

Vinson Massif & Last Degree Expedition

Equipment List

Climbing Equipment

- Adjustable Ski/Trekking Poles w/ Snow Baskets.** 3 Sections are the most versatile.
 - Ice Axe w/Leash.** General mountaineering tool. Sizing is important: under 5'7" use a 60cm tool; 5'7"- 6'1" use a 65cm tool; over 6'1" use a 70cm tool. (Too short is preferable to too long). No rubberized grips—they are heavy and do not plunge well into the snow. Make sure that you have a leash that is designed for use on a glacier axe or a leash that you make from 9/16 webbing. Please no technical leashes designed for ice climbing—they are too short, heavy, and not versatile.
 - Alpine Climbing Harness.** Harness should fit over all clothing, have gear loops, adjustable leg loops and be reasonably comfortable to hang suspended in. Make sure you can get into the harness without having to step through any part of it.
 - Carabiners (2) Locking; (5) Regular.** 2 pear shaped locking carabiners; 5 standard ovals.
 - Perlon.** 40 ft of flexible 6mm or bring completed prussiks.
 - Ski Poles.** Adjustable two or three section. 1 pair. Black Diamond Expedition, Life Link Variant, Leki Full Spectrum BC Alu
 - Skis with ski mountaineering bindings and skins.** The skis should be Alpine touring skis. The climbing skins should be long enough to reach from the top to the bottom of the ski. **Skis:**Black Diamond Crossbow, Atomic TM Superlight, G3 Reverend. **Bindings:** Silveretta Pure AT Binding **Climbing Skins:** Ascension Nylon Kicker S tickers, G3 Adhesive Skins
- Note:** Please contact the office for more information. We can also arrange rentals from ALE our flight service for a simple sorel boots, poles, skis, and bindings.

Footwear

- Double Plastic Climbing Boots with Altitude Liners.** Good quality plastic shells with altitude liner boots. Make sure that your liners are new; they will pack out over time which decreases their insulation. Also note that liners will expand at altitude, so it is very important to size your boots accordingly. Avoid tight fit with heavy socks.
- Fully Insulated Overboots.** Forty Below **Note:**Not needed with Olympus Mons or One Sport Everest Boots.
- Crampons.** With flat rather than “cookie cutter” frame rails. No anti-balling plates. A combination heel bail/toe strap is a more universal system than a heel and toe bail system.
- Gaiters.** Not needed with Olympus Mons or One Sport Everest Boots.
- Wool or Pile Socks. 3 pair** heavyweight wool or synthetic socks to be worn over the liner socks. When layering socks, check fit over feet and inside boots.
- Liner Socks. 3 pair** of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and makes the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.
- Vapor Barrier Socks (Optional)** Coated nylon recommended over neoprene as neoprene expands at high altitude.
- Booties.** Down recommended.

Technical Clothing

- Lightweight Underwear. 2 pair** tops & bottoms, Capilene, other synthetic or wool. **No Cotton.** Lightweight is preferable as it is more versatile (worn single in warmer conditions and double layer for colder). Zip-T -neck tops allow more ventilation options. One set of white for intense sunny days on the glacier and one pair of dark for faster drying gives the most versatility.
- Expedition Weight Underwear. 1 pair.** Expedition weight Capilene. (Alternative: a one-piece suit)
- Fleece/synthetic Jacket.** Mid-Heavyweight pile (Polartec 200-300). A full-zip version is easier to put on and has better ventilation than a pullover.
- Fleece/synthetic Pants.** Mid-heavyweight pile (Polartec 200-300) **with full separating side zippers** (This is vitally important for ventilation and for the safety and ease of dressing up or down when conditions change in the middle of a climb).
- Gore-Tex Shell Pants & Shell Jacket with hood.** For the jacket we **highly** recommend a long front zipper, a roomy rather than snug fit and underarm zips which go well below the armpit. We also **require full separating side zippers** on the pants.
- Down Parka. (Expedition Weight, must be fully baffled, have an attached, insulated hood, and go below the waist)**
- Down Pants.** To fit over insulation layers. Outer shell must be windproof/water resistant.

Headwear

- Pile or Wool Ski Hat.** Make sure ears are covered.
- 2 Balaclavas (1) Heavy weight, (1) Lightweight.** Heavy weight. Must fit over light weight.
- Neoprene Face Mask.**
- Baseball Cap or other Sun Hat.** One with a good visor to shade the nose and eyes. Synthetic (quick dry)
- 2 Bandanas.** To shade the neck.
- Glacier glasses with Side Covers.** (Regular sunglasses are usually not sufficient). 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers, leashes, and a nose guard is particularly helpful. No more than 10% light transmission if you wear contact lenses we recommend packing a spare pair of glasses—it is a good idea to have these with “photo-gray” or equivalent light-sensitive material so they can double as emergency sunglasses. If you wear glasses we recommend prescription glacier glasses (gray or amber). For prescription Glacier Glasses, contact Black Diamond (801) 278-5533 or Opticus www.opticus.com
- Nose Guard.** For glacier glasses.
- 2 Ski Goggles, 1 pair. Dark 100% UV & IR, double lens is best to prevent fogging.**

Over Please

Handwear

- 2 Pair Synthetic Gloves.** Bunting or fleece gloves which will fit comfortably inside mitts.
- 1 Pair Insulated Gloves.** To be used during times when mittens are too warm.
- 1 pair Gore-tex Overmitts with 1 pair double pile mitten liners.** Should be big enough so that gloves fit inside pile liners.
- Hand warmers and Toe Warmers:** Bring 6 sets of each. Toe Warmers are different than hand warmers because they are formulated to work in a lower oxygen environment, like the inside of a boot, they also burn out more quickly

Personal Equipment

- Backpack.** Internal frame pack expandable to a minimum of 6,000 cu.in. Keep it simple and light, avoid unnecessary zippers.
- Sleeping Bag. (Expedition quality rated to at least -30°F).** Goose down preferred over synthetic for bulk & weight. If well-cared-for a down bag will last much longer than a synthetic bag. Your bag needs to be long enough that your feet are not pressing out the foot box which will make you colder. It should be roomy enough for comfortable sleeping but snug enough for efficient heat retention.
- Compression Stuff Sacks for reducing volume.** Especially for sleeping bags and clothing.
- One Self-Inflating pad.** One 3/4 or full length pad. If you are over 6' a long is recommended. Make sure to include a valve stem and patch repair kit.
- One Closed-Cell foam pad.** Full length closed cell is recommended.
- Cooking Gear:**
 - Cup:** 16oz. plastic **insulated mug** or .5 liter water bottle (retains heat well and is spill-resistant in the tent).
 - Spoon:** Good quality tough plastic (lexan).
 - Bowl:** Deep plastic with 2-3 cup capacity with lid. Tupperware works well.
- Sunscreen.** SPF 40 or better, 2 small tubes. Please note: Sunscreen older than 6 months loses half of its SPF rating, make sure that you have new sunscreen. Suggested: Dermatone, AloeGator, or Nutragena
- Lipscreen.** SPF 30, at least 2 sticks. Make sure your lipscreen is new. Suggested: Blistex, Chapstick, Dermatone.
- Water Bottles:** Wide Mouth Required. 2 liters minimum capacity. Two 1 liter & One .5 liter recommended. **No water bags or bladder systems.**
- 2 Water Bottle Parkas.**
- Purell Hand Sanitizer.** Other alcohol based hand cleaners also work well.
- Pee Bottle (1 Liter).** Large mouth, clearly marked water bottle.
- Pee Funnel (for women).** It is a good idea to practice, practice, practice.
- Knife or Multi Tool.** Keep it simple and light, needs a blade and screwdriver.
- Small Personal First-Aid Kit.** Aspirin, Moleskin, molefoam, waterproof first-aid tape, athletic tape, Band-Aids, personal medications.
- 4 Trash Compactor bags.** To line stuff sacks and pack. Trash Compactor bags are made from a heavier plastic.
- Camera gear:** Optional. Keep it simple and light. Best film for Antarctica and other glacier areas: for 35mm color slides recommend Fuji Provia 100 speed or Fuji Velvia 50 speed high contrast; for color negatives recommend Kodak portra 160 speed NC.

Traveling

- Travel Clothes.** If delayed we will be in Punta Arenas, Chile. Extra clothes are nice to have as laundry can be expensive and inconvenient.
- Toiletry Bag.** Nothing but the basics: Toothpaste, Toothbrush, Baby Wipes. Include *two* rolls of toilet paper.
- Large Duffel Bag with lock.** 1 for transporting all gear. Also used for gear storage.
- Camera gear:** Optional. Keep it simple and light. Best film for Antarctica and other glacier areas: for 35mm color slides recommend Fuji Provia 100 speed or Fuji Velvia 50 speed high contrast; for color negatives recommend Kodak portra 160 speed NC.
- Book.** For waiting out flight delays

This list is only a guide. While you are required to bring everything on this list, there are numerous options, brands, and sizes of each piece of equipment, unless otherwise noted. Using our Current Suggested Brand List we encourage you to shop around, do research, use your experience and the listed features to find the best gear for you. If you have questions please give us a call (8:30am-4:00 pm M-F PST). Or email Climb@AlpineAscents.com.



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