



# OVERNIGHT CAMPING CHECKLIST



# CAMP-ERA

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### CAMPING GEAR

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- Tent
- Sleeping bag
- Sleeping pad
- Inflatable pillow
- Foam seat pad
- Battery/power bank and cord
- Head lamp
- Drinking bottle



### FOOD & WATER

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- Water (approx 2L p.p. daily + water for cooking, tea/coffee)
- Tea/Coffee
- Freeze dried foods
- Snacks (nuts, protein bars etc.)
- Water treatment (optional)



### HYGIENE ITEMS

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- Toothbrush and toothpaste
- Toilet paper
- Wet wipes
- Quick drying towel
- Toilet paper
- Wet wipes
- Sunscreen
- Lip balm



### ADDITIONAL ITEMS

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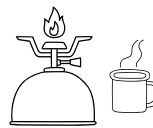
- A trail guide and/or map/GPS
- Knife or multi-tool
- First aid kit
- Water treatment/purifier (needed only if you use nature water sources).



### FOOTWEAR/CLOTHING

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- Hiking boots
- Hiking pants/shorts
- Lightweight fleece
- Light slippers/flip-flops
- Extra socks, underwear
- Rain jacket
- Sunglasses
- Hat



### EATING & COOKING EQUIPMENT

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- Camping spoon or spork
- Outdoor mug
- Bowl/plate
- Camping stove system
- Fire starter/ matches or a lighter
- Big ziplock bag (for garbage)



### COLD WEATHER ITEMS

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- Beanie
- Gloves
- Base layer long sleeve top and pants
- Warm socks
- Extra layers

### OTHER

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