Equipment and useful extras for the Vinson climb

The organiser provides the group tents, ropes, gas, stoves, kitchen equipment and expedition communications. You bring the personal equipment listed below yourself. Check and break in everything beforehand, and show it to your guide in Punta Arenas.

Base layers

- Synthetic underwear – 2-3 sets
- Lightweight base layer, long-sleeved top and long johns – 1-2 sets
- Warm base layer – 1 set
- Short-sleeved synthetic T-shirts – 1-2
- Cotton clothing is not suitable for the climb

Mid layers

- Softshell jacket
- Softshell trousers
- A lightweight insulating mid layer
- Light nylon trousers – 1-2 pairs

Protection from wind and precipitation

- A waterproof, breathable shell jacket with a hood
- Waterproof, breathable shell trousers with full-length side zips

Insulating layers

- A warm expedition down or synthetic jacket with a hood
- Insulated trousers with full-length side zips

Headwear and face protection

- A warm wool or synthetic hat
- A balaclava to protect your face and neck from the wind
- Cap or other sun hat
- Buff or bandana
- A neoprene face mask
- A nose guard against the sun – optional

Eyewear

- Glacier sunglasses with side shields or a close-fitting frame
- Ski goggles for strong wind
- Spare ski goggles – optional

Gloves

- Thin synthetic gloves – 2 pairs
- Softshell gloves
- Windproof gloves with insulated lining
- Warm expedition mittens to go over the thin gloves
- Electrically heated gloves – optional

Footwear and socks

- Thin liner socks – 3 pairs
- Warm wool or synthetic mountaineering socks – 3 pairs
- Electrically heated socks – optional
- Warm expedition mountaineering boots compatible with crampons
- Warm boots for camp
- Down camp booties – optional

Sleeping equipment

- An expedition sleeping bag rated to at least -40 °C
- A full-length self-inflating or inflatable sleeping mat
- A full-length closed-cell foam mat, to use together with the inflatable one
- Earplugs
- An eye mask for sleeping during the polar day – optional

Climbing equipment

- An expedition rucksack of about 105 litres
- Compression dry bags for your sleeping bag, warm clothing and other bulky items
- Heavy-duty plastic bags to protect your kit inside the rucksack and dry bags
- Adjustable trekking poles with snow baskets
- A classic mountaineering ice axe about 65 cm long
- A leash for the ice axe, attached to your harness rather than your wrist
- Mountaineering crampons
- A climbing helmet that fits over a warm hat
- A handled ascender for climbing rope
- 9 m of 6 mm accessory cord
- A climbing harness with adjustable leg loops
- Snapgate karabiners – 6
- Standard screwgate karabiners – 2
- Large screwgate karabiners – 2
- A belay and descending device
- A hard-wearing waterproof 150-litre expedition duffel for the sled

For the journey

- A small lockable bag for storing things at the hotel during the climb
- A cabin bag of about 46 x 41 x 26 cm
- Town clothes and shoes for Punta Arenas
- Notebook and pen
- A small amount of US dollars in cash for personal spending

Extra food

- Several days’ worth of your favourite climbing snacks
- Energy bars, gels, nuts, dried fruit or whatever else you are used to
- A mix of sweet and savoury snacks

Utensils and hydration

- A plastic mug of at least 470 ml

- Large plastic bowl
- A sturdy plastic spoon
- Wide-mouthed 1-litre bottles – 2-3
- Insulated bottle covers – 2
- Vacuum flask of 1 litre

Personal items and toiletries

- Chemical hand and foot warmers
- Electrically heated insoles – optional
- SPF 50 or higher sun cream
- SPF 30 or higher lip balm – 2
- Toothbrush, toothpaste, dental floss, hand sanitiser and wet wipes
- Toilet paper – 2 rolls in sealed bags
- A personal pee bottle of at least 1 litre
- A female urination device – if needed
- A small knife or multi-tool
- A personal first-aid kit, without duplicating the group medical kit
- Your own prescribed medication, with enough spare for possible weather delays
- A shower towel

Electronics – optional

- An adapter for American type A and B sockets, and a voltage converter if your devices need one
- Avalanche transceiver
- A sports watch
- A GPS unit or personal satellite communicator
- A power bank and your own charging set-up, with a portable solar panel if you need one
- A smartphone, tablet or e-reader with material downloaded in advance
- Camera, spare batteries, charger and memory cards