

# CAMPING ESSENTIALS

# Packing Checklist

## ESSENTIALS

- ☐ Tent with stakes & ground tarp
- ☐ Sleeping bag
- ☐ Sleeping pad or air mattress
- ☐ Camping pillow
- ☐ Flashlight / headlamp (with extra batteries)
- ☐ Multi-tool or pocket knife
- ☐ Camp chairs
- ☐ Camp table (if no picnic table)
- ☐ Clothesline with clips
- ☐ Bear spray
- ☐ SPF

## COOKING GEAR

- ☐ Portable stove / grill
- ☐ Lighter / matches
- ☐ Cookware (pots, pan, spatula)
- ☐ Plates, utensils, cups
- ☐ Food (easy to cook or heat)
- ☐ Snacks / trail mix
- ☐ Cooler & ice packs
- ☐ Trash bags

## CLOTHING

- ☐ Quick-dry shirts & pants
- ☐ Warm layers (jacket/sweater)
- ☐ Rain gear (poncho or raincoat)
- ☐ Hiking boots / comfy shoes
- ☐ Extra socks & underwear
- ☐ Hat, swimsuit & sunglasses

## TOILETRIES & HYGIENE

- ☐ Soap, facewash & moisturizer
- ☐ Toothbrush, toothpaste & floss
- ☐ Wet wipes / Towel
- ☐ Toilet paper
- ☐ First aid kit
- ☐ Insect repellent
- ☐ Menstrual products (for women if it's that time of month)

