

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

Shower Towel

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