



**PERSONAL EQUIPMENT LIST FOR VINSON MASSIF**

Double plastic mountaineering boots with expedition liners; or, Expedition boots such as One Sport Everest Insulated over-boots – (40 Below or Outdoor Research) Not required for Expedition Mountaineering boots  
Gaiters – for use on the lower mountain.  
Sleeping bag - good to a minus 30+ Celsius range. Preferably goose down to save on space and weight. Use compression sack.  
Insulated sleeping mat – Therma rest style (1)  
Closed cell foam sleeping mat (1)  
Backpack – top loading internal frame, approx. 80 litres  
Outer shell mountain jacket with hood - Gore-Tex style (1)  
Outer shell bibs or pants with full zips - Gore-Tex style (1 pair)  
Long underwear, lightweight - top and bottom, Poly-pro, Capilene, etc. (1 set)  
Long underwear, expedition weight – top and bottom (1 set)  
Warm expedition down parka (1)  
Fleece/synthetic jacket (1)  
Sweater or vest - wool, fleece or down (1)  
Fleece/pile hiking pants w/side zips for ventilation (1 pr)  
Down or synthetic insulated pants (1 pr)  
Socks - synthetic, wool or wool blend (3 pr)  
Liner socks (Poly-pro type) (2-3 pr)  
Gloves (medium weight) - wool or fleece (2 pr)  
Gloves or mitts w/removable liners (1 pr)  
Expedition weight fleece/pile mitts (1 pr)  
Expedition Gore-tex over-mitts (1 pr)  
Toque - wool or fleece (1)  
Balaclava (1)  
Face mask/wind mask (optional)  
Hat with sun visor (baseball cap, etc) (1)  
Bandanna (2)  
Glacier style sunglasses with side shields and nose shield (1 pr)  
Ski goggles (1 pr)  
Hand and foot warmers, 2-3 sets – use extras for cameras to keep batteries warm and functioning  
Personal kit (toothbrush, hand sanitizer, foot powder, skin cream, personal travel wipes, etc.)  
Personal 1st aid (blister kit, medications, etc. – guide will supply team first aid supplies)  
Misc. personal items (camera, book, cards, journal, walkman, etc.)  
Pee bottle – 1 liter; keep it well marked!  
Water bottles w/insulation - minimum 2 litres  
Knife - Swiss army style  
Eating utensils – insulated cup; eating bowl at least .5 liters with deep sides; spoon, strong Lexan style.  
Small thermos (optional)  
Sunscreen – small tubes are best in order to keep from freezing and to thaw out (min. 30 spf & waterproof)  
Lip screen – Min. 30 spf  
Collapsible ski/walking poles with baskets (1 pr)  
Crampons - adjusted to your boots (1 pr – supplied if required)  
Ice axe (60 - 70 cm – supplied if required)  
Climbing harness - lightweight seat harness only with fully adjustable leg loops (1 – supplied if required)  
Large duffel bag with lock – for loading your gear in and for storage. Please avoid “travel” packs with extra features.

Please keep in mind that the weather on Vinson will vary from one extreme to another, with temperatures realistically ranging from -35 Celsius to well above zero in the sun; winds up to 100 km/hr; and, drifting wind-blown snow. Wind chill on the upper mountain can dramatically reduce these temperature values as well. Prepare your equipment accordingly.

It also is recommended that you have sufficient clothes for spending time in Punta Arenas as the flight may be delayed, so a few extra days may be spent in the city. The climate in Punta Arenas at this time of year can be cool with rain.