

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 with full side zips
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**
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 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 – (2nd 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 -40°F
recommended: [Mountain Hardwear PHANTOM™ GORE-TEX® -40F/-40C](#)

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](#)

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

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**

6 non-locking, 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
- 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 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