

## Safety & Survival

- ✓ First aid kit (bandages, antiseptic, pain relievers, tweezers, etc.)
- ✓ Emergency whistle
- ✓ Multi-tool or survival knife
- ✓ Firestarter (waterproof matches, lighter, or firesteel)
- ✓ Emergency blanket or bivvy sack
- ✓ Compass or GPS device
- ✓ Map of the area
- ✓ Headlamp or flashlight (with extra batteries)
- ✓ Bear spray or pepper spray (if in bear country)
- ✓ Signal mirror
- ✓ Paracord or rope
- ✓ Water purification tablets or portable filter

## Shelter & Sleeping

- ✓ Tent (with stakes and guylines)
- ✓ Ground tarp or footprint
- ✓ Sleeping bag (suitable for weather conditions)
- ✓ Sleeping pad or air mattress
- ✓ Pillow (inflatable or compact travel pillow)
- ✓ Extra tent stakes
- ✓ Mallet or hammer for stakes
- ✓ Tent repair kit (patch tape, seam sealer)



## Camping Kitchen (Cooking & Food Supplies)

- ✓ Portable stove or grill
- ✓ Fuel for stove
- ✓ Cooking utensils (spatula, tongs, etc.)
- ✓ Pots and pans (lightweight, nesting set)
- ✓ Plates, bowls, and cutlery
- ✓ Cutting board and knife
- ✓ Biodegradable soap and sponge
- ✓ Collapsible sink or basin
- ✓ Cooler with ice packs
- ✓ Food storage containers or resealable bags
- ✓ Trash bags
- ✓ Long-handled roasting sticks (for marshmallows or hotdogs)
- ✓ Coffee maker (French press, percolator, or instant coffee packets)

## Camping Tools & Accessories

- ✓ Duct tape or repair kit
- ✓ Extra cord or bungee straps
- ✓ Tent repair kit
- ✓ Carabiners and clips
- ✓ Portable power bank
- ✓ Waterproof dry bags
- ✓ Axe or hatchet (for chopping wood)
- ✓ Folding shovel
- ✓ Fishing gear (if applicable)
- ✓ Trekking poles (if hiking)



## Clothing & Footwear

- ✓ Moisture-wicking base layers
- ✓ Insulating mid-layers (fleece or down jacket)
- ✓ Waterproof and windproof outer layers
- ✓ Hiking boots or sturdy shoes
- ✓ Extra socks and underwear (wool or synthetic)
- ✓ Gloves and hat (weather-dependent)
- ✓ Gaiters (if hiking in muddy or snowy conditions)
- ✓ Camp shoes or sandals

## Toiletries

- ✓ Biodegradable soap and shampoo
- ✓ Toothbrush and toothpaste
- ✓ Toilet paper or biodegradable wipes
- ✓ Quick-dry towel
- ✓ Deodorant
- ✓ Sunscreen
- ✓ Bug repellent
- ✓ Hand sanitizer
- ✓ Lip balm with SPF
- ✓ Menstrual products (if needed)
- ✓ Trowel or portable toilet (for backcountry camping)



## Comfort & Convenience

- ✓ Camping chair or lightweight stool
- ✓ Camping table (if needed)
- ✓ Sleeping mask and earplugs
- ✓ Tarp or sunshade
- ✓ Mosquito net or bug spray
- ✓ Reusable water bottles or hydration bladder
- ✓ Camp lighting (lantern, string lights, etc.)
- ✓ Portable fan (for hot weather camping)

## Entertainment & Extras

- ✓ Binoculars (for wildlife spotting)
- ✓ Camera or action cam
- ✓ Notebook and pen
- ✓ Books or e-reader
- ✓ Playing cards or board games
- ✓ Hammock
- ✓ Musical instruments (ukulele, harmonica, etc.)

