

TOM AVERY | YOUNG BRITISH TRAILBLAZER



You might not be planning to become one of the most successful explorers in the world, like 32-year-old Tom Avery, but you can still learn from his expedition essentials. Here the 2012 Olympic ambassador, and one of only 38 people ever to have reached both Poles on foot, gives us his expert view on the best kit money can buy.

STRATOS 32 RUCKSACK £75 OSPREY

This is a versatile pack which I use for everything, from ski-touring to a day's hillwalking. It's always the one piece of hand luggage I take on the plane.



AQUARACER FROM £725 TAG HEUER

The only watch I've found that works perfectly in temperatures from -40°C to 40°C. I can also use it to navigate as accurately as an ordinary compass.



ACCELERADE £25

When competing in an endurance event such as the Patrouille des Glaciers, I fill my water bottles up with Accelerade. It gives me the right mix of carbs, calories and protein.



EXPEDITION KIT £75 MUMM

I'll always take one of these with me on my more leisurely jaunts. The bag comes with a padded chill compartment and a pair of indestructible champagne flutes!



APACHE RECON SKIS AND BINDINGS £460 K2

I have probably covered more ground in these skis than on both my North and South Pole expeditions. Copes as well with waist-deep powder as it does with ripping it up on the piste.



EOS 400D £365 CANON

I use Canon's excellent EOS 400D with 18-55mm lens and have been thrilled with the results. As well as being lightweight, it is also very robust and weatherproof – key attributes to taking photos in extreme conditions.



XLI LENS £149 OAKLEY

They are very comfortable and because the curved lens sits so close to my face, there is very little side glare, protecting my face from dangerous UV rays, which become more intense the higher you go.



ALCHEMY JACKET £150 MOUNTAIN HARDWEAR

This jacket can stand it all, from nasty blizzards at the top of Mont Blanc, to hiking through the New Zealand rainforest and skiing a mogul field in Verbier. It's comfortable and breathable.

SURGE MULTI-TOOL £95 LEATHERMAN

During our South Pole expedition in 2002, we managed to break 14 ski bindings and 2 cooking stoves. Had it not been for my trusty Leatherman multi-tool we would have had to throw the towel in hundreds of miles before we reached our destination.

VFF PRO BOOT £500 DALEBOOT

DaleBoot is the only company that makes truly custom-made ski boots. The whole fitting process takes two hours, but they're so comfortable it's well worth it.



MOUNTAIN JOURNAL £80 SMYTHSON

One of the most important things I do on every journey I make is record the practical details. This beats the old-school books I used to take with me.