

Wilderness **CAMPING** **CHECKLIST**

Essentials

- Map (waterproofed)
- Compass and/or GPS
- First aid kit
- Medication
- Matches (waterproofed & lighter)
- Water bottle(s)
- Knife
- Extra Rope
- Flashlight/headlamp
- Whistle
- Money
- Pen and Paper
- Camping/Fishing Permits
- Trip plan (left with friend or family)
- Photo ID

Tenting

- Tent, poles, fly, stakes
- Tarp with rope and pegs
- Floor Saver or Groundsheet
- Rope/guy lines
- Tent Repair Tape/Kit
- Packs
- Sleeping bag
- Sleeping pad
- Dry bags
- Stuff Sacs

Personals

- Sun screen
- Sun glasses (w strap)
- Toilet paper
- Trowel
- Toothbrush
- Toothpaste
- Bug Repellent
- Bug Net
- Spare prescription glasses
- Brush/comb
- Moisture cream
- Lip Balm (with SPF)
- Camp towel
- Foot powder

- Blister protection
- Sewing kit
- Scissors
- Watch

Canoeing/Kayaking

- 50" Floating rope (1 per boat)
- PFD's (1 per person)
- Bailer or pump
- Whistle (1 per person)
- Signalling device (1 per boat)
- Paddles (1 per person + 1 extra)
- Canoe/kayak repair kit
- Kayak Spray Skirt
- Cockpit cover

Kitchen

- Stove
- Fuel
- Funnel
- Saw/axe
- Matches/lighter
- Water purification system
- Collapsible sink or water holder
- Cook kit (pots)
- Frying pan
- Pot holder
- Wooden spoon
- Spatula
- Cups
- Plates/bowls
- Cutlery
- Cutting board
- Cutting knife
- Aluminum foil
- Sealed containers
- Ziploc bags
- Biodegradable soap
- Dish cloth/scrubber
- Dish towel (optional)
- Salt, pepper/Spices etc
- Food and Menu
- Emergency food
- Extra plastic bag Clothing

Clothing should be light weight, quick-drying and compact. Nylon, synthetics or wool works well because they wick moisture and keep you dry.

Avoid cotton!

This list is based on a summer trip of about 5 days. The suggested quantities for each item may vary, especially if the trip is longer or occurring during cold weather conditions.

- Supportive Boots (broken in) 1
- Old Running shoes (for campsite) 1
- Socks (wool or polypro) 3
- Underwear 4
- Bathing Suit 1
- Wicking base layer - top and bottom
- Shorts 2
- Pants 2
- T-shirts or short sleeved shirt 3
- Long sleeved shirt 1
- Sweater/fleece 1
- Wind jacket 1
- Waterproof Rain jacket 1
- Waterproof Rain pants 1
- Sun Hat 2 (one back-up)
- Warm Hat
- Bandana

Other/Optional

- Camera
- Binoculars
- Field books
- Novel
- Journal
- Musical instrument
- Art supplies
- Deck of cards
- Games
- Hiking poles