

# ECW SIZES

CLOTHING

HAT

Boots

Gloves

Please print clearly

Your Name: \_\_\_\_\_  
 (First name, Full Middle Name, Last Name)

Gender:  Male  Female

Deploying to:  McMurdo  South Pole  remote field camp  Palmer/vessels

Season:  WINFLY  Summer  Winter

**You are a (check one):**

- Grantee     Tech Event     Seasonal Contractor     Fulltime     Other (specify): \_\_\_\_\_  
 Event #: \_\_\_\_\_  
 NSF Staff     Best Recycling    \_\_\_\_\_  
                                   Gana-A'Yoo (GSC)  
                                   GHG  
                                   Leidos  
                                   PAE  
                                   UTMB



Job Title: \_\_\_\_\_

Height:		Weight:	
Jacket Size:	<input type="checkbox"/> x-small <input type="checkbox"/> small <input type="checkbox"/> medium <input type="checkbox"/> large <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL <input type="checkbox"/> 4XL		
Chest Size:			
Knit Hat Size:	<input type="checkbox"/> x-small <input type="checkbox"/> small <input type="checkbox"/> medium <input type="checkbox"/> large <input type="checkbox"/> XL <input type="checkbox"/> 2XL		
Glove Size*:	<input type="checkbox"/> x-small <input type="checkbox"/> small <input type="checkbox"/> medium <input type="checkbox"/> large <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL		
Waist (inches):		Hip (women):	
Inseam (inches):		Shoe Size:	
Additional Requirements:			

\*For gloves, measure around the fullest part of the palm (excluding thumb). Measure from the tip of the middle finger to the base of the hand. The largest measurement is your glove size.

Inches	7	7½-8	8½-9	9½-10	10½-11	11½-12	12-13½
Centimeters	18	20	23	25	28	30	33
Glove Size	XS	S	M	L	XL	2XL	3XL



# ECW GEAR

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**USAP participants must supply their own socks and base layer insulation clothing to fulfill the ECW clothing requirement.**

The following ECW clothing items are **required** to deploy to Antarctica, including both the USAP-provided and participant-provided clothing (no changes since 15-16). Ask your supervisor or science implementer if you have questions about appropriate clothing.

## **USAP-Provided ECW Clothing**

- Parka (continental) or windbreaker jacket (peninsula)
- Boots
- Windpant/windbib or insulated Carhartt bib (item issued depends on job duties/work location)
- Fleece/pile insulation layer
- Hat
- Gloves
- Neck gaiter
- Goggles
- Rain jacket and rain pants (peninsula only)

## **Participant-Provided, and Required, ECW Clothing**

The following items must be supplied by the participant.

- Socks
  - Mountaineering, winter-weight, non-cotton
  - Fabric suggestions: Merino wool or nylon/lycra blend
  - An additional, lightweight, liner sock to be worn underneath is suggested to assist in wicking (moving) sweat away from the foot (e.g., merino wool or polypropylene)
  - Suggested quantity is 2-4 pairs each
- Base layer, lightweight (thermal, long underwear - tops and bottoms)\*
  - This insulation layer is worn directly next to skin and assists with wicking sweat and moisture away from the body
  - Fabric suggestion: synthetics (e.g., polypropylene, polyester, branded materials) or natural fibers (e.g., silk or merino wool)
  - Non-cotton
  - Density approximately 140-200 grams per square meter
    - > The clothing label or website might list this as “140 weight” or another number within this range
- Base layer, mid-weight (thermal, long underwear - tops and bottoms)\*
  - This insulation layer can be worn independently or over base layer
  - Helps protect against cold and wick moisture farther from body
  - Non-cotton
  - Fabric suggestions are synthetics (e.g., polyester, nylon, non-bulky fleece, branded materials such as PolarTec) and natural fibers (e.g., merino wool, down)
  - Density approximately 260-320 grams per square meter
    - > The clothing label or website might list this as “260 weight” or another number within this range

\*A search engine inquiry for light and mid-weight base layers and mountaineering socks will yield recommendations in several price ranges.

