

Mount Sidley Expedition Required Equipment

BASE LAYERS

- ☐ **Synthetic Short Underwear** (2-3 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 Ghee Long Sleeve 1/2 Zip](#) top, [Ghee Tight](#) bottoms
- ☐ **Heavyweight Long Underwear** (1 pair)
recommended: [Mountain Hardware Diamond Peak 1/2 Zip](#) top, [Diamond Peak Thermal Tight](#) bottoms
- ☐ **Short Sleeve Synthetic Shirt** (1-2)
recommended: [Mountain Hardware Diamond Peak 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 repellant
recommended: [Mountain Hardware Stretch Ozonic Pant](#)
- ☐ **Mid-Layer Top**
lightweight layer for use over base layers
recommended: [Mountain Hardware Kor Cirrus Hybrid Hoody](#)
- ☐ **Lightweight Nylon Pants** (1-2 pair)
recommended: [Mountain Hardware Chockstone/2 Pant](#)

WINDPROOF/RAIN LAYERS

- ☐ **Hard Shell Jacket with hood**
waterproof and breathable shell jacket
recommended: [Mountain Hardware Exposure/2 Gore-Tex 3L Active Jacket](#)
- ☐ **Hard Shell Pants**
waterproof and breathable shell pants
recommended: [Mountain Hardware Exposure/2 Gore-Tex Active Pant](#)

INSULATION LAYERS

- ☐ **Heavyweight Insulated Down Jacket with hood**
recommended: [Mountain Hardware Absolute Zero Parka](#)
- ☐ **Insulated Pants**
recommended: [Mountain Hardware Compressor Pant](#)

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 Hardwear Alpine Balaclava](#)

**Baseball Cap or other sun hat**

to shade your face/neck from the sun on a hot day
recommended: [Madison Mountaineering Cap](#)

**Bandana or Buff**

to protect your neck/face from the sun
recommended: [BUFF UV Multifunctional Headwear](#)

**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 Sunglasses](#)

**Ski Goggles**

to be worn in the event of high winds – (2nd pair optional)
recommended: [Scott USA LCG Goggle](#)

GLOVES

**Lightweight Synthetic Base Layer Gloves (2 pair)**

for wearing on warm days
recommended: [Mountain Hardwear Power Stretch Stimulus Glove](#)

**Soft Shell Gloves**

to wear for moderate cold/wind
recommended: [Mountain Hardwear Route Setter Alpine Work Glove](#)

**Shell Glove with Insulated Liner**

to wear for severe cold/strong wind
recommended: [Mountain Hardwear Exposure/2 Gore-Tex Glove](#)

**Expedition Mitts**

large enough to fit a liner glove inside
recommended: [Mountain Hardwear Absolute Zero Gore-Tex Down Mitt](#)

**Heated Gloves (optional)**

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

FOOTWEAR

**Liner Socks (3 pairs)**

recommended: [Spyder Pro Liner Sock](#)

**Wool or Synthetic Socks (3 pairs)**

recommended: [Smartwool Mountaineering Extra Heavy Crew Sock](#)

**Heated Socks (optional)**

recommended: [Lenz 4.0 Heat Socks](#)

**Mountaineering Boots**

recommended: [La Sportiva Olympus Mons Evo](#)

**Camp Boots**

warm comfortable boots for wearing in camp

recommended: [Sorel Caribou Boot](#)

**Booties (optional)**

recommended: [Feathered Friends Down Booties](#)

SLEEPING EQUIPMENT

**Sleeping Bag**

rated to at least -20°F

recommended: [Mountain Hardwear Lamina -30 Sleeping Bag](#)

**Self-inflating Sleeping Pad**

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 RidgeRest SOLite](#)

**Earplugs**

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

MOUNTAINEERING GEAR

**Expedition Backpack**

approximately 105L

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

**Compression Stuff Sacks**

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

recommended: [Sea to Summit Compression Sacks](#) and [Sea to Summit eVAC 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 Z Trekking Poles](#)

**Ice Axe**

general mountaineering tool (65cm)

recommended: [Petzl Summit Ice Axe](#)

**Ice Axe Leash**

harness style, not wrist style

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

**Crampons**

general mountaineering crampons

recommended: [Petzl Sarken Leverlock Crampon](#)

**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 Ergonomic 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 Positron Screwgate](#) (locking)

☐ **Belay/Rappel Device**
recommended: [Petzl Reverso](#)

☐ **Headlamp**
with 2 extra sets of new batteries
recommended: [Petzl Tactikka Core Headlamp](#)

☐ **Sled Duffel Bag**
150L expedition duffel bag used to transport all gear on your sled; must be waterproof and durable
recommended: [The North Face Base Camp Duffel](#)

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

OTHER EQUIPMENT

☐ **Cup**
plastic 16 oz. minimum cup or mug

☐ **Bowl**
large plastic bowl for eating dinner or breakfast



Spoon
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 Water Bottle Parka #1](#)



Thermos
1 liter
recommended: [Hydro Flask 32oz Wide Mouth Insulated Bottle](#)



Hand and Toe Warmers
recommended: [Yaktrax Hand Warmer](#)



Heated Insoles (optional)
recommended: [Hotronic Custom S4 Heating Elements Foot Warmer Kit](#)



Sunscreen
SPF 50 or better



Lip Screen (2 sticks)
SPF 30 or better



Toiletry Bag
include 2 rolls of toilet paper stored in ziplock bags, hand sanitizer, toothbrush, toothpaste, floss, and wet wipes



Pee Bottle
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



Handkerchiefs/Bandanas (optional)

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 6](#)

**GPS/Personal Satellite Communicator**

recommended: [Garmin inReach Mini](#)

**Personal Power System**

recommended: [Goal Zero Nomad 28 Plus Solar Panel](#) and [Sherpa 100AC Power Bank](#)

**Digital Entertainment**

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

**Camera**

bring extra batteries, charger, and memory cards