



Shelter

- Ground cloth or tarp
- Tent/s
- Spare tent stakes
- Brush or small hand held broom for sweeping out tent
- Portable chairs and stools
- Sleeping bags and pads
- Pillows
- Lantern and lantern fuel
- Flashlights for everyone (consider headlamps for hands-free roaming at night)
- Spare batteries
- Rope or twine
- Clothespins and clothesline
- Duct tape
- Lightweight handsaw
- Axe
- Hammer
- Pocketknife

Cooking Supplies

Pack these supplies in a sturdy, portable tub so your camping kitchen is always ready to go when you are.

- Camping stove and fuel
- Portable grill, charcoal and lighter fluid
- Firewood and kindling
- Matches in a waterproof container
- Fire extinguisher
- Cooking pots and pans
- Potholders and/or oven mitts
- Can/bottle opener
- Cooking utensil set (large cooking and serving

- spoons, tongs, knives, spatulas, measuring cup)
- Coffee pot
- Food storage containers
- Dining kit for each camper (plates, cups, bowls, forks, knives, spoons)
- Tablecloth
- Large water jug or bladder
- Cooler and ice
- Dish detergent, sponges and scrubbers
- Dish towels
- Plastic basin for washing dishes
- Paper towels
- Trash bags
- Heavy-duty aluminum foil
- Bamboo skewers (for toasting marshmallows)
- Plastic wrap
- Zipper-lock bags in various sizes (quart, gallon, etc.)
- Citronella candles (to repel mosquitoes)

Food

- Bread
- Peanut butter and jelly
- Fresh fruits and vegetables
- Cold beverages (juice, milk)
- Hot beverages (coffee, tea, cocoa)
- Hot and cold cereals
- Cooking oil
- Condiments (sugar, salt, pepper, ketchup, mustard, etc.)
- Groceries for lunches and dinners
- Campfire treats (popcorn, marshmallows, chocolate and graham crackers for S'mores)

Toiletries

- Bath towels and washcloths
- Soap in plastic containers
- Antibacterial hand soap
- Baby wipes
- Tissues
- Shampoo
- Toothbrushes, toothpaste and dental floss
- Deodorant
- Combs and brushes
- Razors and shaving cream
- Female hygiene products
- Mosquito repellent for kids and adults
- Lip balm
- Small hand mirror
- Miniature sewing kit
- Any needed prescriptions

Clothing

- Shirts and t-shirts
- Warm sweaters or sweatshirts
- Shorts
- Long pants
- Pajamas or sweats for sleeping
- Underwear
- Socks
- Long underwear if camping in cool weather
- Jackets
- Mittens or gloves
- Knit hats
- Rain gear
- Comfortable shoes and sandals
- Hiking boots and/or sports sandals
- Laundry bag and Detergent

Recreation

- Sun hats with wide brims
- Sunglasses that block at least 99% of UVA and UVB

radiation

- Waterproof sunscreen with SPF 15 or higher

- Swimsuits, swim towels and water toys

- Rubber thongs or sandals for beach, pool and shower

- Small backpacks for day trips

- Binoculars

- Compass

- Whistles for signaling

others

- Water bottles

- Digital camera and memory card or film camera and film

- Reading material

- Outdoor toys such as kites, balls and frisbees

- Board games and deck of cards

- Musical instruments and song books

- Arts and crafts supplies

- Notebooks, pens and pencils

- Guidebooks and maps

First Aid Kit

Purchase a pre-assembled kit, or pack your own in a solid portable box:

- Sterile adhesive bandages in different sizes

- Gauze rolls and pads in different sizes

- Adhesive tape

- Safety pins

- Scissors

- Tweezers (for splinters and ticks)

- Needle

- Latex gloves

- Cotton swabs

- Tongue depressors

- Moistened towelettes

Mild liquid soap
Antiseptic wipes
Hydrogen peroxide
Antibiotic ointment
Rubbing alcohol to
disinfect scissors, tweezers
and thermometer
Lotion for insect bites and
rashes
Petroleum jelly or other
lubricant
Burn ointment
Snakebite kit if camping in
poisonous snake territory
Thermometer
Non-aspirin pain reliever
appropriate for children
First aid manual
(The Red Cross publishes
first aid manuals for both
humans and pets, and
also sells pre-assembled
first aid kits.)

Other Items

Use this space to write in any
other items not included on the
list to make sure nothing gets
left behind!
