

**PERU EXPEDITION CHECK-LIST  
For Canadian Team Members 1996**

<b>EQUIPMENT CHECK LIST</b>	
<b>Part A - Basic Equipment</b>	
Lightweight Swiss army knife on lanyard	
Bic lighter	
Petzl headlamp, 2 batteries & spare bulb	
Glacier glasses with hard case	
Wallet & papers ie. Money, cards	
3 one liter Nalgene water bottles	
Insulated cover for water bottle	
Bandanna	
<b>Part B - Expedition Clothing</b>	
Plastic high altitude boots	
Insulated super gaiters	
Hiking boots	
Running shoes	
Flip-flops with heel straps	
Expedition style long underwear polypropylene tops and bottoms (Patagonia, Lifa)	
Featherweight wind jacket and pants	
Waterproof parka with hood - outerwear	
Fleece jacket - innerwear	
Waterproof pants - outerwear	
Fleece pants - innerwear	
Balaclava	
Pile mitts	
Insulated overmitts	
Insulated ski type gloves	
Lightweight silk, fleece or polypro gloves	
Underwear	
Light wool shirt	
2-3 sets of socks - lightweight	
2-3 sets of socks - heavy	
Sun hat - wide brimmed	
<b>Part C - Hardware and Equipment</b>	
Neoprene expedition duffel bag (waterproof)	
Small lock for above	
Ice axe	
Lightweight ascent pack	
Expedition pack	

Collapsible ski poles	
Tent	
Water purifier	
Crampons	
Multi - fuel cooking stove	
Fuel bottles - 2	
Stove Repair Kit	
Candle lantern	
Mug, cup and spoon	
Cooking Pot	
<b>Part D - Overnight Equipment</b>	
Down sleeping bag (good to -25 degrees)	
Full length ultralite Therm-a-rest sleeping mat	
Collapsible camp chair	
Lipsalve	
Personal drugs	
Cipro	
Sleeping pills	
Vitamins	
Polysporin (antibiotic lotion)	
Earplugs	
Tooth brush and tooth paste	
Toilet paper	
Disposable toilettes	
Brush and/or comb	
Soap and shampoo (biodegradeable)	
Diamox	
Extrastrength Tylenol	
Moleskin and Band-Aids	
Moisturizing cream	
Surgical gloves	
Glue	
Duct Tape	
Suntan lotion	
Sunscreen-total block	
Personal hygiene accessories	
Shaving kit with mirror (unbreakable)	
Small washcloth	
Small towel	
<b>Part E - Extra Accessories</b>	
Carry-on luggage	
Camera and Flash	

