

Travel Items:

- Travel wallet / cross-body bag (optional)
- Cash
- Passport, passport photos, and travel documents
- Casual travel and in-town clothes
- Swimsuit (optional)
- In-town toiletries
- Travel adapters, charging cables, battery packs, etc.
- 3 x large duffel bags w/ locks
- Daypack

Lower Body:

- 2 x climbing socks
- Triple mountaineering boots
- Waterproof snow boots (optional)
- Down booties (optional)
- Foot powder (optional)
- 4 x synthetic underwear
- 2 x pairs base layer thermal bottoms
- 1-2 x pairs soft shell climbing pants
- Shell pants with full side zips
- Belt (optional)
- Shell pants with full side zips
- Expedition down pants

Upper Body:

- Lightweight sun hoody
- Base layer thermal top
- 2 x medium-weight insulating layers (puffy/fleece)
- Shell jacket
- Down parka
- 2 x neck gaiters
- Balaclava or face mask
- 2 x winter hats
- Baseball or sun hat
- Fleece gloves
- Climbing gloves
- 8,000m mitts
- Chemical hand and foot warmers
- 2 x glacier glasses
- Goggles
- Prescription eyewear (if needed)

Climbing Gear:

- Climbing pack 85L-100L+
- Lightweight climbing harness
- Climbing ascender
- 2 x double-length slings (120cm)
- Single-length sling (60cm)



- 20 feet of 8mm prusik cord
- 3 x locking carabiners
- 8 x non-locking carabiners
- Climbing helmet
- Alpine ice axe
- 12-point crampons
- Trekking poles
- 4 x compression sacks
- Down sleeping bag rated to -40°C/F
- Closed-cell foam sleeping pad
- Inflatable sleeping pad

- Lip balm (multiple)
- Hand sanitizer (1-2 bottles)
- Toothbrush and toothpaste
- Small towel
- Aloe vera
- Hand cream
- Medical kit
- Personal toiletries
- 2 x rolls toilet paper + Ziploc bag
- Pee bottle / pee funnel (women)
- 3 x heavy-duty trash bags
- Snack foods (5 lbs/2.5 kg)

Personal Items:

- 2 x 1L water bottles
- Insulating water bottle covers
- .5L Thermos (optional)
- Water purification: iodine tablets, filter or UV treatment
- Book, Kindle, or tablet for entertainment
- Battery pack to charge phone and tablet
- Headphones (optional)
- Ear plugs
- Camera (optional)
- Altitude watch (optional)
- Multitool
- Cup, bowl, and spoon
- Sunscreen and zinc

Last Degree Ski Additional Items:

Please bring the full Vinson gear list and these additional items for the Last Degree Ski. Note: we will procure skis, sleds, and bindings from Union Glacier Camp.

- Long rain shell with fur ruff
- Second pair of goggles
- Polar boots