

# CHECK LIST

## EXPEDITION [PAGE 1 OF 2]

This list is designed to help you keep track of all the things that you take with you on your expedition. Not everything will be appropriate to your trip, but we have covered all of the major items that you should consider. We have left space at the end to add extra items.



 **LIFESYSTEMS** recommends.....

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What I Need	What I Have	Packed	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Documents...</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tourist visa
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Valid passport + photocopy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Currency
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Airline tickets
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Embassy contact details
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Travel Insurance
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Vaccination records
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Climbing / expedition permits
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Equipment...</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Large rucksack
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Expedition kit bag (optional for larger teams)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rucksack liner
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sleeping bag & Liner (relevant temperature rating)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sleeping mat
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Thermal bag (consider Blizzard Bag for extreme cold)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Personal first aid kit
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All purpose travel soap
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	G.P.S.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mobile phone / Radio
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Watch
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Whistle
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Notebook / Pencil
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Headtorch
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Emergency food
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Water bottle (ideally unbreakable Lexan)

What I Need	What I Have	Packed	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Equipment (continued)...</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Knife, Fork & Spoon
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Penknife
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Plate/bowl/mug
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Waterproof matches
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Trek Towel
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wet wipes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sun cream
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>If Climbing...</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Climbing rack
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ice screws
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Deadman
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Warthogs
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Harness
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pitons
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Crampons
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Technical Ice axes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	60m twin ropes (dry treated)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Karabiners
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Quick Draw
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Slings
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Paracord

Continued...

