Python Equipment List Problem

Write a program to allow me to keep track of the equipment my character has in a popular role playing game.

Basic equipment for all characters is: backpack, bedroll, waterskin, 50 foot rope and a sword.

The program needs to allow me to create a new list of equipment, print out the items I'm carrying, add items to my list, remove items from my list, empty the list entirely (if I lose everything) and count how many items are in the list.

The program should work in the following way:

(Suggested order of work: 1, 2, 7, 3, 4, 5, 6)

1. A new equipment list populated with the starting items should be created first

2. A menu is displayed allowing the user to select from the following options:
    - print the items being carried
    - add an item
    - remove an item
    - discard all items
    - count how many items carried
    - quit

    If the user selects the 'quit' option then a suitable message should be displayed and the program ends. Otherwise the program should continue asking the user for a choice

3. If the user selects the print the items carried option:
    a. the program should print a list of the items being carried
    b. the user is returned to the main menu

4. If the user selects the add an item option:
    a. the user is asked to enter an item to add to the list
    b. the program should check that an item with that name is not already in the list/ If there is an item with that name an error message should be displayed and the program should return to the menu
    c. if the user entered a valid item to add to the list, the item should be added to the list
    d. the user is returned to the main menu

5. If the user selects the remove an item option:
    a. the user is asked to enter an item to remove from the list
    b. if the item is in the list, the item is removed
    c. if the item is not in the list a suitable error message is displayed
    d. the user is returned to the main menu

6. If the user selects the discard all items option:
    a. every item in the list should be removed
    b. a message is displayed telling the user that all their items have been removed
    c. the user is returned to the main menu

7. If the user selects the count how many items carried option:
    a. a message should be displayed telling the user how many items they are carrying
    b. the user is returned to the main menu

EXTENSION:

-   I can only carry 20 items