

Double Vapor Barrier Sox (DVB)-- (D.M.-Comment)

We bought from Gerry Mountaineering a number of DVB sox. They are of polyethylene material and constructed in the shape of round bottom sacks; to better make their description clear we could say they look like big Santa Claus stockings.

The purpose of such a stocking is to allow full insulation in several layers. This is accomplished in such a way: (1) an all wool sock is placed next to the feet, (2) one polyethylene "sack" is placed over the sox, (3) another sock is placed over the polyethylene sack, (4) the second polyethylene sack is placed over the sock. Thus we have, from the skin outward: a sock, a sack, a sock, a sack, then the boot.

The inner sock will hold all the moisture coming from the feet. The first polyethylene sack will hold all that moisture inside of it. The middle sock will remain dry as the outer sack will keep the water from outside the boot from getting to it. Therefore the middle sock acts as the insulator.

The system was tried on the expedition and found to work. We did, however, often not wear the sox next to the feet but would place the polyethylene sack next to the feet. This worked well and cut down on drying out that wet sock. Two pairs of sox can be worn between the polyethylene sacks for greater insulation. Also the inner-soles, should there be some, could be placed inside the polyethylene sacks. to give greater insulation.

They have fault in that they are not extremely durable, though they do last a week with care. They weigh very little and a number of them can be taken. They prove worth while with shoe-paks and though we didn't try them, they would probably work with regular leather boots.

Additional Items:

Extra boot laces. Boot laces of nylon (Gerry Mountaineering)  
 Canteen, metal as it can be heated. Put initial or identification mark on.  
 Film, in waterproof bag.  
 Pliers, to make easier putting on and taking off crampons.  
 Adhesive tape.  
 Notebook, pencils, Waterproof paper for notebooks.  
 Some extra strong cod line.  
 Some type of map holder.  
 Handkerchiefs.  
 A mirror of metal will not break.  
 Reinforce sox before trip with nylon yarn to increase life.  
 Winterize camera  
 The knife could be put on leather or nylon thong and hung from the belt on a clip thus making it easier to get to and to take off in using.  
 Do not use waterproof tape. Will not stick.  
 Mittens- On the outer mittens (that is the leather face type or similar) a piece of muskrat fur should be sewn. In cold and in wind the nose runs continually and within several days it would be raw, therefore this is used as a snuffer.