

# Ski Last Degree/Mount Vinson Expedition Required Gear List

## BASE LAYERS

- Synthetic Short Underwear** (3 pair)  
non-cotton style underwear  
recommended: [Patagonia Men's Capilene Daily Boxer Brief](#)
- Lightweight Long Underwear** (1-2 pair)  
long sleeve shirt and long pants  
recommended: [Mountain Hardware Diamond Peak 1/2 Zip top](#), [Diamond Peak Tight](#) bottoms
- Heavyweight Long Underwear** (1 pair)  
recommended: [Mountain Hardware Diamond Peak Thermal Hoody](#) top, [Diamond Peak Thermal Tight](#) bottoms
- Short-Sleeve Synthetic Shirt** (1-2)  
recommended: [Mountain Hardware Wicked Tech Recycled Short Sleeve T-Shirt](#)

## MID LAYERS

- Soft Shell Jacket**  
to be worn over other layers  
recommended: [Mountain Hardware Stretch Ozonic Jacket](#)
- Soft Shell Pants**  
very breathable and water repellent  
recommended: [Mountain Hardware Stretch Ozonic Pant](#)
- Mid-Layer Top**  
lightweight layer for use over base layers  
recommended: [Mountain Hardware Kor AirShell Hoody](#)
- Lightweight Nylon Pants** (1-2 pair)  
recommended: [Mountain Hardware Chockstone/2 Pant](#)
- Midweight Fleece Jacket**
- Lightweight fleece pants or expedition-weight base layer bottoms**

## WINDPROOF/RAIN LAYERS

- Hard Shell Jacket with hood**  
waterproof and breathable shell jacket  
recommended: [Mountain Hardware Exposure/2 Gore-Tex Paclite Plus Jacket](#)
- Hard Shell Pants**  
waterproof and breathable shell pants  
recommended: [Mountain Hardware Exposure/2 Gore-Tex Paclite Plus Pant](#)

## INSULATION LAYERS

- Insulated Down or Synthetic Jacket with hood**  
recommended: [Mountain Hardware Absolute Zero Parka](#) or [Nilas Jacket](#)

**Insulated Pants**  
recommended: [Mountain Hardware Compressor Pant](#)

**Down Vest**

**Down or Synthetic insulated pants with full side-zips**  
recommended:

## HEADWEAR

**Warm Hat**  
synthetic or wool hat (ski hat)  
recommended: [Mountain Hardware Dome Perignon Pro](#)

**Balaclava**  
to protect your neck and face in high winds  
recommended: [Mountain Hardware Power Stretch Balaclava](#)

**Baseball Cap or other sun hat**  
to shade your face/neck from the sun on a hot day  
recommended: [Madison Mountaineering Cap](#) (provided)

**Bandana or Buff** (2 pair)  
to protect your neck/face from the sun  
recommended: [BUFF UV Multifunctional Headwear](#) (provided)

**Facemask**  
neoprene type  
recommended: [Seirus Neofleece Combo Scarf](#)

**Nose Guard** (optional)  
sun protection for nose  
recommended: [Beko Classic Nose Cover](#)

## EYEWEAR

**Glacier Glasses**  
full protection with side covers or wrap-around  
recommended: [Julbo Shield REACTIV Polarized Sunglasses](#)

**Ski Goggles**  
to be worn in the event of high winds – (2 pair)  
recommended: [Scott LCG Evo Goggle](#)

**Sunglass Case**

## GLOVES

**Lightweight Synthetic Base Layer Gloves** (2 pair)  
for wearing on warm days  
recommended: [Mountain Hardware Power Stretch Stimulus Glove](#)

**Soft Shell Gloves**  
to wear for moderate cold/wind  
recommended: [Mountain Hardware Route Setter Alpine Work Glove](#)

**Shell Glove with Insulated Liner**  
to wear for severe cold/strong wind  
recommended: [Mountain Hardware Exposure/2 Gore-Tex Glove](#)

**Expedition Mitts**  
large enough to fit a liner glove inside  
recommended: [Mountain Hardwear OP Mitt](#)

**Thinsulate fleece gloves or wool mittens** (2 pair)  
recommended:

**Heated Gloves** (optional)  
battery-powered heated gloves  
recommended: [Outdoor Research Capstone Heated Gloves](#)

**Chemical Hand Warmers** (10)  
Handwarmers for inside gloves

## FOOTWEAR

**Liner Socks** (3 pairs)  
recommended: [Icebreaker Hike Liner Crew Sock](#)

**Midweight Socks** (3 pairs)  
Primary ski socks

**Wool or Synthetic Socks** (3 pairs)  
recommended: [Smartwool Classic Mountaineering Maximum Cushion Crew Sock](#)

**Heated Socks** (optional)  
recommended: [Lenz 4.0 Heat Socks](#)

**Mountaineering Boots**  
recommended: [La Sportiva Olympus Mons Cube](#)

**Camp Boots**  
warm comfortable boots for wearing in camp  
recommended: [Sorel Caribou Boot](#)

**Booties**  
recommended: [Feathered Friends Down Booties](#)

## SLEEPING EQUIPMENT

**Sleeping Bag**  
rated to at least -40°F  
recommended: [Mountain Hardwear Phantom Gore-Tex -40F/-40C](#)

**Self-inflating Sleeping Pad and Repair Kit**  
Full-length is preferred  
recommended: [Therm-a-Rest NeoAir XTherm](#)

**Closed-cell Foam Pad**  
to be used in conjunction with the inflating pad for warmth and comfort when sleeping  
recommended: [Therm-a-Rest Z Lite SOL](#)

**Earplugs**  
recommended: [Eagle Creek Travel Ear Plug Set](#)

**Eyeshade or eye mask for sleeping in 24-hour daylight**

## MOUNTAINEERING GEAR



### Expedition Backpack

approximately 105L

recommended: [Mountain Hardware AMG 105 Backpack](#)



### Compression Stuff Sacks (4-6)

for reducing the volume of the sleeping bag, down parka, etc., in your pack

recommended: [Sea to Summit Ultra-Sil eVent Compression Dry Sacks](#) and [Sea to Summit eVent Dry Sacks](#)



### Trash Compactor Bags

to line backpack and stuff sacks as well as for separating gear



### Trekking Poles with Snow Baskets

adjustable poles

recommended: [Black Diamond Alpine Carbon Cork Trekking Poles](#)



### Ice Axe

general mountaineering tool (65cm)

recommended: [Black Diamond Raven Ice Axe](#)



### Ice Axe Leash

harness style, not wrist style

recommended: [Grivel Single Spring Leash + Rotor](#)



### Crampons

general mountaineering crampons

recommended: [Petzl Sarken](#)



### Climbing Helmet

must be able to fit over your warm hat

recommended: [Petzl Sirocco Helmet](#)



### Ascender

1 right or left-hand ascender

recommended: [Petzl Ascension Handled Ascender](#)



### “Y” Rig for ascender and safety carabiner (optional)

recommend: [Petzl Dual Connect Adjust](#)



### Accessory Cord

30 feet (9m) of 6mm accessory cord

recommended: [New England 6mm Accessory Cord](#)



### Alpine Climbing Harness

mountaineering harness, with adjustable leg loops. Not a rock-climbing “sport” harness

recommended: [Petzl Altitude](#)



### Carabineers

4 regular, 2 standard locking, and 2 large locking for use with harness

recommended: [Black Diamond Oval](#) (regular) and [Black Diamond Rocklock Screwgate](#) (locking)



### Belay/Rappel Device

recommended: [Petzl Reverso](#)



### Sled Duffel Bag

130L expedition duffel bag used to transport all gear on your sled; must be waterproof and durable

recommended: [Mountain Hardware Camp 4](#)

## TRAVEL ITEMS

- Small Duffel Bag with Lock**  
to store items in the hotel(s) while on the climb
- Carry-on Backpack**  
approximately 18" x 16" x 10" (46cm x 41cm x 26cm)
- Travel Clothes and Shoes**  
for days in cities and towns
- Lightweight journal, sketchbook, pencils, pen**
- U.S. cash**  
for currency exchange to purchase SIM cards or merchandise in cities and towns

## ADDITIONAL FOOD ITEMS

- Snack food**  
bring a few days' supply of your favorite climbing snack food such as bars, gels, nuts, beef jerky, etc.  
variety of salty and sweet is good  
recommended: [GU Roctane Energy Gel](#)

## OTHER EQUIPMENT

- Cup**  
plastic 16 oz. minimum cup or mug
- Bowl**  
large plastic bowl for eating dinner or breakfast
- Spoon (2)**  
plastic spoon (Lexan)
- Water Bottles (2 or 3)**  
wide mouth bottles with 1-liter capacity  
recommended: [Nalgene 1L bottle](#)
- Water Bottle Parkas (2)**  
fully insulated with zip opening  
recommended: [Outdoor Research SG Water Bottle Parka](#)
- Thermos**  
1-liter  
recommended: [Hydro Flask 32oz Wide Mouth Insulated Bottle](#)
- Hand and Toe Warmers**  
recommended: [Ignik Hand Warmers](#)
- Heated Insoles (optional)**  
recommended: [Hotronic Custom S4 Heating Elements Foot Warmer Kit](#)
- Sunscreen (2)**  
1.75 fluid oz packs of SPF 50 or better

**Lip Screen** (2 sticks)  
SPF 50 or better

**Toiletry Bag**  
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.

**Pee Bottle** (2)  
1-liter minimum bottle for convenience at night in the tent

**Female Urination Device (FUD)**  
recommended: [Sani-Fem Freshette](#)

**Knife or Multi-tool**  
keep it simple

**Small Personal First-aid Kit**  
include pain killers, athletic tape, band-aids, Ibuprofen, blister care, cough drops, etc.

**Medications and Prescriptions**  
bring antibiotics (Azithromycin, etc.), and altitude medicine such as Diamox and dexamethasone  
Bring enough for your expedition plus an additional 4 weeks' supply.

**Handkerchiefs/Bandanas** (optional)

**Watch with an alarm, new batteries, and a long wrist strap**

**Sewing and repair kit with duct tape**

## OPTIONAL ELECTRONICS

**Country-appropriate power plug adapters and power transformers**

**Avalanche Transceiver**  
recommended: [Backcountry Access Tracker 2 Avalanche Beacon](#)

**Adventure Sports Watch**  
recommended: [Garmin fēnix 7X](#)

**GPS/Personal Satellite Communicator**  
recommended: [Garmin inReach Mini 2](#)

**Personal Power System**  
recommended: [Goal Zero Nomad 28 Plus Solar Panel](#) and [Sherpa 100PD Power Bank](#)

**Digital Entertainment**  
movies, tv shows, music, books loaded on to smartphone, iPad, Kindle

**Camera**  
bring extra batteries, charger, and memory cards

