

# Mount Vinson 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 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](#)

## 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](#)

## 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 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**

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<sup>nd</sup> pair optional)

recommended: [Scott LCG Evo 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 OP Mitt](#)

**Heated Gloves** (optional)

battery-powered heated gloves

recommended: [Outdoor Research Capstone Heated Gloves](#)

## FOOTWEAR

**Liner Socks** (3 pairs)

recommended: [Icebreaker Hike Liner Crew Sock](#)

**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** (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 Z Lite SOL](#)

**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 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](#)

**Carabiners**

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 Hardwear 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**  
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**  
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 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