



**Inversiones Cordillera Limitada
Andes Explora Adventure Tours**



<http://www.aexplorar.cl/>
e-mail: aexplora@yahoo.com

EQUIPMENT CHECKLIST

Experienced climber or not, it's easy to forget an important item in the rush to get ready for the next trip. Seasoned climbers have learned that using a checklist is the only sure way to avoid an oversight. The following list is a good foundation for formulating your own personal checklist. Add to or subtract from this list as you see fit; then get in the habit of checking your own list before each trip.

All Trips

The Ten Essentials

1. – Map.
2. – Compass.
3. - Sunglasses and sunscreen.
4. - Extra food.
5. - Extra clothing.
6. - Headlamp/Flashlight.
7. - First-aid supplies.
8. - Fire starter.
9. - Matches (in waterproof container).
10. – Knife.

Clothing

- Boots
- Socks (inner and outer)
- (T-Shirt/tank top)
- (Shorts)
- Long underwear (top and bottom)
- Insulating shirts, sweaters, or
- Jackets (synthetic or wool)
- Insulating pants (synthetic or wool)
- Rain Parka
- (Windbreaker)
- Rain pants
- (Wind pants)
- Insulating hats (synthetic or wool)
- (Rain hat)
- (Sun-protection hat)
- (Balaclava)
- Mittens
- Gloves
- (Gloves liners)
- (Overmitts)
- (Gaiters)
- (Stream-crossing footwear)
- (Waterproof/breathable socks)

Other

- Toilet Paper
- (Signaling device: whistle, mirror, etc.)
- (Insect repellent)
- (Spare repellent)
- (Cup)
- (Moleskin)
- (Nylon cord)
- (Altimeter)
- (Camera and film)
- (Binoculars)
- (Bandannas)

Additional Items for Overnight Trips

- Internal – or external – frame pack
- Sleeping bag and stuff sack
- Sleeping pad
- *Tent or tarp
- *Ground cloth
- *Food
- *Water container
- *Repair kit
- *Stove, fuel, and accessories
- *Pots (and cleaning pad)
- Spoon
- (Fork)
- (Bowl)
- (Toiletries)
- (Alarm clock or alarm watch)
- (Camp clothing)
- (Camp footwear)
- (Pack cover)
- (Candle lantern)

