



# **NORTH POLE LAST DEGREE SKI GEAR LIST**

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## North Pole Gear List

This detailed gear list is provided for your reference. Each item has been selected by our owners and trusted guide staff over the course of many expeditions to the peak and experience from hundreds of expeditions to other peaks. Please follow these guidelines carefully. Every item on the list is mandatory (except where noted as optional) and if you arrive missing some of them you will be required to track them down prior to the climb at your own expense, which can be difficult and costly. We have identified our favorite items and highly recommend these to you. Please Choose Items Like this but your selections don't need to be these exact items.

Please make sure you are fully prepared so that your trip and the trips of your teammates goes smoothly. If you have any gear questions please shoot us an email or give us a call and we can discuss it: we're here to help!

## Travel Wallet

- With passport, cash, travel documents (travel itinerary and hotel vouchers if overnighiting en route), and pen.
- This must be discreet and able to be hidden underneath clothing layers with either a neck lanyard or a waist belt.



Eagle Creek RFID Blocker Neck Wallet

## Day Pack

- Light weight 30 - 40 L
- This pack will be used as a carryon bag for the trip to flights to Norway and on to the sea ice and then cached at Barneo Camp during the climb.
- It should be light weight and have both a waist belt and chest strap.



Hyperlite Prism Pack (40L)



Archeon 30 (Women's)



Osprey Skarab 30 (Men's)



## 2 Large Duffel Bags

- 1X water proof PVC rugged construction (like North Face XL or XXL)
- 1X 140L lightweight nylon design to be used as the sled haul duffel
- The first duffel (lightweight nylon) will be used as the sled haul duffel.
- The second will stay cached in Longyearbyen during the expedition.
- Do not use duffels with a roller frame. They are much heavier and very difficult to use for our purposes.



The North Face Extra Large Base Camp Duffel (132L)

Print out of team emails and bring with you

### In town clothes

- Some restaurants are nice so a collared shirt/dress is not a bad idea.

### Hand sanitizer

- Please bring several small containers for the mountain and travel.

### Down booties

- These will be worn at base camp and at upper camps.
- They need to have grip on the sole to walk around on snow.



Feathered Friends Down Booties

2 pairs of thermal under layers top & bottom

- 1 light
- 1 medium



Icebreaker Men's Merino 260 Tech  
Thermal Base Layer Leggings



Women's 250 Vertex Leggings  
Snow Storm



### Climbing/trekking pants

- 2 pairs of heavy weight synthetic climbing/trekking pants
- These need to fit over your thermal under layers and under your full-zip shell pants.
- Zippered pockets are good and thigh vents can be useful on hot days.



Outdoor Research Men's Methow  
Pants



Outdoor Research Women's Cirque  
II Pants

### Shell pants

- These must fit over your thermal under layers, climbing pants, AND your insulated expedition pants.
- These MUST be waterproof and have full zips on the side to get on and off over your boots.
- Lightweight and breathable are ideal and with suspenders.



Bergens Arctic Expedition  
Salopette



Outdoor Research Women's Apollo  
Rain Pants

## Insulated expedition pants

- Synthetic not down.
- These must be full zippered on both legs to be able to put them on and take them off over your big boots without removing your boots.



Mountain Hardware Compressor Pants

### Climbing socks

- 3 heavy weight pairs.
- To be worn with your skiing boots.
- They need to fit well so they don't bunch up while skiing.

### Underwear

- 3 pairs of synthetic climbing underwear.



Darn Tough Mountaineering Over-the-calf Extra Cushion

## Arctic Boots

- To be worn while on the ice at Barneo Camp but not skiing. These will be left at Barneo Camp when we depart for the ski and will be waiting for you once you arrive back.



Baffin Arctic Boots



### Arctic ski boots

- Suitable for skiing in extreme cold conditions for long periods of time.
- They must fit your bindings type.



Baffin 3-Pin Guide Pro



Alfa Polar or Advance

## Thermal under layer tops

- 2 heavy weight tops.



Men's Merino 260 Tech Long Sleeve  
Half Zip Thermal Base Layer Top



Women's 260 Tech Long  
Sleeve Half Zip

## 2 mid weight layers

- You will want a combination of options. We recommend a synthetic jacket with a hood AND a fleece sweater-type option. An insulated vest is another good layer as is a Patagonia R1 hoodie.
- These should be lightweight with maximum warmth and very packable.
- They must be synthetic, not down.



Rab Nimbus



Patagonia Classic Retro-X Jacket

## Shell jacket

- This should be lightweight, waterproof and packable with a hood.



Bergans Arctic Expedition  
Jacket



## Down Parka

- This needs to be the very warmest possible yet light and packable with a hood.



Feathered Friends Khumbu  
Parka



Mountain Hardware  
Absolute Zero Parka



## 2 buff neck gaiters

### Face mask

- This is in addition to the Buff neck gaiters.
- This need to cover your entire face in conjunction with your glacier glasses or goggles to prevent frostbite.



Neck Gaiters



Outdoor Research Face Mask

## 2 winter hats

- This must be very warm and cover your ears.

## 1 baseball hat/sun hat

- This should be lightweight and breathable for hot and sunny days yet cover as much exposed skin as possible.



Outdoor Research  
Spitsbergen Hat



Icetrek Celsius Hat



Outdoor Research Sun-Runner Cap

## Fleece gloves

- Medium weight.
- These will be worn around camp and underneath the down mitts.



Outdoor Research Waterproof Liners

### Skiing / Climbing gloves

- These need to be the warmest gloves you can find. Do not skimp on this item as it is one of the most important items of gear you will have.
- These need to have room in the fingers to not be constrictive and cut off warmth and circulation to your fingers. More room in the gloves is better than less.



Black Diamond Guide Gloves

### 8000m mitts

- These must fit over your medium weight liner gloves and your heavy weight climbing gloves without constriction. Larger is always better than smaller.
- Hopefully you will be able to climb in your heavy weight climbing gloves all the way to the summit of Everest and back because gloves offer you a lot more dexterity than mitts. These down mitts serve as a backup in case you drop a glove or your hands are simply too cold in the heavy weight gloves and need a warmer option (gloves PLUS mitts).



Outdoor Research Alti Mitts



### Glacier glasses

- 2 pairs of glacier glasses: 1 spare.
- These must be the darkest lenses you can buy (Cat 4) and have full coverage around the eyes to block all light.

### Goggles

- 2 pairs, 1 as a backup.
- These must be the darkest lenses you can buy (Cat 4).

### Prescription eyewear



Julbo Explorer 2.0 Spectron 4



Julbo Skydome Reactive 2-4

Sun Hoodie



Outdoor Research Echo Hoodie

## Skis

- Must have skins attached.



Julbo Explorer 2.0 Spectron 4



Asnes Cecilie BC Skis

## Bindings

- These must match your boots and be mounted professionally.

## Skins



Rottfella Super Tele Bindings



Asnes X Skin

### Sleeping bag

- Rated to -40C/F
- These must be roomy enough to fit your water bottles inside so they don't freeze.

Power battery/recharger/solar charger with cords (optional)

Pee funnel (women)

### Ear plugs

- For sleeping in the hut if a teammate snores.

Camera or phone camera

### Aloe Vera

- A small bottle in case of sun burn

### Lip Balm

- This must have spf for sun protection.
- Bring 2 so you have a backup.

Tooth paste and toothbrush

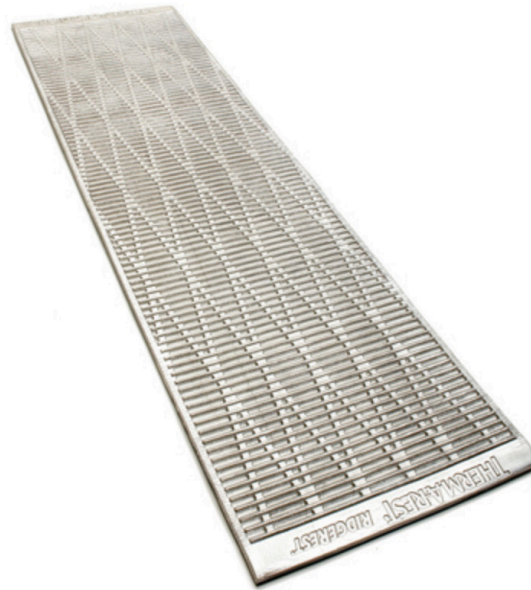


Marmot Cwm (-40F/-40C)



2 sleeping pads: 1 closed cell foam, 1 inflatable

- You will use these together for added warmth



Thermarest Ridgerest



Thermarest Neoair XLite

### Book (optional)

### Headphones (optional)

### Baby wipes

- For staying clean during the ski.

### Medical kit

- Should include: (bandages, triple antibiotic ointment, tums, antacid, Imodium, ciproflacin, azithromycin, ibuprofen, aspirin, blister kit, Band-Aids, etc.) keep it fairly small and light to reduce weight

### Prescription Medications

- In consultation with your doctor.

### Toilet paper

- 2 rolls.

### Pee bottle

- 1 liter wide-mouth bottle.
- Ladies please add a pee funnel.

### 3 large heavy duty trash bags

- For waterproofing gear.

## Water Bottles

- Must be wide mouth bottles for easy filling.
- Either 2 X 1 L water bottles, or 1 X 1.5 L and 1 X .5L.
- Camelback-type hydration systems are unacceptable. They freeze, pop and break so are unreliable.
- We have found that having one large 1.5L water bottle in an insulator in the pack works better because it doesn't freeze as quickly as a 1L. You can combine this with a .5L water bottle small enough to fit in your front down suit pocket to be able to access without taking your pack off and another .5L thermos that will keep liquid unfrozen for a longer time. Drink the .5L accessible water bottle first, then the thermos, and when both of these are empty then you can refill from the larger 1.5L in the pack or simply use that to drink from.



Nalgene 48 oz wide mouth Silo



Nalgene 32 oz wide mouth



Nalgene 16oz wide mouth

## Insulating bottle covers

### 0.5L thermos

- This should be small enough to fit in the front pocket of your down suit.



Forty Below Bottle Boot



Thermos 470ml E5

## Trekking Poles

- These must be lightweight and collapsible to fit in your duffel bag.
- The “flick lock” style is the most reliable.
- Larger powder snow baskets are the best option.



Black Diamond Trail Pro



## Belt

- For skiing/climbing pants.

## 4 compression sacks

- These will be used to compress your gear to fit in your sled haul duffel better.
- Compression sacks are more versatile than stuff sacks.



Sea to Summit 14L Compression Sack

Multitool



Gerber Suspension NXT Multi-Tool

## Altitude watch

- This should have a long-lasting battery and an alarm.



Suunto Traverse



Coros Vertií GPS Watch

### Cup, bowl, spoon

- Collapsible is good.
- These will be needed at Everest camps 1, 3 and 4.
- Make sure they are strong and lightweight.



Sea to Summit X-Bowl



Sea to Summit AlphaLight  
Cutlery Set



Sea to Summit Delta  
Insulmug

## Sun screen & zinc

- Buy sunscreen with a high zinc content and sweat resistance.
- This must be 30 spf or higher.



Neutrogena Sheer Zinc



### Snack food

- We recommend 10 pounds/4 kilograms. You need to have an assortment of food you know will be palatable to you at high altitude when you don't want to eat. We will provide you with most of the food you will need for the mountain but it is invaluable to supplement with food that you know works for you. We recommend a wide variety of cheeses, meats, nuts, dried fruits hard candies, chocolates and specialty athletic foods such as "Gu," "Nuun," shot blocks and the like



Gu Energy Gels



Gu Hydration Tabs

We will provide the following:

- All group camping equipment
- Sleds
- Sled traces and harnesses
- Navigation equipment
- Bear deterrent
- Communications



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