler BT-67 aircraft which operate from ALE's Union Glacier camp. We maintain pre-placed fuel caches to support ski aircraft operations throughout West Antarctica and always have a minimum of two ski aircraft on the continent, to provide complete self-sufficiency for normal operations and for emergency response.



De Havilland DHC-6 Twin Otter

Ski-equipped Twin Otters are a staple in Antarctic aviation. They are used by ALE, the British Antarctic Survey, the United States Antarctic Program, as well as the Argentine and Chilean air force. The DHC-6 probably needs no introduction to most people. This twin engine, turbo-prop, STOL (short take-off and landing) aircraft is used throughout the world to access remote locations on wheels, floats, tundra tires and skis. Their rugged landing gear and STOL characteristics allow them to take off and land where other aircraft cannot. From coastal resorts and remote communities to the Arctic and Antarctic wilderness, the Twin Otter provides reliable and versatile passenger and cargo transport.



Basler BT-67

Our larger ski aircraft is the Basler BT-67, a turboprop conversion of the Douglas DC-3. The Basler is quickly becoming the Antarctic aircraft of choice for transporting larger groups of passengers and larger cargo items into the field. Named "The Travel Product of the Century" by FORTUNE®, the Douglas DC-3 revolutionized air travel. The high-performance STOL aircraft is versatile, tough, simple and spacious. Its usefulness has been proven in every imaginable application, from passenger and cargo to military and special purpose missions. The Basler conversion replaces original piston engines with reliable Pratt and Whitney PT6A-67R turbine engines, extends the fuselage, adds de-icing and other improvements. Learn more about the [BT-67](#).

PUNTA ARENAS HOTEL PRICES



Hotel	Description	Room Type	Price USD \$	Phone, Email, Website (Dial + 56 61)
Almasur (Rey Don Felipe) ★★★★	Comfortable and tastefully decorated boutique hotel located only 2 blocks from the central plaza. Rooms equipped with hairdryer, mini-bar, safe, phone, Wi-Fi, and cable TV. Room service, laundry, and fitness room available. Breakfast buffet included. Generally willing to accommodate reservation changes in the event of a delay.	Single	230	2295000 reservas@hotelreydonfelipe.com www.hotelreydonfelipe.com
		Double	260	
		Triple	330	
		Superior	335	
		Suite	370	
Diego de Almagro ★★★★	Located on the waterfront, this large hotel is preferred by guide companies due to the number of rooms available and their ability to extend reservations in the event of a delay. Bright rooms with climate control, mini-bar, cable TV, Wi-Fi, and electronic locks. Exercise room and heated pool. Breakfast buffet included.	Single	109	2208800 centraldereservas@dahoteles.com www.dahotelespuntaarenas.com
		Double	121	
Dreams del Estrecho ★★★★	Most luxurious hotel in Punta Arenas, featuring a casino and a spa. Located near the pier. Amenities include large rooms, a restaurant overlooking the Magellan Straits, pool, and fitness center. Wi-Fi available. Breakfast buffet included. Due to limited availability, this hotel is usually unable to extend reservations in the event of a delay. Please be aware that rates change daily based on demand, ALE cannot guarantee what price you will pay if we have to extend your reservation at this hotel.	Single/Double - City View	220	2204594 reservas@mundodreams.com www.mundodreams.com
		Single/Double - Ocean View	253	
		Junior Suite	279	
		Suite	307	
Cabo de Hornos ★★★★	Large, full-service hotel on the central plaza. Big, bright rooms, some with a view of Magellan Straits. Ultramodern, chic lobby, bar, and restaurant. Regional and international cuisine. Breakfast buffet included. Free Wi-Fi. Please be aware that rates change daily based on demand, ALE cannot guarantee what price you will pay if we have to extend your reservation at this hotel.	Single/Double	245-315	2715000 reservas@hotelesaustralis.com www.hotelcabodehornos.com
		Triple	295-370	
Best Western Finis Terrae ★★★★	Hotel located in downtown Punta Arenas with 64 rooms, restaurant and bar. Free Wi-Fi access and in-room safe. Breakfast buffet included.	Single/Single Superior	178/215	2209100 reservas@hotelfinisterrae.cl www.hotelfinisterrae.cl
		Double/Double Superior	221/322	
		Triple	293	
		Suite	428	
Isla Rey Jorge ★★★	Smaller hotel that is often able to accommodate reservation changes in the event of a delay. Good value, cozy atmosphere and comfortable rooms. Room service, laundry, free Wi-Fi. Helpful staff. Excellent restaurant serving regional and international cuisine. Breakfast buffet and welcome drink included.	Single	119	2248220 reservas@islareyjorge.com www.islareyjorge.com
		Double	143	
		Triple	169	

Prices are the rack rate and provided as a guide only. They may change without notice or fluctuate with exchange rates.

Hotel Cabo de Hornos

Das elegante Cabo de Hornos Hotel erwartet Sie in der historischen Stadt Punta Arenas. Kürzlich renoviert verfügt es über eine Innenausstattung im Avantgarde-Stil, stilvolle Zimmer, kostenloses WLAN und ein Gourmetrestaurant.

Die komfortablen Zimmer im Hotel Cabo de Hornos sind mit heimischem Holz und luxuriösem Teppichboden ausgestattet. Sie verfügen über private Bäder, eine separate Badewanne und einen TV.

Regionale Köstlichkeiten genießen Sie im À-la-carte-Restaurant und entspannen bei einem Glas Wein vor dem Kamin. Morgens stärken Sie sich am Frühstücksbuffet.

Das Hotel Cabo de Hornos bietet Blick auf die Meerenge von Magellan und liegt nur 18,3 km vom internationalen Flughafen Presidente Carlos Ibáñez del Campo entfernt.





Hotel Rey Don Felipe

Das in Punta Arenas, der südlichsten Stadt der Welt gelegene Rey Don Felipe befindet sich nur 2 Blocks vom Hauptplatz entfernt und bietet luxuriöse Unterkünfte mit kostenfreiem WLAN.

Die Architektur des Hotels Rey Don Felipe ist an die Tradition und Geschichte der Provinz Magallanes angelehnt. Die komfortablen, geräumigen Zimmer sind beheizt und verfügen über Kabel-TV und eine Minibar. Einige Zimmer sind zudem mit einem eigenen Whirlpool ausgestattet.

Morgens erwartet Sie ein reichhaltiges Frühstücksbuffet mit Brot, Obst, Müsli und Joghurt. Abends werden regionale und internationale Gerichte sowie erlesene chilenische Weine serviert.

Das Rey Don Felipe Hotel liegt 22 km vom Flughafen Presidente Carlos Ibañez del Campo entfernt. Ihr Auto stellen Sie gerne kostenfrei auf dem hoteleigenen Parkplatz ab. Im gesamten Hotel herrscht Rauchverbot.





Hotel Dreams del Estrecho

Neben einem großen Innenpool mit Blick auf den See erwarten Sie im Dreams del Estrecho eine Sauna und ein Whirlpool. Alle Zimmer bieten einen Panoramabalkon. Das WLAN nutzen Sie kostenlos.

Im Hotel Dreams del Estrecho trainieren Sie im Fitnessraum und finden Entspannung bei einer Massage. Besuchen Sie auch den nur 2 km entfernten Park Maria Behety.

Die hellen Zimmer sind mit einem Flachbild-Kabel-TV, einem Schreibtisch und einer Minibar ausgestattet. Sie sind in eleganten Naturtönen gehalten und mit dunklen Holzmöbeln eingerichtet.

Das Regionalmuseum ist 450 m und das nationale Naturschutzgebiet Magallanes 20 km vom Hotel entfernt. Am Tourenschalter erhalten Sie Tipps und Ratschläge.

Vom Flughafen Presidente Ibañez trennen das Dreams del Estrecho 6 km. Sollten Sie mit Ihrem eigenen Fahrzeug anreisen, können Sie kostenfrei am Hotel parken.





POLAR ADVENTURES

Schiffs- und Flug- Expeditionen
in Arktis und Antarktis

OFFLINE-KATALOG-ANFORDERUNG

Sehr geehrte Reise-Interessenten. Vielen Dank für Ihr Interesse und den Download eines digitalen Kataloges im PDF-Format.

Gerne senden wir Ihnen zusätzlich bei weitergehendem Interesse die ausgewählten PDF-Inhalte als gedruckte Version auf dem Postweg.

Bitte nennen Sie unten den gewünschten Katalog und senden Sie dieses Formular per Post oder Fax an uns zurück.

Bitte senden Sie mir den aktuellen Katalog für folgendes Schiff/ Tour:

--

Bitte senden Sie den ausgewählten Katalog an folgende Adresse:

Vorname + Name

Telefonnummer

--	--

Strasse + Nr.

Faxnummer

--	--

PLZ + Wohnort

e-mail-Adresse

--	--

Bitte per Post an:

oder per Fax an 04131-54255

an POLARADVENTURES Schiffs- und Flug-Expeditionen in Arktis und Antarktis Heinrich-Böll-Str. 40 D-21335 Lüneburg
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POLAR ADVENTURES

Schiffs- und Flug- Expeditionen in Arktis und Antarktis

**Unverbindliche Buchungsanfrage per Fax an 04131-54255 oder per Post an
Polaradventures, Heinrich-Böll-Str. 40, D-21335 Lüneburg, Deutschland**

Bitte unterbreiten Sie mir ein unverbindliches Angebot für folgende Leistungen:

- ☐ Veranstalter-Angebot mit Insolvenzversicherung nach deutschem Reiseveranstalterrecht + Preis in EUR
☐ Direkt-Angebot der ausländischen Reedereien (ausländ. Reiserecht + Preis in USD zum Tageskurs in EUR)

Schiffsname	
Reisename/ -Route	
Abfahrt von - bis (tt/mm - tt/mm/jj)	
Alternative Abfahrt (tt/mm - tt/mm/jj) (falls ausgebucht)	
Kabinenkategorie	
Alternative Kabinenkategorie (falls ausgebucht)	

- ☐ Doppelkabine ☐ Doppelkabine zur Einzelnutzung ☐ Halbe Doppelkabine zur Mitbenutzung

Zubringerflüge:

Abflughafen	
Hinflugdatum (tt/mm/jj)	
Rückflugdatum (tt/mm/jj)	
bevorzugte Airline	

☐ Economy-Class ☐ Business-Class

Zusätzliche Hotelübernachtungen:

Hotelname/Übernachtungsort	
Aufenthalt von - bis (tt/mm - tt/mm/jj)	
Hotelname/Übernachtungsort	
Aufenthalt von - bis (tt/mm - tt/mm/jj)	

Reiseversicherungen:

- ☐ keine
☐ Reiserücktrittskostenversicherung
☐ Komplettschutz (Reiserücktritts-, Kranken-, Unfall-, Gepäck- und Notfallversicherung)

Persönliche Angaben:

1. Reiseteilnehmer Vorname, Name / Geburtsdatum	
2. Reiseteilnehmer Vorname, Name / Geburtsdatum	

Angebot bitte:

<input type="checkbox"/> per Email an (Emailadresse)	
<input type="checkbox"/> per Fax an (Nummer)	
<input type="checkbox"/> per Post an (Vorname & Name) (Straße & Nr.) (PLZ & Wohnort)	