

Vinson Massif Expedition

Equipment List

Climbing Equipment

- 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.
- Crampons.** With flat rather than "cookie cutter" frame rails. Anti-balling plates (optional) A combination heel bail/toe strap is a more universal system than a heel and toe bail system.
- 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.
- Ascender** (1). One right or one left.
- Accessory Cord.** 40 ft of flexible 6mm or bring completed prussiks.
- Adjustable 3 Section Ski/Trekking Poles w/ snow baskets.** 1 pair.

Footwear

- High Altitude All-In-One Mountaineering Boot(also called triple boot or single boot system).** Expedition boot that is a high altitude double boot with an integrated gaiter.
- Wool or Synthetic Socks.** 3 pair heavyweight 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, or synthetic to be worn next to the skin. Facilitates moving moisture away from your foot and helps reduce the incidence of blisters and hot-spots and makes the outer sock last longer before needing to be changed.
- Booties.** Down recommended.

Note: A High altitude double plastic boot in conjunction with a fully insulated overboot can substitute for the High Altitude All-In-One you will want to bring a pair of gaiters for lower on the mountain before switching to the insulated overboot.

Technical Clothing

- Lightweight Long 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.
- Heavyweight Long Underwear.** 1 pair. Expedition weight Capilene. (Alternative: a one-piece suit)
- Synthetic/Soft Shell Jacket.** Mid-Heavyweight. A full-zip version is easier to put on and has better ventilation than a pullover.
- Soft Shell Pants.** These highly breathable, water repellant, 4-way stretch, durable pants are worn when conditions are mild.
- Insulated Synthetic Pants w/ 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.
- Hard Shell jacket w/ hood.** We recommend a waterproof breathable shell material with full front zipper, underarm zips, and no insulation. This outer layer protects against wind and rain.
- Hard Shell Pants.** Waterproof, breathable. Full length side zippers preferred because it allows easy removal of pants, 7/8th zippers allowed but is more difficult to remove pants, no short lower leg zippers allowed.
- Expedition 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.
- Down Suit. (Optional)** Would replace the Expedition Down Jacket and Down Pants.

Headwear

- Warm synthetic/wool hat.**
- Balaclava (1) Heavyweight, (1) Lightweight.** Heavyweight must fit over lightweight.
- Baseball cap or other sun hat.** One with a good visor to shade the nose and eyes.
- Glacier glasses (w/ side covers or wrap around).** 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 8% 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). Regular sunglasses are not dark enough and do not provide any side protection from the sun.
- Goggles.** 100% UV & IR.
- Buff or neck gaiter.**
- Bandanas (2).** Used to shade your neck.
- Noseguard. (optional)**
- Neoprene face mask.**

Handwear

- Lightweight Synthetic gloves.** 1 pair. Should fit comfortably inside mitts or gloves. Lighter capilene preferred.
- Heavyweight Synthetic/Soft Shell gloves.** 1 pair. Windstopper is helpful
- Expedition Shell Gloves w/ insulated removable liners.** 1 pair. For use lower on the mountain when expedition mitt is not needed.
- Expedition Shell Mitts.** 1 pair. Should be big enough so that synthetic gloves fit inside pile liners.
- Hand warmers and Toe Warmers:** Bring 10-12 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.

Over Please

Personal Equipment

- Expedition Backpack.** Internal frame pack, minimum of 6,000 cu.in. Keep simple and light, avoid unnecessary zippers.
- Sleeping Bag.** -40°F (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.
- 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.
- Closed-Cell foam pad.** One 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.
- 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.
- Lipscreen.** SPF 30, at least 2 sticks. Make sure your lipscreen is new.
- Water Bottles:** 2 to 3 Wide mouth bottles with minimum 1 Litre capacity per bottle. **No water bag or bladder systems,** they freeze or are hard to fill.
- Water Bottle Parkas (2).**
- Hand Sanitizer.** Other alcohol based hand cleaners work well.
- Pee Bottle (1 Liter).** Large mouth, clearly marked water bottle.
- Toilet Paper.** One roll.
- 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.
- 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. A small digital camera

Traveling

- Travel Clothes and shoes.** If delayed we will be in Punta Arenas, Chile. Extra clothes are nice to have, although 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 w/ travel lock.** For transporting gear and also used during the expedition in conjunction with a sled. Design should be lightweight, water-repellent duffel without any extra features such as wheels or handles.
- Optional: Small Duffel Bag.** Can be used with lock to store personal items while on the mountain.
- Camera gear: Optional.** Small digital camera.
- Book.** For waiting out flight delays

First Aid

- Small Personal First-Aid Kit.** Aspirin, Moleskin, molefoam, waterproof first-aid tape, athletic tape, Band-Aids, personal medications.
- Drugs/Medications/Prescriptions.** Acetazolamide (Diamox) 125 or 250 mg tablets for altitude sickness. Ibuprofen (Advil, Motrin) 200 mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen (Tylenol) 325mg tablets for stomach sensitivity.

This list is only a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions 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-4:00pm M-F PST). Or email Climb@AlpineAscents.com.



109 W Mercer Street
Seattle, WA 98119
P: 206.378.1927
F: 206.378.1937
Climb@AlpineAscents.com
www.AlpineAscents.com