

Echipament maraton Pacific Coast CHILE	Buc./perechi	Check box
Sapca alba	1	
Tricou thermo climacool adidas alb	1	
Tricou verde Hospice	1	
Underwear	1	
Sort negru	1	
Sosete adidas negre	1	
Asics Nimbus Gel	1	
Camel back Deuter	1	
Banderole Nike albe	2	
Ceas cronometru	1	
Acoperitoare gambe	1	
iPod Shuffle	1	
Trening	1	
Geaca de ploaie	1	

Haine "de oras" CHILE & drum	Buc./perechi	Check box
Blugi	1	
Pantaloni scurți	1	
Pantaloni subtiri	1	
Pantofi piele intoarsa	1	
Bluza de corp	2	
Tricou	5	
Underwear	6	
Sosete	6	
Short de baie	1	
Palarie de soare	1	

Echipament "de alergat" ANTARCTICA	Buc./perechi	Check box
Ochelari de schi	1	
Cagula	2	
Masca windstopper	2	
Ciorapi lana & primaloft	3	
Underwear poliester	1	
Burlan pentru gat	2	
Pantal scurt neopren	1	
Bluza corp Spider	1	
Bluza polar Lafuma	1	
Geaca puf Mammüt	1	
Geaca windstopper Mammüt	1	
Pantaloni thermo Scott 3/4	1	
Pantaloni thermo Lafuma	1	
Pantaloni 2 straturi Mammüt	1	
Glezniere	1	
Caciuli polar	3	
Manusi windstopper	1	
Manusi polar	1	
Manusi 1 deget	1	
Parazapezi scurte - neopren	1	
Trail shoes Salomon	1	

Echipament "de stat" ANTARCTICA	Buc./perechi	Check box
Ochelari de soare	1	
Cagula	1	
Windstopper pentru gat	1	
Ciorapi lana	4	
Underwear	4	
Pantaloni thermo polar Apex	1	
Pantloni 3 straturi Mammüt	1	
Pantaloni thermo Scott 3/4 O	1	
Papuci exterior Mammüt	1	
Manusi duble Level	1	
Bluze de corp Thermo	4	
Bocanci Raichle	1	
Bluza polar Mammüt	2	
Bluza Polar Himalaya	1	
Geaca puf Mammüt	1	
Caciula polar	2	

Acte & bani	Unitati	Check box
Pasaport + copie	1	
Asigurare anuala Ihi Bupa	2	
Mapa vouchere, inscrieri maraton, nr utile etc.	1	
Carti de vizita	20	
Carduri	2	
Bani cash	1	
Lista de calatorie	1	

"To do list"	1	
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Electronice	Unitati	Check box
Telefon satelit Iridium & cartela	1	
Charger Iridium	1	
Telefon GSM	1	
Charger GSM	1	
Aparat foto Canon & Sony	2	
Charger baterii	1	
Laptop	1	
Adaptor electric international	1	

Accesorii	Unitati	Check box
Lacate bagaje	3	
Saci de compactat	4	
Acoperitoare de ochi pentru somn	1	
Manusi de plastic	10	
Pastile de incalzit maini	4	
Pastile de incalzit talpa	4	
Pastile de incalzit degetele picioarelor	4	

Altele	Unitati	Check box
Rucsac (ghiozdan drum)	1	
Geanta medie	1	
Steag Romania	1	
Steaguri sponsori	30	
Shaker	1	
Termos 1 litru	1	
Trusa necessaire	1	
Mini-periuta de dinti	1	
Pasta Sensodyne	1	
Dental floss	1	
Unghiera / pila	1	
Trusa medicamente	1	
Bioparox	1	
Ketonal	4	
Diclofenac - cutie	1	
Aspirina	6	
Nurofen	10	
Glicerina	10	
Imodium	8	
Crema Ice Power Heat	1	
Crema Ice Power Cold	1	
Sun protection factor 60	1	
Lipbalm Pizbuin	1	
Plasturi URGO	10	
Banda adeziva URGO	1	
Suplimente	1	
Osteo bi-flex	1	
Carbo-loader	1	
Isotonic	1	
Activator	5	
Energy bar	4	
L-Glutamina (10 g)	1	
Over 30	1	
Recovery shake	1	
Coral-Mine	8	
Phyto-C	1	
Carbs - jeleuri	10	
Multivitamine	1	
Spirulina	1	
Kelp	1	
MagiCal	1	
B-Complex	1	
Chlor-o-dophilus	1	
Microhydrina	30	
Magneziu	10	
Ginkgo Biloba	8	
Q10	16	
First Food	16	
Omega 3	12	
Batoane Spirulina	8	