

Wild Camping Checklist



Sleeping

- Tent/bivvy bag/hammock
- Tent footprint
- Sleeping mat
- Sleeping bag

Toiletries

- Toothbrush
- Toothpaste
- Toilet paper
- Trowel
- Hand sanitizer

Personal items

- ID
- Phone
- Glasses / contact lense
- Car keys
- Card + cash

Cooking/food/water

- Expedition mels
- Snack bars
- Nuts/dried fruit
- Coffee/tea/hot chocolate
- Water bottle
- Water filter
- Bag for garbage
- Cooking stove + gas canister + lighter
- Utensils + pot + mug

Protection

- First aid kit
- Midge repellent
- Tick removal
- Sunscreen
- Lip balm
- Sun glasses
- Knife
- GPS Satellite communicator

Clothes

- Down jacket
- Rain jacket
- Rain trousers
- Hat/beanie
- Gloves
- Hiking trousers/leggings/shorts
- Fleece
- T-shirt
- Clothes to sleep in
- Bathing suit
- Underwear
- Socks
- Hiking boots
- Camp shoes (eg. flip flops)

Other equipment

- Hiking poles
- Dry bags
- Microfibre towel
- Headtorch
- Sitting mat
- Map and compass
- Portable power bank
- Rain cover for backpack

Luxury items

- Binoculars
- Camping chair
- Book
- Camp pillow