Equipment

An Antarctic Expedition requires many items to be packed so that a smooth trip can be enjoyed:

The sleds for the trek have been purpose built by the team members. When fully laden, the sleds will weigh 80kg, and each team member will be responsible for a sled.

Food will have been laid out ahead by the team flying over the land and dumping these caches of stores at 150 nautical mile intervals.

For the extreme weather conditions, the following items will be needed:

Sub Zero sleeping bags

Prefabricated Polar Shelters

Woollen Socks

Magnetic and Sun compasses will be used as well as satellite transmitters to signal the location of food drops. Satellite tracking beacons will also be used for ground staff to monitor the team's position at any time.

Some of the skills needed by the team include:

The ability to research and complete details of the trek

Record keeping. record distances. record times

Fitness to undergo a serious training program

Team Leadershi