

Setting up your kitchen for extended fieldwork stays

- ~ List provided by Cabeceras Aid Project (www.cabeceras.org)
 ~ Almost all these items are easily available in the shops in and near el Mercado Central on Próspero in Iquitos.

Stuff for the whole research team:

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1 kettle (tetera) for boiling water	
1 small-to-medium-sized pot for cooking rice, legumes, sauces, etc.	
1 large-sized pot for cooking pasta, popcorn, etc.	
(A third medium-sized pot is convenient but not necessary unless you are part of a large team.)	
1 frying pan	
1 cutting board (or plastic plate or tray) to use as a chopping surface	
1 large sharp chopping knife	
1 small paring knife	
1 vegetable peeler	
1 large stirring/serving spoon	
1 large serving bowl (for serving salads, popcorn, etc.)	
1 flipper (for frying bread, pancakes, plantains, etc.)	
(1 rubber or silicon spatula, but nearly impossible to find in most of Peru)	
1 medium-to-large basin for washing dishes	
1 large basin or 5-gallon bucket for washing clothes	
1 container of dishwashing paste like Ayudín (calibrate quantity to length of stay)	
1 or 2 green scrubbies for dishes (ScotchBrite)	
1 can opener (these are scarce in Peru, so consider bringing one from the US)	
A small plastic container that seals well for storing salt	
A few plastic containers with good lids for storing raw and cooked foods (táperes)	
Several 5-gallon plastic buckets with lids for protecting provisions from moisture, rodents, and insects -- about S/7-10 each; these can be tricky to find, so leave time to hunt them down. They are sometimes available from vendors in or near the Mercado Central, or from a shop near Puerto Productores in Iquitos.	
For coffee drinkers, a 1-liter plastic presspot (purchase online in the US -- example here -- and bring to Peru with you)	
2 thin cotton kitchen towels	
2 sturdy cotton cloths for general cleaning and wiping	
(2 buckets, same size and shape, if necessary, for hauling water from the river to the kitchen)	

Stuff for each researcher:

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1 all-purpose dedicated drinking vessel, like an enamel mug – with their name written on it	
1 all-purpose largish-sized plastic or enamel bowl for all meals – with their name written on it	
(1 plastic dinner plate)	
1 spoon	
1 fork	
1 chamberpot, (bacín), if bathroom facilities are inconvenient at night	

Other tools and household items:

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1 Sharp scissors	
1 Screwdriver with interchangeable bits	
1 Pliers	
1 Monkey wrench (llave americana)	
1 Roll heavy-duty tape	
1 Roll wide transparent tape	
1 tube Superglue	
1 Lighter	
1 Small but reliable LED flashlight	
1 Sharp machete (if you can't borrow one)	
1 Metal file for machete (if you can't borrow one)	
A handful of Nails of various sizes	
3 10m segments of clothesline (more if you have a big team)	
12 plastic clothespins (more if you have a big team)	
3 hangars for drying your laundry indoors on rainy days (more if you have a big team)	
1 plastic scrub brush (for clothing, feet, tent floor, etc.)	
1 Hand fan to fan your cooking fire (chambira works well)	
1 Broom	
1 Wall clock	