



WHITE DESERT
ANTARCTICA



WHITE DESERT CLOTHING REQUIREMENTS

FOR WOMEN



WHITE DESERT CLOTHING LIST

Packing the correct clothing for your trip to Antarctica will ensure that you are both comfortable and safe throughout your adventure. We understand that this can be a daunting task and our team are on hand to answer any questions you may have about selecting the right kit for the environment. There is more information about the clothing you will need in Antarctica on Page 6 of your Guest Handbook (sent to you as part of your welcome email) but this Kit List is also a handy guide to understanding each item that you will need to bring with you, as well as detailing what can be sourced in South Africa.

If you are unable to purchase your own clothing before arrival in Cape Town, you can pre-order all necessary items through a specialist local company, Drifters. This can be done in two ways:

- Order these items directly with Drifters by visiting their online store to access the White Desert Kit **HERE**. You can reserve your required clothing by clicking on the items, creating a basket and then following the purchase directions. Once you reach the Payment page, please select 'Direct EFT' which will create an order request – this will be emailed to you as confirmation of your order, you should receive this email within the hour. Payment will be made at your safety briefing in Cape Town.
- Complete the attached Kit List order form and return to guestadmin@white-desert.com. Whichever method you choose, your items will then be waiting for you at your safety briefing for you to try on and change as necessary. You will only pay for these items at the briefing – please note that card or cash (Rand) payment is accepted.

Alternatively, you may purchase your own clothing independently or use items of ski gear that you already own. If you plan to do this, it is imperative that the items that you bring with you to Cape Town match the quality and specifications of the garments detailed in this guide.

If you have any questions regarding this, please contact your guest liaison at White Desert (guestadmin@white-desert.com) who will be happy to advise you.

NB. Drifters products are available whilst stocks last. Should an item be no longer available in requested size/colour, we will aim to source comparative products, please be aware that some of the prices may fluctuate slightly due to availability in South Africa.

WOMEN'S CLOTHING

REQUIRED

Name(s):



click on **Fill & Sign** to add your order quantity in the size boxes provided and to place your signature on PDF

eg. Insert your order quantity in the size box:

S ☐ M ☒ L ☐ XL ☐ XXL ☐

OUTER LAYER



ZAR 4,999

SPRAYWAY WOMEN'S REACTION LONG GORE-TEX JACKET

Colour: **Bering Sea**

- Waterproof & windproof Gore-Tex outershell jacket
- 2-layer Construction
- Recommended Quantity: 1

HAND LUGGAGE

Insert your order quantity in the size box:

XS S M L XL

MID LAYER



ZAR 3,099

SPRAYWAY MISTEN LDS JACKET

Colour: **Black**

- Synthetic insulated, midlayer jacket
- Recommended Quantity: 1

HAND LUGGAGE

Insert your order quantity in the size box:

S M L XL

MID LAYER



ZAR 999

SPRAYWAY WOMEN'S ATLANTA FLEECE

Colour: **Thunder black, Bering Sea**

- Lightweight Polartec Fleece Jacket
- Recommended Quantity: 1 or 2

HAND LUGGAGE

Insert your order quantity in the size box:

XS S M L XL

BASE LAYER



ZAR 1,499

ICEBREAKER WOMEN'S OASIS THERMAL TOP

Colour: **Black**

- 100% Merino Wool Thermal Crew-Neck Base Layer
- Recommended Quantity: 3

HAND LUGGAGE

Insert your order quantity in the size box:

XS S M L XL

OUTER LAYER



ZAR 3,999

SPRAYWAY WOMEN'S GORE-TEX MOUNTAIN RAINPANTS

Colour: **Black**

- Waterproof & windproof Gore-Tex outershell pants
- Durable 3-layer Construction
- Recommended Quantity: 1

HAND LUGGAGE

Insert your order quantity in the size box:

XS S M L XL

MID LAYER



ZAR 1,299

FIRST ASCENT K2 POWERSTRETCH TIGHTS

Colour: **Black**

- Technical Polartec Powerstretch Fleece Tights
- Recommended Quantity: 1

HAND LUGGAGE

Insert your order quantity in the size box:

XS S M L XL XXL

BASE LAYER



ZAR 1,499

ICEBREAKER WOMEN'S 200 THERMAL LEGGINGS

Colour: **Black**

- 100% Merino Wool Thermal Base Layer leggings
- Recommended Quantity: 2 or 3

HAND LUGGAGE

Insert your order quantity in the size box:

XS S M L XL

OUTER LAYER



ZAR 269

BRIDGEDALE ALL MOUNTAIN WOMEN'S SOCKS

Colour: **Various**

- Long, warm mountaineering & ski socks
- Recommended Quantity: 3 PACKS

HAND LUGGAGE

Insert your order quantity in the size box:

S M L

WOMEN'S CLOTHING

REQUIRED



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eg. Insert your order quantity in the size box:

S ☐ M ☒ L ☐ XL ☐ XXL ☐

BASE LAYER



BRIDGEDALE THERMAL LINERS - 2 PACK

Colour: **Various**

- Thermal liner socks
- 2 pairs per pack
- Recommended Quantity: 3 PACKS

HAND LUGGAGE

Insert your order quantity in the size box:

S M L XL

ZAR 269

SCARPA RIBELLE HD

Colour: **Titanium Aqua**

- Supportive & waterproof technical mountaineering boots
- Recommended Quantity: 1

HOLD LUGGAGE

Insert your order quantity in the size box:

37 38 39 40 41 42

ZAR 7,499

OR

BUFF CYCLONE

Colour: **Various**

- Windproof Buff/neck gaiter
- GORE® WINDSTOPPER®
- Recommended Quantity: 1

HAND LUGGAGE

Insert your order quantity in the size box:

One size

ZAR 699

LA SPORTIVA WOMEN'S TRANGO ALP

Colour: **Carbon / Cerise**

- Supportive & waterproof technical Gore-Tex mountaineering boots
- Recommended Quantity: 1

HOLD LUGGAGE

Insert your order quantity in the size box:

37 38 39 40 41 42

ZAR 7,399

OUTER LAYER



BLACK DIAMOND SOLOIST GLOVES

Colour: **Black**

- Insulated, waterproof outer-shell gloves
- Recommended Quantity: 1

HAND LUGGAGE

Insert your order quantity in the size box:

XS S M L XL

ZAR 2,499

MID LAYER



BLACK DIAMOND MIDWEIGHT SOFTSHELL GLOVES

Colour: **Dark grey**

- Windproof, insulated midweight gloves.
- Recommended Quantity: 1

HAND LUGGAGE

Insert your order quantity in the size box:

XS S M L XL

ZAR 899

BASE LAYER



BLACK DIAMOND LIGHTWEIGHT WOOLTECH GLOVES

Colour: **Black**

- Lightweight Wool-infused liner gloves
- Recommended Quantity: 1 or 2

HAND LUGGAGE

Insert your order quantity in the size box:

XS S M L XL

ZAR 499



FIRST ASCENT WINDPRO BEANIE

Colour: **Black**

- Polartec Windpro fleece beanie
- Recommended Quantity: 1

HAND LUGGAGE

Insert your order quantity in the size box:

One size

ZAR 499

WOMEN'S CLOTHING

REQUIRED



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eg. Insert your order quantity in the size box:

S ☐ M ☒ L ☐ XL ☐ XXL ☐



ZAR 349

FIRST ASCENT DUNDEE HAT

Colour: Various

- UV Protective sunhat
- Adjustable and includes neck flap
- Recommended Quantity: 1

HOLD LUGGAGE

Insert your order quantity in the size box:

M L



ZAR 2,599

BOLLÉ Y7 OTG

Colour: Grey

- UV protective, ventilated mountaineering goggles
- Recommended Quantity: 1

HOLD LUGGAGE

Insert your order quantity in the size box:

One size

OR



ZAR 1,999

BOLLÉ ASCENDER SUNGLASSES

Colour: Black

- Mountain glasses
- Category 2-4 photochromic
- Recommended Quantity: 1

HAND LUGGAGE

Insert your order quantity in the size box:

One size



ZAR 2,599

BOLLÉ WOMEN'S SCARLETT GOGGLES

Colour: Turquoise blue

- UV protective, ventilated mountaineering goggles
- Recommended Quantity: 1

HOLD LUGGAGE

Insert your order quantity in the size box:

One size



ZAR 2,799

PETZL DUFFEL BAG - 85L

Colour: Yellow

- Large, durable duffel bag for gear
- Recommended Quantity: 1

HOLD LUGGAGE

Insert your order quantity in the size box:

One size



ZAR 3,499

OSPREY TALON 36 BACKPACK

Colour: Black

- Lightweight Technical day pack
- 34L / 36L capacity
- Recommended Quantity: 1

HAND LUGGAGE

Insert your order quantity in the size box:

S/M M/L



ZAR 399

SOLRX PROSPORT SUNSCREEN SPF 50

- Maintains SPF for up to 8 hours (*please use maximum formulas if purchasing elsewhere)
- 120ml
- Recommended Quantity: 1 or 2

HAND LUGGAGE

Insert your order quantity in the size box:

One size

SIZING CHARTS

WOMEN'S SIZE CHART

SIZES		XS	S	M	L	XL	XXL
BODY	CM INCHES	158 - 162 62 - 64	162 - 166 64 - 65,5	166 - 170 65,5 - 67	170 - 174 67 - 68,5	174 - 178 68,5 - 70	178 - 180 70 - 71
CHEST	CM INCHES	82 - 86 32 - 34	86 - 90 34 - 35,5	90 - 96 35,5 - 38	96 - 102 38 - 40	102 - 110 40 - 43,5	110 - 116 43,5 - 45,5
WAIST	CM INCHES	66 - 70 26 - 27,5	70 - 74 27,5 - 29	74 - 80 29 - 31,5	80 - 86 31,5 - 34	86 - 94 34 - 37	94 - 102 37 - 40
HIP	CM INCHES	90 - 94 35,5 - 37	94 - 98 37 - 38,5	98 - 104 38,5 - 41	104 - 110 41 - 43,5	110 - 118 43,5 - 46,5	118 - 124 46,5 - 49
INSEAM	CM INCHES	75 - 77 29,5 - 30,5	77 - 79 30,5 - 31	79 - 81 31 - 32	81 - 83 32 - 32,5	83 - 85 32,5 - 33,5	85 - 87 33,5 - 34
CENTER BACK SLEEVE	CM INCHES	74 - 76 29 - 30	76 - 78 30 - 31	78 - 81 31 - 32	81 - 84 32 - 33	84 - 86 33 - 34	86 - 88 34 - 34,5

WOMEN'S PANT CHART

SIZES		XS/26	S/28	S/29	M/30	M/31	L/32	L/34	XL/36	XXL/38
WAIST	CM INCHES	66 26	71 28	73,5 29	76 30	78,5 31	81 32	86 34	91 36	96 38
LEG LENGTH	CM INCHES	81 32	81 32	86 34	86 34	86 34	86 34	86 34	86 34	86 34

WOMEN'S SHOE SIZES

US	EURO	UK	JAPAN	INCHES	CM
5	35-36	3	215	8.5"	21.6
5.5	36	3.5	220	8.75"	22.2
6	36-37	4	225	8.875"	22.5
6.5	37	4.5	230	9.0625"	23
7	37-38	5	235	9.25"	23.5
7.5	38	5.5	240	9.375"	23.8
8	38-39	6	245	9.5"	24.1
8.5	39	6.5	250	9.6875"	24.6
9	39-40	7	255	9.875"	25.1
9.5	40	7.5	260	10"	25.4
10	40-41	8	265	10.1875"	25.9

CLOTHING AND EQUIPMENT TO BE LOANED BY WHITE DESERT

- 1 x heavy, insulated down jacket (a warm over-jacket for cold days)
- 1 x heavy, insulated down pants (if people are really feeling the cold, or for the South Pole flight)
- 1 x over mitt (warm mittens, provided when necessary)
- 1 pair Baffin boots (rated -100 degrees, warm and comfortable, used during your excursions to the South Pole and Atka Bay)
- 1 x sleeping bag (for use during the South Pole excursion)

Please note that all items must be returned to White Desert at the end of your adventure

PERSONAL ITEM TO BE BROUGHT BY GUESTS

- Trainers and / or hiking boots (to be used around camp and when walking on rocks to approach our ice activities)
- 3-5 casual t-shirts, shirts and jumpers to be worn when relaxing around camp
- 2-3 pairs of casual trousers to wear around camp
- Underwear
- Biodegradable toiletries (please bear in mind that any liquids over 100ml will need to be packed in hold luggage)
- Slippers to wear in your pod (if you wish)

IF DESIRED:

- Camera (we can backup images at camp on laptops)
- Video camera
- Laptop, iPad, smart watch
- Adapters for charging electrical items (there are charging facilities at camp that work with South African plugs)
- Books, journal, pen
- USD in cash for any purchases at the camp shop, staff tips and internet/satellite phone usage
- Any medication (with extra in case of delay departing Antarctica)

