Check List
Desert 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...
☐	☐	☐	Ultralight daysack (preferably with water bladder)
☐	☐	☐	Expedition duffle
☐	☐	☐	Document wallet
☐	☐	☐	Maps / Compass / G.P.S
☐	☐	☐	Mobile phone / Radio
☐	☐	☐	Water bottle
☐	☐	☐	Sun cream
☐	☐	☐	Head torch
☐	☐	☐	Mosquito net & Head net
☐	☐	☐	Insect repellent
☐	☐	☐	Washbag
☐	☐	☐	Trek towel
☐	☐	☐	Sleeping bag & Liner
☐	☐	☐	Sleeping mat
☐	☐	☐	Blister kit
☐	☐	☐	First aid kit
☐	☐	☐	Waterproof matches

What I Need	What I Have	Packed	
			Equipment (continued)...
☐	☐	☐	Water filter and spare parts / tablets
☐	☐	☐	Knife, fork and spoon
☐	☐	☐	Tent / Wind screen
☐	☐	☐	Camping stove & Fuel
☐	☐	☐	Large water container
☐	☐	☐	Cooking pots & utensils
☐	☐	☐	Food
			Clothing...
☐	☐	☐	Lightweight trousers
☐	☐	☐	Cotton shirts / T-shirts
☐	☐	☐	Synthetic T-shirts
☐	☐	☐	Underwear
☐	☐	☐	Lightweight thermal top
☐	☐	☐	Brimmed hat and warm hat
☐	☐	☐	Sunglasses (with side protection to keep sand out)
☐	☐	☐	Lightweight hiking shoes
☐	☐	☐	Lightweight merino wool socks
☐	☐	☐	Lightweight wind shirt
☐	☐	☐	Waterproof poncho
☐	☐	☐	Lightweight down jacket
☐	☐	☐	.....
☐	☐	☐	.....
☐	☐	☐	.....
☐	☐	☐	.....
☐	☐	☐	.....