

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

- [illegible]