

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](#)



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 Duffle 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