

# Mount Sidley Expedition Required Equipment

## BASE LAYERS

- Synthetic Short Underwear** (4 pair)  
non-cotton style underwear  
recommended: [Patagonia Men's Capilene Daily Boxer Brief](#)
- Lightweight Long Underwear** (2 pair)  
long sleeve shirt and long pants  
recommended: [Mountain Hardware Ghee Long Sleeve 1/2 Zip](#) top, [Ghee Tight](#) bottoms
- Heavyweight Long Underwear** (2 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 repellent  
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 with full side zips  
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**  
Full side zips  
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 (2 Pair)**

full protection with side covers or wrap around  
recommended: [Julbo Shield Sunglasses](#)

**Ski Goggles (2 Pair)**

to be worn in the event of high winds  
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 -40°F

**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](#)

**Eye Mask** (optional)  
Mask for sleeping to block out sunshine

## MOUNTAINEERING GEAR

**Expedition Backpack**  
approximately 80L +  
recommended: [Mountain Hardwear 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 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](#)

**Accessory Cord**

40 feet (12m) 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](#)

**Carabiners**

6 non-locking, 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](#)

**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  
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**

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 (10)**

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 50 or better

**Toiletry Bag**

Include wash cloth, small towel, Wet Wipes, toothbrush, toothpaste, lotion, Band-Aids, blister kit, 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 (enough for climb plus four weeks supply)**

bring antibiotics (Azithromycin, etc.), and altitude medicine such as Diamox and dexamethasone

**Shower Towel****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