



# VINSON GEAR LIST

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## Vinson 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 them 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 go smoothly. If you have any gear questions, please shoot us an email, and we can discuss them. We're here to help!

### Travel Wallet/Cross-Body Bag (optional)

- With your passport, cash, travel documents, and pen.

### Cash

### Passport, Passport Photos, and Travel Documents

- Print out team emails to bring with you or download them on your phone for quick reference.

### Casual Travel / In-Town Clothes

### Swimsuit (optional)

- For pool at the hotel.

### In-Town Toiletries

### Travel Adapters, Charging Cables, Battery Packs, etc.



Eagle Creek Stash Neck Pouch



Cotopaxi Allpa X 1.5L Hip Pack

### 3 x Large Duffel Bags w/ locks

- 2 x waterproof PVC rugged construction with shoulder straps (like North Face XXL)
- 1 x 140L lightweight nylon design to be used as the sled haul duffel
  - 1 x duffel (lightweight nylon) will be used as the sled haul duffel.
  - 1 x duffel will stay cached at Vinson Base Camp while we climb.
  - 1 x duffel will stay at the hotel in Punta Arenas with your street clothes and other items not needed for the climb.
- Do not use duffels with a roller frame. They are much heavier and very difficult to use in Antarctica.



The North Face Base Camp  
Duffel - XXL



Hyperlite Mountain Gear 140L  
Expedition Duffel



## Daypack

- Lightweight 30-40L
- This pack will be used as a carry-on bag for the trip to flights to Chile, Antarctica, and Vinson Base Camp and then cached at Vinson Base Camp during the climb.
- It should be lightweight and have both a waist belt and chest strap.



Hyperlite Mountain Gear  
Prism 40



Mammut Trion 38

## 2 x Pairs of Climbing Socks

- To be worn with triple boots.
- These need to be heavyweight and extend above the top of your Everest-style “triple” boots.
- They need to fit well so they don’t bunch up while climbing.



Men's Darn Tough Mountaineering Over-the-Calf Heavyweight Hiking Sock



Women's Darn Tough Mountaineering Over-the-Calf Heavyweight Hiking Sock

### Triple Mountaineering Boots

- Suitable for above 8,000 meters.
- These need to be Everest-style triple boots with a built-in gaiter and exposed tread.

### Waterproof Snow Boots (optional)

- For relaxing in cold weather at base camp.
- They must be fleece-lined for warmth and be suitable for use in the snow.



La Sportiva Olympus  
Mons Cube S



Scarpa Phantom  
8000 Thermic HD

### Down Booties (optional)

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

### Foot Powder (optional)

- To keep your feet warm and dry.



Feathered Friends Down Booties



4 x Pairs of Synthetic Underwear

2 x Pairs of Base Layer Thermal Bottoms

- 1 x medium-weight pair
- 1 x heavy-weight pair



Men's Merino 260 Tech  
Thermal Leggings With Fly



Women's Merino 260 Tech  
Thermal Leggings

## 1-2 x Pairs of Soft Shell Climbing Pants

- These need to fit over your thermal underlayer and under your full-zip shell pants.
- Zippered pockets are good, and thigh vents can be useful during periods of high exertion.
- Bring two pairs if you can't stand being in the same pants.

### Belt (optional)

- For climbing pants if needed.
- It should be low profile to fit underneath a harness.



Outdoor Research Men's  
Cirque II Pants



Outdoor Research Women's  
Cirque II Pants

## Shell Pants

- These must fit over your thermal underlayers AND climbing pants.
- These must be waterproof and have full zips on the side so you can put them on and off over your climbing boots and crampons.
- Lightweight and breathable are ideal.



Outdoor Research Men's  
Apollo Rain Pants



Outdoor Research Women's  
Apollo Rain Pants

## Expedition Down Pants

- These will be worn on summit day and while relaxing at camp.
- A midweight synthetic pant like the Mountain Hardwear Compressor Pant is not warm enough.
- These must be fully zippered on both legs to be able to put them on and take them off over your climbing boots and crampons without removing your boots.



Feathered Friends Volant Down  
Pants



## Long Sleeve Sun Shirt with Hood

- Lightweight, non-cotton, long-sleeved sun shirt with a hood.
- Often referred to as a sun hoody.



Black Diamond Men's  
Alpenglow Hoody



Black Diamond Women's  
Alpenglow Hoody

## Base Layer Thermal Top

- 1 x medium-weight



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



Icebreaker Women's Merino 260 Tech  
Long Sleeve Half Zip Thermal Top

## 2 x Medium-Weight Layers

- 1 x fleece or sweater
- 1 x down or synthetic jacket
- You will want a combination of options, including both a synthetic or down jacket with a hood AND a fleece sweater-type option. A down vest is another good option.
- These should be lightweight with maximum warmth and very packable.



Himali Altocumulus Down Jacket 2.0



Outdoor Research Men's Vigor Grid Fleece Full Zip Hoodie

## Shell Jacket

- This should be lightweight, waterproof, and packable with a hood.
- It must fit over all your upper body layers except your largest down parka.
- Any waterproof/breathable jacket with a hood can work. It shouldn't have any additional insulation, only a waterproof shell.



Outdoor Research Men's  
Helium II Jacket



Outdoor Research  
Women's Helium II Jacket



## Expedition Down Parka

- This needs to be the warmest possible option with a hood.
- This will be worn at base camp and on the climb.



Feathered Friends Khumbu  
Down Parka



Mountain Hardware  
Absolute Zero Parka

## 2 x Neck Gaiters

### Balaclava or Face Mask

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



: Buff Lightweight Merino Neck Gaiter



Outdoor Research Gorilla Gore-Tex® Infinium™ Balaclava

## 2 x Winter Hats

- They must be very warm and cover your ears.

## Baseball Hat or Sun Hat

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



Outdoor Research Vigor Grid  
Fleece Beanie



Outdoor Research  
Sun Runner Cap

## Fleece Gloves

- Medium-weight
- These need to be slim enough to fit under your climbing gloves. Use the lightweight version if needed to ensure you have room to move your fingers.



Outdoor Research Men's Vigor Mid-weight Sensor Gloves



Outdoor Research Women's Vigor Midweight Sensor Gloves



## Climbing Gloves

- These need to be the warmest climbing 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 so as not to be constricting and cut off warmth and circulation to your fingers. More room in the gloves is better than less.
- You must have enough dexterity to use your technical gear (ascender, carabiners, etc.) while wearing these gloves. It is important to be very familiar with these gloves and get used to using them with your gear BEFORE your Vinson climb.



Black Diamond Guide Gloves



Black Diamond Women's Guide  
Gloves

## 8,000m Mitts

- These must fit over your medium-weight liner gloves and your heavyweight climbing gloves without constriction. Larger is always better than smaller.
- Hopefully, you will be able to climb in your heavyweight climbing gloves all the way to the summit of Vinson 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 heavyweight gloves and need a warmer option (i.e., gloves plus mitts).



Outdoor Research Men's Alti II  
GORE-TEX Mitts

Outdoor Research Women's Alti II  
GORE-TEX Mitts

## Chemical Hand and Foot Warmers (optional)

- Bring enough pairs to get you through the expedition, but not more, as they are heavy to carry.
- If you are bringing the Hotronics electric foot warmers or have the Scarpa Phantom 8000 Thermic HD boots, you will likely not need the chemical foot warmers.
- Note: chemical hand warmers use oxygen to burn, so they do not work well at high altitudes, and the foot warmers in the boots do not really work at all on summit day.



Hand Warmers

### 2 x Glacier Glasses

- These must be the darkest lenses you can buy (Cat 4) and have full coverage around the eyes to block all light for climbing on the snow.
- Bring a second pair as a spare.

### Goggles

- These should be the darkest lenses you can buy (Cat 4) to wear on the snow.

### Prescription Eyewear

- If you need prescription glacier glasses, contact the manufacturer for options well in advance of your trip.



Julbo Camino with Spectron 4 Lens



Julbo Skydome REACTIV 2-4



## Climbing Pack

- 85L is the absolute minimum size, but we recommend 100L+. You will want to go bigger rather than smaller so you don't struggle to fit everything in your pack.
- This must have compression straps on the sides to attach sleeping pads and attachments for ice axe and crampons.
- You want the pack to be as light as possible for the size and have a minimum of "bells and whistles."



Mountain Hardware AMG™  
105 Backpack



Hyperlite Mountain Gear  
Porter 85



## Lightweight Climbing Harness

- This must have detachable leg loops and be big enough to fit over your puffy pants but also fit snugly over just a base layer if it is hot at lower altitudes.

## Climbing Ascender

- Buy the ascender for your strong hand (i.e., if you are right-handed, buy the right-handed ascender).



Black Diamond Couloir Harness



Black Diamond Index Ascender

### 2 x Double-Length Slings (120cm)

- These will be used for rigging your ascender and safety for climbing.

### 1 x Single-Length Sling (60cm)

- This will be used for rigging your ascender and safety for climbing.

### 20 feet of 8mm Prusik Cord

- This will be used to rig your ascender, safety, and “ditch loop.”



Black Diamond Nylon Slings

3 x Locking Carabiners

8 x Non-Locking Carabiners



Black Diamond  
Hotwire Carabiner



Black Diamond VaporLock  
Screwgate Carabiner

## Climbing Helmet

- Must fit well and be lightweight.
- Must accept a headlamp securely.
- Must be made for climbing (not skiing, biking, etc.)



Black Diamond Vapor Helmet

## Alpine Ice Axe

- This must be long enough for walking, and have a leash to clip to your harness.



Black Diamond Raven Ice Axe



## 12-Point Crampons

- These MUST fit your boots perfectly.
- There is no way to get new crampons once on the ice.
- These must be steel (NOT aluminum) and be 12-point.
- Please, no vertical-style front points. These are more aggressive than you need and are dangerous for less technical sections.
- We have found that to get the best fit, you want a clip-on heel bail and rounded plastic toe bail (as pictured on the Petzl Vasak). The wire toe bails can break and often do not fit properly.



Petzl Vasak



Black Diamond Sabretooth  
Crampons

## Trekking Poles with Snow Baskets

- 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 Trekking Poles



Black Diamond Powder Baskets

## 4x Compression Sacks

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



Sea to Summit Lightweight Compression Sack

## Down Sleeping Bag

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



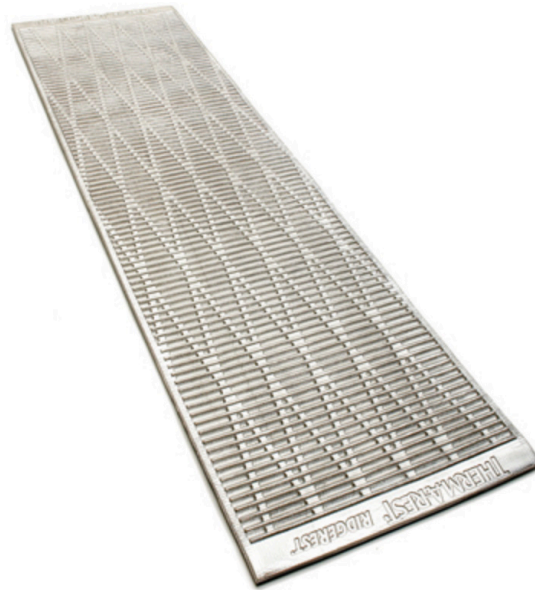
Mountain Hardware Phantom™  
Gore-Tex® -40F/-40C



Feathered Friends Snow  
Goose ES -40 Sleeping Bag

## 2 x Sleeping Pads

- 1 x closed-cell foam
- 1 x inflatable
- You will use these together for more comfort and warmth.



Therm-a-Rest RidgeRest



Therm-a-Rest NeoAir XLite



## 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 water bottles.
- CamelBak-type hydration systems are unacceptable. They freeze, pop, and break, so they are unreliable.



Nalgene 48oz  
wide mouth Silo



Nalgene 32oz  
wide mouth



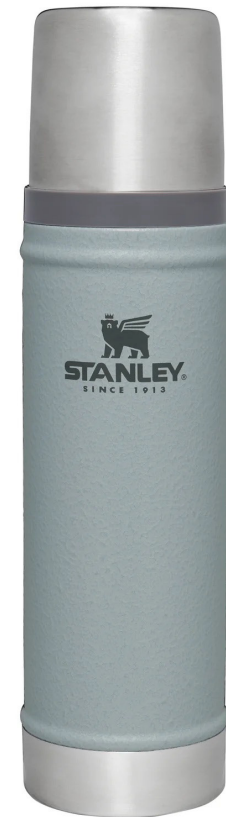
Nalgene 16oz  
wide mouth

Insulating Bottle Covers

0.5L Thermos



Forty Below® Bottle Boot™



Stanley Classic Legendary Bottle  
(20oz)

## Water Purification: Iodine Tablets, Filter, or UV Treatment

- Water on the mountain is usually just melted, not boiled, to save time and fuel. It is important to have a way to purify your drinking water.



Katadyn Steripen Adventurer Opti  
UV Water Purifier

### Book, Kindle, or Tablet

- Download movies or TV series for entertainment on rest days or during weather delays.

### Battery Pack

- To charge your phone, kindle, or tablet as needed.

### Headphones (optional)

### Ear Plugs

- For sleeping if it is windy or if a teammate snores.

### Camera

### Multitool

### Altitude Watch (optional)

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



Suunto Traverse



Coros Vertií GPS Watch



## Cup, Bowl, and Spoon

- Make sure they are strong and lightweight.



Sea to Summit Passage  
Dinnerware Set

## Sunscreen and Zinc

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

## 2 x Lip Balm with SPF

## Hand Sanitizer

- Bring several small bottles.

## Toothbrush and Toothpaste

## Small Towel

- For Union Glacier Camp shower.

## Aloe Vera

- In case of sunburn.

## Hand Cream

- It is very cold and dry in Antarctica, so hands tend to crack and split.



Neutrogena Sheer Zinc

### Medical Kit

- A basic medical kit with high-altitude medications should include a blister kit, low-dose aspirin, Band-Aids, wound closure strips, triple antibiotic ointment, basic repair kit, scissors, Diamox (acetazolamide, 125mg) for AMS, nifedipine (for pulmonary edema, time release), dexamethasone (for cerebral edema, 4mg), antacids, NSAIDs such as aspirin or ibuprofen, anti-diarrheal, duct tape, antibiotics (upper respiratory such as Azithromycin and a gastro-intestinal such as Ciprofloxacin), melatonin, asthma medication if you use it (Advair), cold and flu medication.
- Prescription medications should be selected in consultation with your doctor.

### Personal Toiletries

**2 x Rolls of Toilet Paper + Ziploc bag for storage**

**Pee Funnel (women only)**

**Pee Bottle**

- 1L bottle with a wide mouth.

**3 x Heavy-Duty Trash Bags**

- For caching gear at camps.

## Snack Food

- We recommend 5 pounds / 2.5 kilograms.
- You need to have an assortment of food you know will be palatable to you at high altitudes when you don't want to eat. We will provide you with dinners and breakfasts, but "lunch" will mainly consist of your snacks that we eat while we're climbing or relaxing in the tent. It is invaluable to have a large assortment of 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, Clif Bloks, and the like.
- NOTE: Generally, they will confiscate cheese, nuts, and meat when you enter Chile so we recommend buying this when you arrive in Punta Arenas or try to inform them that you will not open those items until you arrive in Antarctica.



Gu Energy Gels



Gu Hydration Tabs

## **Ski the Last Degree / 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

- It should be trench coat style and big enough to fit over your expedition down parka.
- Fur ruffs may be bought separately and sewn/velcroed into an expedition rain shell.



Wintergreen Northern Wear Expedition Shell Anorak Full Zip (Men's)

Wintergreen Northern Wear Expedition Shell Anorak Full Zip (Women's)

Wintergreen Northern Wear Zip-on Coyote Fur Hood Ruff



## Second Pair of Goggles

- Back up to your primary pair with Cat 4 lenses.

## Polar Boots



Baffin Impact Men's Boot



Baffin Impact Women's Boot



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