

Legend:

** means something issued in CHC that I often augment or replace with my own.*

(rph) means probably nobody but me would want it.

Bold means strongly recommended for purchase

expedition clothes

liner socks
neoprene socks (rph)
wool socks *
down booties
facemask
sunglasses
long underwear *
fleece shirt and pants *
bib overalls or ski pants *
balaclava and/or neck gaiter *
wind shirt, pants
hats *
gloves *
glove mitts, fingerless gloves (rph)
Goretex shell*
goggles and lenses
boot insoles and shoelaces

McMurdo clothes

lined jeans
work gloves *
cold weather workout clothes
work boots
sweater
knit cap or headband *
heavier shirts

Expedition gear

Camera w/memory cards, cords
batteries
laptop
iPod
thumb drives
Iridium phone *
chargers and cords for everything
field notebooks*
hand lens and magnet
GPS *

Christchurch

summer clothes (shorts and shirts)
underwear
socks
swimming suit
umbrella
running or hiking clothes
ball cap
NZ travel plug for electronics
sandals

Toiletries

glasses
spare contacts
contacts soln.
mirror
drain plug
shaving gear
toothbrush, toothpaste, floss
prescription drugs
prescriptions on paper
Ibuprofen
Sudafed and cold medicine
soap and shampoo
antiseptic wipes
butt wipes
prep. H
sunscreen and lip balm
cow salve (lanolin antiseptic cream)
mouth anesthetic
skin glue
band aids
ace bandage, bandage tape
deodorant powder
antifungal cream
tweezers, small scissors

Misc...

watch and alarm clock
backscratcher
spare headphones
stamps and envelopes
money (NZ and US)
passport
drivers license
airline tickets
laundry bag
noise-cancelling headphones
head lamp
books and other reading material
pocket knife
gifts and trade stuff
musical instrument
big safety pins
Sewing kit
Towel
pillow
playing cards
hearing protectors
butt pack
stuff sacks
pens, pencils
notebook
sharpie
paper tags for labelling
belt
personal organizer/brief
short extension cord
holiday decorations
list of phone numbers
calendar of events
instant chai tea (and favorite cup)
power bars
reading glasses