Check List
Overland Expedition

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.....

What I Need	What I Have	Packed	Documents...
☐	☐	☐	Tourist visa
☐	☐	☐	Valid passport + photocopy
☐	☐	☐	Currency
☐	☐	☐	Airline tickets
☐	☐	☐	Embassy contact details
☐	☐	☐	Travel Insurance
☐	☐	☐	Vaccination records
			Equipment...
☐	☐	☐	Trekking daysack (preferably with 2 litre water bladder)
☐	☐	☐	Expedition duffle(s)
☐	☐	☐	Maps & Compass / G.P.S
☐	☐	☐	Document wallet
☐	☐	☐	Water bottle
☐	☐	☐	Sun cream
☐	☐	☐	Head torch
☐	☐	☐	Mosquito Net & Head net
☐	☐	☐	Insect repellent
☐	☐	☐	Washbag
☐	☐	☐	Trek towel
☐	☐	☐	Mobile phone/radio
☐	☐	☐	Water purification tablets / filter
☐	☐	☐	First aid kit
☐	☐	☐	Blister kit
☐	☐	☐	Sleeping bag & Liner
☐	☐	☐	Sleeping mat

What I Need	What I Have	Packed	Equipment (continued)...
☐	☐	☐	Waterproof matches
☐	☐	☐	Knife, fork, spoon
☐	☐	☐	Tent / Wind screen
☐	☐	☐	Camping stove & Fuel
☐	☐	☐	Large water container
☐	☐	☐	Expedition water filter & spare parts
☐	☐	☐	Cooking pots & utensils
☐	☐	☐	Food & Spare food
			Clothing...
☐	☐	☐	Lightweight trousers
☐	☐	☐	Cotton & synthetic shirts/T-Shirts
☐	☐	☐	Underwear
☐	☐	☐	Lightweight thermal top
☐	☐	☐	Brimmed hat & Warm hat
☐	☐	☐	Sunglasses (with side protection to keep sand out)
☐	☐	☐	Hiking shoes
☐	☐	☐	Merino wool socks
☐	☐	☐	Lightweight wind shirt
☐	☐	☐	Waterproof poncho
☐	☐	☐	Lightweight down jacket
☐	☐	☐	.....
☐	☐	☐	.....
☐	☐	☐	.....
☐	☐	☐	.....
☐	☐	☐	.....