

# OutdoorAdept Camping Checklist

Print this out, check things off as they go in the bag. Add your own stuff at the bottom.

## Shelter & Sleep

- Inflatable camping tent or glamping tent
- Footprint or ground tarp
- Sleeping bag
- Sleeping pad
- Pillow (or stuff sack with clothes)
- Extra blanket for cold nights
- Tent heater for winter camping
- Camping sofa

## Clothing

- Base layers (wool or synthetic, not cotton)
- Mid layer (fleece or down jacket)
- Rain jacket
- Hiking pants/shorts
- Hiking boots (broken in)
- Camp shoes (sandals or slip-ons)
- Wool or synthetic socks (2-3 pairs)
- Hat for sun
- Warm hat for cold nights
- Gloves
- Pajamas or sleep clothes

## Cooking & Food

- Camp stove
- Fuel (enough for all meals plus extra)
- Lighter and backup lighter
- Fire starter
- Pot and pan
- Camping kettle
- Utensils (spatula, spoon)
- Bowl, plate, mug
- Fork, spoon, knife

- Cooler with ice (if bringing perishables)
- Water bottles or reservoir
- Water filter or treatment
- Food (all meals planned out, including freeze dried food)
- Snacks (nuts, trail mix, jerky, chocolate)
- Coffee/tea and hot cocoa
- Bear canister or bear bag with rope
- Trash bags
- Biodegradable soap
- Sponge or scrubber

### Safety & First Aid

- First aid kit
- Blister prevention tape
- Antibiotic ointment
- Pain relievers (ibuprofen, etc.)
- Tweezers (for ticks and splinters)
- Whistle
- Emergency shelter or space blanket
- Sunscreen
- Bug spray
- Any personal medications

### Navigation & Tools

- Map of the area
- Compass
- Phone (and backup battery)
- Headlamp
- Extra batteries
- Knife or multi-tool
- Duct tape (wrapped around water bottle)
- Paracord or rope

### Personal Items

- Toothbrush and toothpaste
- Dry shampoo
- Hand sanitizer

- Toilet paper in ziplock bag
- Trowel (for digging catholes)
- Body wipes
- Lip balm with SPF
- Sunglasses
- Small towel
- Book, cards, or journal
- Camera

### Camp Comfort (Optional)

- Camp chair
- Lantern
- Tarp for shade or extra rain cover
- Hammock
- Camp table
- Portable toilet

### Dog Gear (If Applicable)

- Dog food (regular brand, not new)
- Collapsible water bowl
- Extra water for dog
- Leash
- Dog airbed or thermal blanket
- Waste bags
- Dog first aid (tweezers, booties)
- Vaccination records

## Your Additions