

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 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 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
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: [La Sportiva G2 SM](#)

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 65L
recommended: [Mountain Hardwear South Col 70 OutDry](#)

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](#)

Carabiners
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