

Comprehensive Camping Gear Check List with Descriptions

This list was created for anyone new to tent camping. Not only does it list what you'll need to camp, it gives a brief explanation of what it is, why it's necessary to take along, and/or a helpful tip. While it's pretty comprehensive, you may discover things that you need to pack for your personal interests/needs or for specific activities you have planned for your camping trip, such as boating, swimming, or fishing. ~~After studying this list, you can print a copy of the Comprehensive Camping Check List without the descriptions, found in the same webpage article. It will be four pages long, not eleven.~~

How this list works:

Items are grouped in categories and then prioritized as 1, 2, or 3. Anything labeled a 1 is essential to your camping trip. If you can't take it, then don't go camping. Anything labeled a 2 is something that will make your camping life a little easier. Items labeled 3 are considered pure luxury, and you can do without. Also, items labeled as a 2 may actually replace an item labeled as a 1, and some items labeled as a 3 may actually replace an item labeled as a 1 or 2. Make sure to go over your list carefully, so you aren't packing duplicate items that serve the same purpose. Within this list, each item is highlighted in **bold**, followed by a brief narrative about the item.

Please note: This list does not include everything, and you should check your own needs to make sure you pack everything for your personal health and well being while camping.

Camping Gear

Priority 1 items

- **Tent and all of its parts - poles, rain fly, tie-downs** - Make sure you have all of the parts to your tent before you leave for your camping trip, so there are no surprises when you start to set up camp. Setting up your tent in your backyard before your trip will help you practice setting up camp, and show if anything is missing, torn, or broken.
- **Ground tarp** - Place it under your tent as a moisture barrier between your tent and the ground, and to protect your tent from damage by rocks or sticks. Make sure to tuck the tarp under your tent. The tarp should not stick out past the footprint of your tent. This helps to prevent rain water from running under your tent.
- **Tent stakes** - Take what you need for your tent and tarps. Also take more than you need as spares, because they will bend and break.
- **Standard claw hammer** - Used to hammer stakes into the ground, and to remove them at the end of your trip.
- **Multi-purpose tool / Leatherman** - This one tool can be many tools. You can get ones that have a range of 5 - 18 tools in one. They are very compact, and no campsite should be without one.
- **Small shovel** - This will be great for helping to manage your campfire.
- **Leather work gloves** - These can come in handy for handling firewood and such.
- **Water bucket** - If you plan to burn campfires, it's a good idea to have a bucket of water nearby for flare-ups, and to extinguish the fire when you are done. **NEVER** leave a campfire burning unattended.
- **Sleeping bag** - A one piece unit that serves as your bedding. Consider where you will be camping, and use one that is rated for the lowest temperature you will be camping in.
- **Pillow** - For a better night's sleep, it is best to use something to support your head. If you forget a pillow, you can stuff some clothing into your sleeping bag's stuff sac. It won't be like home, but it's better than nothing.

- **Sleeping pad** - You should use some type of sleeping pad under your sleeping bag. It serves as insulation between you and the ground, and gives you some comfort from the hard ground.
- **Lantern** - These come in all shapes and sizes, and can be fueled by gas, propane, or batteries, or can be rechargeable. Find the one that suits you best, and be sure to have all of the fuel for it that you will need for the duration of your trip.
- **Flashlights** - These come in all shapes and sizes, and can be fueled by batteries, or are rechargeable. Find the one that suits you best, and be sure to have enough batteries that you will need for the duration of your trip. You may want to make sure you have one flashlight per person in your party.
- **Extra batteries** - Make sure you bring enough extra batteries for all of your devices you will be using on your trip, i.e. flashlights, lanterns, cameras, cell phones.
- **Insect repellent** - Pack some type of repellent so insects don't become a pest and ruin your trip.
- **Canteen / reusable water bottle** - If you plan to hike during your trip, don't forget something to carry water to drink. No matter what the weather or temperature, you need to stay hydrated.
- **Maps (road & trail) / directions / guidebooks** - Regardless of where you are going, be prepared with the information you need to get there, and then to enjoy it.
- **Rope / clothesline** - Bring plenty of this, as it can be used as guy wires for tents, clothes lines, or to tie down tarps. It's very versatile, and no campsite should be without it.
- **Duct tape** - This can be used to fix everything in some form or fashion. No toolbox should be without it.

Priority 2 items

- **Larger tarp** - Use to make various shelters as needed to protect your camp from sun or rain.
- **Dust pan and whisk broom** - Use to sweep up dirt that accumulates inside the tent, and for a final cleaning before you break camp and pack up the tent.
- **Mat / throw rug** - This one item goes a long way to help keep the interior of your tent clean. Use it to wipe your feet prior to entering your tent. You may also want to consider removing your shoes before going into your tent to prevent tracking dirt inside.
- **Bow saw** - Needed to cut firewood or kindling in campgrounds that allow it. **NEVER** cut a live tree or any other plant life at a campground. Be sure of each campgrounds rules regarding firewood before cutting anything.
- **Fire extinguisher** - If you plan on burning campfires, you can use one of these in lieu of a bucket of water. Either way, you must have something on site to extinguish fires.
- **Wrench set** – Use to repair or adjust camping equipment. If you only have one piece of equipment with nuts and bolts, at the very least take the necessary size for that piece of camping equipment.
- **Sheets and blankets** - If you don't choose a sleeping bag for your bedding, you can use sheets and blankets instead. This works best for warm weather camping.
- **Air mattress** - This is a level of comfort above a sleeping pad. Air mattresses come in all sizes. Some are self-inflating, and pack small, while others require an air pump and are bulkier to store. Pool float types aren't good for winter camping/insulation.
- **Air pump** - If you decide on an air mattress, you may want to invest in an air pump to blow it up.
- **Air mattress repair kit** - If you choose an air mattress, then a repair kit is a must. You do not want to get caught without one when you need one.
- **Bungi cords / straps** - These can be used for so many things, and every campsite should have a few on hand.
- **Citronella candles** - These are great for lighting your picnic table area and for keeping the insects away.
- **Camp chairs** - These are not completely necessary, but they are great to have with you. The alternative is to sit on a log, stump, or picnic table bench.
- **Leaf rake** - Before you pitch your tent, you'll want to make sure there are no sticks or rocks in the footprint where your tent will stand. This item makes that task a cinch and does a thorough job.

Priority 3 items

- ❑ **Screen room / canopy** - Unlike tarps, these have their own support structure and set up and pack away with little effort.
- ❑ **Cot** - This is a level of comfort above an air mattress. While it will elevate you off the ground, it is bulkier to store.
- ❑ **Blankets or old comforter** - Beyond the basic bedding you pack, you may want to take an extra blanket or comforter. They can be used for extra warmth at night, for a picnic, or to lay on the ground for stargazing.
- ❑ **Broom** - Use to keep the inside of your tent clean.
- ❑ **Lantern pole / hanger** - You can easily set your lantern on top of your picnic table. But if you want to illuminate more of your campsite, this will do the job.
- ❑ **Silicone spray** - This is used as a water repellent. You can bring it along if you like, but you should have already treated your tent and/or rain gear at home before your trip.

Kitchen Gear

Priority 1 items

- ❑ **Cooler / ice** - It is important to keep foods at their proper temperature to prevent spoilage and sickness.
- ❑ **Cooking grate** - This one item will allow you to heat water or cook over a wood fire. Many campgrounds have them on their campsites. You can call ahead to where you will be camping to confirm if they have one, so you know if you need to bring one with you.
- ❑ **Lighter / waterproof matches** - These are important for lighting your cook stove, campfire, and/or propane lanterns. Take enough for your whole trip.
- ❑ **Firewood / charcoal** - These are the most basic fuels you can use for cooking or keeping warm.
- ❑ **Fire starters / newspaper / kindling** - To start wood fires, you'll need dry newspaper and kindling. You may want to bring some with you in case it rains during your camping trip, or if your camping location has been thoroughly picked through and doesn't have anything to work with.
- ❑ **Paper plates / bowls / cups or washable plates / bowls / cups** - You will need something to eat your meals on. Paper products are very convenient, but are wasteful and generate trash. Washable products simply need to be cleaned, and can be reused, making them a better choice for the environment.
- ❑ **Plastic ware / silverware (spoons, knives, forks)** - You will need to use something to eat your meals. Plastic ware products are very convenient, but are wasteful and generate trash. Washable silverware simply needs to be cleaned, and can be reused, making them a better choice for the environment.
- ❑ **Heavy duty aluminum foil** - This comes in handy for covering cooking grates, making aluminum foil dinners, and for storing leftovers.
- ❑ **Paper towels** - These can be used for cooking, and cleaning up your camp meals. Squeeze flat for compact storage.
- ❑ **Trash bags** - Bring plenty to bag any and all of the trash you generate. If you generate small amounts of trash, you can use plastic grocery bags. Make yourself familiar with each campground's trash policies. Some will collect it from your site, while others require you to take it to a central dumpster.
- ❑ **Biodegradable dish soap** - Needed to clean all of your dinnerware and cookware.
- ❑ **Pot holders** - No matter which method of camp cooking you use, these are invaluable. Pots and pans heated on a campfire or propane/gas stove tend to get hotter than they would cooking at home on a range.
- ❑ **Skewers / grill forks** - These are great for basic camp cooking to include hot dogs over the campfire.
- ❑ **Can opener / bottle opener** - This is really dependent on what types of foods you bring along to cook/eat, but you really don't want to be without them if you need them.
- ❑ **Insulated paper cups / mugs** - Use for your hot beverages. Washable mugs are better for the environment.
- ❑ **Dish pans / wash tubs** - Use to wash and rinse your pots, pans, and dishes.

- **Dish clothes & dish towels** - Use to wash and dry your pots, pans, and dishes.
- **Steak / paring knives** - Regardless of your meal plans, it doesn't hurt to have sharp eating knives on the trip.
- **Large water jug** - You may not have a water spigot on your campsite. Filling a water jug and setting on your picnic table will make it convenient for you to have access to water on your campsite during your trip.
- **Stove top coffee pot** - If you're a coffee drinker, you may want to brew your own each morning. If not, you can simply use instant coffee or tea bags. Either way, this pot is useful for heating water.

Priority 2 items

- **Stock pot with lid** - This pot is perfect for heating water, and cooking large items such as corn on the cob or popping popcorn.
- **Frying pan with lid** - This is a basic for camp cooking. Many meals can be prepared in a frying pan.
- **Metal spatula** - A basic for cooking with the frying pan.
- **Trivet** - If you're cooking something extremely hot, you will want to protect your tablecloth and picnic table when serving.
- **Thermos** - This can help to keep coffee or soups warm for longer periods of time without using up your propane, gas, or firewood.
- **Propane or liquid gas stove** - To cook food or heat water, you will need some type of heat source. If you don't choose firewood, then this will be the most efficient and convenient method.
- **Propane canisters (full) / liquid fuel** - If you choose a propane or liquid gas stove, then you will need to bring the fuel for it. Make sure you have enough for all of the cooking you will be doing for the duration of your trip.
- **Dutch oven** - This cast iron cooking pot is versatile, and can be used to cook and bake many meals like breakfast, lunch, dinner, and dessert.
- **Tablecloth / clips** - A flannel backed vinyl tablecloth will instantly transform an outdoor picnic table from dirty to clean. And they are easy to keep that way as you simply wipe clean at the end of each meal. The clips will help keep the tablecloth on the table in the wind.
- **Measuring cups** - If you plan to do more than basic meals, you will need these to measure ingredients for recipes. To eliminate bringing these, you can pre-measure ingredients and bring them in reusable containers.
- **Measuring spoons** - If you plan to do more than basic meals, you will need these to measure ingredients for recipes. To eliminate bringing these, you can pre-measure ingredients and bring them in reusable containers.
- **Cooking oil / Pam spray** - If you plan on cooking more than basic camp meals, these will be a staple for meal preparation.
- **Plastic food storage bags or containers** - Use for storing food, snacks, and to save leftovers. Ziploc style bags work well.
- **Small and/or medium sauce pan** - Use for cooking side dishes.
- **Cooking utensils** - Bring a variety of utensils for various cooking needs: ladle, long handled spoons, serving spoons, straining spoon
- **Pie irons** - These can make quick and simple camp meals.
- **Mixing bowls** - If you plan to cook more than basic camp cooking, these will come in very handy.
- **Cutting board** - For meals that require chopping and cutting ingredients, this is a must.
- **Napkins** - Use during snack and meal times. If you want to be environmentally responsible, use a handkerchief/bandana that can be hand washed at night to be used again the next day.
- **Steel wool pad / Brillo** - Use to scrub really dirty pots and pans.
- **Griddle** - Use to make pancakes or to fry bacon.
- **Chip clips** - Use to keep opened bags of food fresh.
- **Plastic wrap** - Use to store food or leftovers.
- **Wax paper** - Use for food prep or for leftovers.
- **Collapsible water carrier** - As long as you have something to hold water on your campsite, you don't necessarily need this. It is very convenient as it packs very flat and stores well.
- **Tongs** - For grilling, frying, or cooking corn on the cob, these are a good thing to have on hand.

Priority 3 items

- ❑ **Small propane or charcoal grill** - For grilling, you may choose a small propane or charcoal grill. Remember to bring fuel for your grill.
- ❑ **Charcoal chimney** - This device makes it easier to light charcoal for cooking on a grill, or Dutch oven.
- ❑ **Folding table** - Most campsites are equipped with picnic tables. Whether they do or don't have them, you may want to bring along a folding table for an extra working surface, or to serve as your main table.
- ❑ **Potato peeler** - Bring along if you need to peel fruits, vegetables, or potatoes.
- ❑ **Cheese grater** - Bring along if you need to shred cheese for a recipe.
- ❑ **Colander** - This will be needed only if your planned meals call for it.
- ❑ **Corn cob holders** - These can be nice for eating corn on the cob, but you can always use your fingers.
- ❑ **Drinking straws** - These may be helpful for kids' drinks, but they produce trash and are not an environmentally friendly option.
- ❑ **Vegetable brush** - Use for cleaning off vegetables. To eliminate the need for this, pre-clean fruits and vegetables at home first.
- ❑ **Whisk** - Use to scramble eggs or for mixing batters. This can be eliminated by simply using a fork.
- ❑ **Twist ties** - Use on plastic bags that are not self sealing.
- ❑ **Smoker** - For more advanced camp cooking, you may choose to smoke meats for a meal.

Food

A big part of any camping trip is the food. You need it for energy, you need it to keep warm, and you need it because nothing tastes better than camp cooking!

To make your trip more of a pleasure and less work, plan all of your meals ahead of time. Once you've done that, break the list down as to what ingredients you need. Then, only pack those ingredients. You can either pack your ingredients in reusable containers, and cook at your campsite . . . Or, you can precook everything at home and simply reheat it at your campsite. Whichever method you choose, remember that any meats or dairy products will need to be kept at the proper temperature to prevent spoilage and sickness. If you use nonperishable foods, you won't need to worry about refrigeration.

Tip: Precook and premeasure any meats that will be needed in recipes, vacuum pack them, and then freeze them. Keep them frozen until you cook them in a recipe. Until then, they can help to keep other things cold in your cooler, along with the ice.

Following is a list of foods that are very basic, and that can be used for the simplest of menus.

Priority 1 items

- ❑ **Salt & pepper / seasonings** - Consider your menus, and bring the seasonings that will best suit your meals. At the very least, bring the salt and pepper.
- ❑ **Sugar / sweetener (Equal or Splenda)** - Consider how much you need for recipes, and have some for your hot coffee or tea.
- ❑ **Non-dairy creamer** - Bring along for your hot coffee or tea. Powdered works best as it doesn't require refrigeration.
- ❑ **Condiments: ketchup, mustard, BBQ sauce, steak sauce** - Consider your menus, and bring the condiments that will best suit your meals.

- **Cereal** - Breakfast doesn't get any easier than this.
- **Hot dogs** - These are already precooked, but still need to be stored at the proper temperature until used. They can be cooked over a campfire using a stick. It doesn't get much easier than that.
- **Bread** - Use to make sandwiches for a quick and easy lunch.
- **Fresh fruit** - Bring fruits that don't ripen too fast, or require refrigeration.
- **Drinking water** - Confirm that where you are camping has potable water for your use. If they do, you can bring your own water bottles and fill them on site. If they don't, then bring enough bottled water per person / per day.
- **Milk** - It's good for you and a must if you choose to do cereal for breakfast.
- **Coffee / tea bags / hot chocolate** - Hot beverage options for breakfast or around the campfire at night.
- **Granola bars / snack bars / dried fruit** - These are great for snacking, and don't require special storage.
- **Marshmallows, graham crackers, Hershey bars (S'mores)** - No camping trip is complete without S'mores. Don't forget all of the ingredients to make this campfire treat.
- **Peanut butter** - This non-perishable item can be used for all of your meals and snacking too.
- **Jelly** - Goes great with peanut butter for sandwiches.

Priority 2 items

- **Pancake mix / Bisquick** - This mix is very versatile and can be used in many recipes.
- **Pancake syrup** - If you plan on having pancakes, this is a must.
- **Meats: beef, chicken, pork, fish** - Bring only the meats you intend to use. It is important to store them at the proper temperature to prevent spoilage and sickness. To more easily prepare recipes that include meat, consider precooking and cutting meats at home. Then vacuum pack them in premeasured amounts and freeze prior to your trip.
- **Spaghetti / pasta / elbow macaroni** - Even if spaghetti isn't in your meal plan, any of these pastas can come in very handy to create one dish meals using odds and ends, or leftover ingredients from other meals.
- **Spaghetti sauce** - If you choose to make spaghetti for one of your meals, bringing readymade sauce will make meal prep much easier.
- **Rice** - This can come in very handy to create a one dish meal using other leftover ingredients, or as a side dish.
- **Stove top stuffing** - This can be used as is, or to create a one dish meal.
- **Crackers and cookies** - Prepackaged snacks keep you energized for camping and hiking.
- **Butter / margarine** - Used in cooking, or to make a sandwich.
- **Bagels** - These can be great for breakfast. They can be toasted on a cooking grate over a small fire.
- **Cold cuts & cheese** - Use to make sandwiches for a quick and easy lunch.
- **Eggs** - Bring only if a specific recipe or meal calls for it. Remember to store at the proper temperature to prevent spoilage or sickness.
- **Bacon** - Bring only if a specific recipe or meal calls for it. Remember to store at the proper temperature to prevent spoilage or sickness.
- **Sausage** - Bring only if a specific recipe or meal calls for it. Remember to store at the proper temperature to prevent spoilage or sickness.
- **Canned fruits and vegetables** - Bring only if a specific recipe or meal calls for it. Canned goods are best as they won't spoil before opened. Also, they can be used as an emergency meal that can be eaten cold if your fire/heat source doesn't work.
- **Soda / juice / powdered drink mix** - Bring as an optional beverage other than water. Mixing your own drinks is more economical, and requires less storage space.
- **Chips / pretzels** - A quick and easy snack or side dish for a meal.
- **Muffins** - You could make these at home to bring along. They're great for breakfast and snacking.
- **Popping corn** - Pop corn can be a little difficult to make while camping, but it's a great camping treat. Don't forget the vegetable oil.

Clothing & Personal Care

Priority 1 items

- **Shoes / boots** - Bring at least two pairs of footwear that are best suited for where you will be camping. Spare footwear is a must in case your main pair gets wet.
- **Jeans / long pants** - These are a good idea for cold nights at your campsite, or hiking in areas where there is tall vegetation, as they serve as good protection from ticks.
- **Shorts** - These are a good idea for camping in warm to hot weather.
- **T-shirts** - These are very versatile, and can be used for anything from hiking to sleep clothes.
- **Socks** - Bring plenty of socks. For good health, always keep your feet dry.
- **Hat** - Hats serve many purposes, protecting you from sun and rain.
- **Bandana** - This is the most important item you will ever pack. This one item can be used as a napkin, a sweatband, a bandage, a trail marker, and so much more. Don't forget it.
- **Sweater / sweatshirt / light jacket** - It's important to dress in layers for better comfort in changing temperatures. Each of these garments adds a light layer of warmth for just that purpose.
- **Underwear** - Bring enough for the whole trip unless you have the option to do laundry.
- **Bra** - You may want to pack an extra one, as they could get wet and dirty while camping.
- **Sleep clothes** - Bring something to sleep in. Optionally, you can sleep in your clothes, or even just a T-shirt. In colder weather, completely change your clothes before bed to prevent getting chilled from perspiration in the clothes you've been wearing all day, even if they seem dry.
- **Rain gear** - If you camp long enough sooner or later, it will rain on your camping trip. The best way to handle that is to be prepared. A traditional rain coat is best, but you can always wear a plastic rain poncho in a pinch.
- **Shower shoes / flip flops** - No matter how clean a bathhouse/shower is, you should always wear shower shoes in a public shower. It's the healthy thing to do.
- **Towels and washcloths** - Depending on the length of your trip, you can pack smaller by only taking one towel per person and one washcloth per day per person. Simply reuse the towel each day, and hang it up to dry between use.
- **Soap** - Bring a bar of soap in a plastic soap case. *, **
- **Shampoo and conditioner** - Pack these in small travel size containers. *, **
- **Tooth brushes in tooth brush holders / tooth paste** - Don't forget oral hygiene when camping. *
- **Dental floss** - Don't forget to floss. *
- **Mouth wash** - Camping is no excuse to skip your oral hygiene.
- **Deodorant** - Bring what works best for you. *, **
- **Comb / brush** - Bring what works best for you. *
- **Razor** - Men and women may want to bring one of these for their personal needs. *
- **Shaving cream** - Consider carrying a travel size, as you won't need much for a short trip. Or, just go "Grizzly Adams."
- **Feminine products** - Bring what you think you will need. This is one of those things that you don't want to be without when you really need it.
- **Toilet paper** - Regardless of how well a bathhouse is maintained, if a campground is busy, they may run out of toilet paper before the next servicing. So you're not left without, bring along some from home just in case. *
- **Personal medications** - Don't forget to take medications for anyone camping with you. You may even want to take extra, in case some is lost, or ruined by the weather.
- **Sunscreen / sunblock** - If you plan on camping in an area that will have a lot of sun exposure, make sure you have this for everyone in your party.
- **Sunglasses** - You should always protect your eyes for the sun, just like your skin.

Priority 2 items

- **Shirts: short sleeve and long sleeve** - A variety of shirts is a good idea. You can dress in layers for chilly days, or wear long sleeve shirts to protect you from ticks and the sun.
- **Heavy coat** - Consider the weather where you will be camping, and take this if you're expecting colder weather. It is better to have it, than to *wish* you had it.
- **Hooded sweatshirt** - If you don't bring a light jacket, this is a good alternative. It's especially nice because it has a built in hat.
- **Laundry bag** - This is good method to collect dirty clothes throughout your camping trip. Or, each person could turn their dirty clothes inside out, fold them, and place them back in their luggage.
- **Lip balm** - This is good for both hot and cold weather exposure to protect your lips.
- **Hand / body lotion** - Sometimes exposure to the great outdoors can dry your skin. This can help to relieve dry skin. **
- **Hair pins** - These are great for keeping your locks under control while camping. You may even discover some impromptu/emergency use for them.
- **Swimwear** - This is dependent on whether there is some place to go swimming where you are camping. Not all campgrounds have a water feature, and not all water features (i.e. lakes) allow swimming. You may want to ask about this before you pack.
- **One "nice" outfit** - No matter where you decide to camp, you may choose to drive to a local restaurant for a dinner out.
- **Hair spray** - Camping is the perfect time to "let your hair down." But if you really feel the need to keep your locks under control, bring this along. **
- **Blow dryer** - Consider letting your hair air dry. If that's not an option, then don't forget to bring this with you. Unlike hotels, campgrounds don't provide them.

* These items can be packed into a toiletry bag, so everything is in one place and ready to go to the bathhouse at a moment's notice.

** These items can be fragrant, and some fragrances attract insects. Be mindful of that when choosing what to pack for camping.

First Aid / Emergency Kit

Consider the following information when creating and updating your first aid kit.

- Take a First Aid class and a CPR class -- keep current on this information
- Keep supplies in a well marked, durable, waterproof container
- Keep the contents organized
- Know how to use everything in your first aid kit
- Inspect content often, re-supply as needed, paying close attention to expiration dates
- Keep readily available at all times

Priority 1 items

- **Antiseptic wipes** - All wounds regardless of size should be cleaned with some type of antiseptic.
- **Latex gloves** - Use for any first aid treatment to prevent the spread of blood borne pathogens.
- **Tweezers** - This is an essential for any first aid kit, for removing splinters and other small objects.
- **Personal information / contact person** - You should carry information on everyone in your party should the worst happen and they need medical attention.

- **Band-Aids** - Pack lots of assorted sizes of band-aids, as they are the very basic first aid item for minor injuries.
- **Aspirin / ibuprofen** - A basic pain reliever or fever reducer would be a good staple to keep on hand. If you have children in your party, make sure you have varieties for their age.
- **Coins for emergency phone calls** - You will most likely have a cell phone with you on your trip, but wireless service is not available everywhere. Pack some change so you can make a call from a pay phone if necessary.
- **Antibiotic ointment** - This can be used as an antibiotic treatment to ward off infection and promote healing.
- **Whistle** - These are used to "call" for help if you or a child become lost or injured in a remote area. Whistling is preferred over yelling. You will lose your voice yelling, but can easily continue whistling until help arrives.

Priority 2 items

- **Sterile gauze pads** - For a variety of first aid needs that require more than a Band-Aid.
- **Bandage tape** - Use with the sterile gauze pads for large cuts and scrapes.
- **Cotton swabs** - For a variety of first aid needs, especially small delicate cuts and scrapes.
- **Rubbing alcohol** - This can be used for a more substantial antiseptic cleaning, beyond using wipes.
- **Calamine lotion** - This is a good first aid treatment for rashes, like ones caused by poison ivy.
- **Safety pins** - These can come in handy for many things for first aid and beyond.
- **Scissors** - Needed for cutting gauze and bandages to fit.
- **Bee sting kit** - These specialty kits bring instant relief to bee stings. If anyone camping with you is allergic, remember to bring their EpiPen pen.
- **Pocket size facial tissues pack** - To build a larger first aid kit, you can add these as they can have many applications.
- **Ipecac** - Use to induce vomiting in the event something poisonous is swallowed. Check with a medical professional before doing so, as sometimes vomiting can cause more harm to the victim.
- **Triangular bandages** - These can provide a variety of first aid uses.
- **Hydrogen peroxide** - This is great for cleaning out wounds
- **Ace bandages** - In the event of pulled muscles or sprains, these can come in very handy.
- **Burn ointment** - This can help relieve the pain from burns, possibly caused by campfires.
- **Antibacterial soap** - You may want to wash your hands thoroughly before working on anyone's wounds.
- **Butterfly bandages** - To bandage small cuts, you can use these.
- **First aid manual** - If you're building more than a basic first aid kit, then you'll want to include one of these. It will give direction on types of wounds, types of care, and life saving techniques such as CPR.
- **Nail clippers** - Some injuries will involve the hands and feet. This may be just the tool needed to fix broken or split nails.

Priority 3 items

- **Solarcaine spray / sunburn lotion** - If you're camping in an area where sun exposure will be high, this would be good to have for sunburn relief.
- **Imodium AD** - Take along just in case. It is better to have it than to wish you did when you really need it.
- **Tongue depressor** - This could actually have a variety of first aid applications.
- **Note pad / pen** - These can be used to journal someone's injury, or to relay information to a medical team if conditions warrant.
- **Splinting materials** - For a more elaborate first aid kit you can be prepared for anything if you carry this.
- **Razor blades** - These can come in handy for fine cutting or shaving.
- **Plastic bags** - These can be used to store new first aid supplies, or to dispose of used first aid supplies.
- **Small mirror** - If you're building an emergency survival first aid kit, this is a must.
- **Anti-acids** - These are good to have for people who are prone to heartburn, but can also come in handy for someone that gets an upset stomach.

- ❑ **Snake bite kit** - This would only be necessary if you plan on camping someplace very remote. You may want to check on the emergency response for the area you plan to camp.
- ❑ **Eye drops / eye wash** - These can be good for washing out foreign debris from someone's eye.
- ❑ **Hot / cold packs** - These can be useful if someone sprains/pulls a muscle, has swelling, or a bump on the head.
- ❑ **Oral thermometer** - Fever can be a symptom of serious injury or illness. You may want to take this along to monitor someone's condition.
- ❑ **Twine** - To build on a larger first aid kit, you can add this as it can have many applications.
- ❑ **Mole skin** - This product is used to lessen the pain of blisters.
- ❑ **Road flares** - If you're building an emergency survival and first aid kit, these are a must.
- ❑ **Small flashlight** - This is a must if natural lighting is not adequate for administering first aid. You may not need to pack an extra one, as long as you have one with your regular camping gear.

Miscellaneous items

Priority 1 items

- ❑ **Deck of playing cards** - One deck of cards can provide hours of entertainment for your whole camping party, or for a solitary person. This packs small and can be played anywhere, especially in your tent when it's raining.
- ❑ **Pen & paper** - The possibilities are endless, as this can be used for both emergencies or for entertainment.
- ❑ **Small sewing kit** - This could come in handy for mending clothes as well as some pieces of camping equipment or for first aid.
- ❑ **Watch** - When you're camping, you should be relaxed, and not too worried about time. But if your party splits up for hiking or some other activity, these will be essential to know that everyone is where they are supposed to be and when.

Priority 2 items

- ❑ **Pocket knife** - These can come in very handy for a variety of things on a camping trip.
- ❑ **Camera / battery / film / memory card** - Capture the memories of your camping adventure on film, or digital.
- ❑ **Daypack / fanny pack** - For small excursions on the trail or for sightseeing, don't forget something to carry the day's worth of supplies (water, snacks, first aid, and guidebooks).
- ❑ **Liquid detergent / fabric softener** - If you're planning a trip longer than just for the weekend, you may want to bring this along in case you need to do laundry. Call ahead to see if your campground has laundry facilities.
- ❑ **Binoculars** - If you plan to do some birding, or stargazing, these will come in very handy.
- ❑ **Compass / GPS** - Bring this along if you'd like to do some orienteering while on your trip, or for Geocaching.
- ❑ **Water filters / water purification treatment** - If you plan to camp in a remote area that doesn't provide potable water, you will want to pack and use these. Call ahead to where you plan to camp and ask about potable water.
- ❑ **Fishing gear** - If you plan on camping somewhere that fishing is allowed, bring everything you will need. Be aware of the local Hunting & Fishing Regulations, and obtain the proper licenses/permits.
- ❑ **Radio** - You may choose to bring this along to listen for weather alerts, or to hear the news. If it doesn't run on batteries, make sure you get a campsite with electricity.
- ❑ **Collapsible drying rack** - If you don't use clothesline, you may want to consider one of these to dry towels, clothing, or swimsuits on.
- ❑ **Travel alarm clock** - If you have any place special you need to be during your trip, you may want to have this to make sure you get there on time.

Priority 3 items

- **Musical instruments / song books** - For entertainment at your campsite, you might consider making a little music.
- **Hammock** - This is a camping luxury. If you plan to use one, make sure you have trees or posts substantial enough to support it.
- **Umbrella** - If you don't bring any other rain gear, you may want to at least have this, so you can still function in the rain.
- **Books / magazines** - Enjoy the quiet time while camping to read a book, or catch up with your favorite magazine.
- **Animal, Bird & Plant ID books** - If you plan on hiking during your trip, you may want to carry these along so that you can identify the plants and animals you encounter.

Happy Camping!

