



# What to pack for a camping trip

## GEAR

- Tent with stakes (bring extra stakes!)
- Back pack or duffel bag
- Sleeping bag
- Headlamp or Flashlight
- Camp chairs
- Tarp
- Matches/Lighter/Fire Starter
- Hammock
- Bug spray and/or insect repellent candle
- Duct tape
- Firewood
- Pillow
- Refillable water bottle
- Notepad & pen / book / games
- Pocket Knife
- Portable speaker
- Portable phone charger
- Fishing gear
- Plastic bags
- Hammock

## FIRST AID KIT

- Peroxide
- Tweezers
- Disinfectant Wipes/Hand Sanitizer
- Pain Reliever/Tylenol
- Antibiotic ointment
- Oral pain gel
- Adhesive bandages
- Gauze roll
- Gauze pads
- Thermometer
- Benadryl
- Pepto-Bismol
- Whistle

## COOKING

- Folding table & chairs
- Paper towels
- Water bucket for washing
- Cooler
- Camping stove
- Plates/bowls/cutlery
- Foil/cling wrap
- Trash bags
- Dish soap/sponge/wash rags
- Spatula/knife/spoon/tongs
- Can opener
- Bottle opener
- Cups/mugs
- Mixing bowl
- Cutting board
- Ziploc bags
- Water bottles
- Cooking oil
- Pots & pans
- S'mores supplies

## TOILETRIES

- Roll of toilet paper
- Sunscreen
- Lip balm with SPF
- Prescription medicine
- Toothbrush
- Toothpaste
- Floss
- Mouthwash
- Soap
- Washcloth
- Deodorant
- Shampoo & conditioner
- Moisturizer
- Razor/Scissors
- Feminine hygiene
- Nail clippers
- Nail file
- Vitamins
- Cotton balls
- Cotton swabs
- Tissues
- Hair brush
- Mirror
- Face cleanser

## CLOTHES

- Hat
- Sunglasses
- Shower shoes
- Hiking/walking shoes
- Pants/shorts
- T-shirts
- Socks
- Swimsuit
- Underwear
- Rain Jacket
- Gloves
- Pajamas
- Jacket





# *S'mores & Campfire Safety*

- Set up supplies on a table away from campfire
- Set up campfire far away from trees and other objects that are flammable
- Know where a First Aid kit is at all times
- Make sure campfire has died down some before you begin roasting marshmallows
- Use a long roasting stick and stand far back from fire
- Hold marshmallow over the fire, but not in the fire. If it catches fire, carefully blow it out but do not waive it around to extinguish fire
- When marshmallow is done, carefully walk back to ingredients table
- Give marshmallow time to cool off before assembling s'more and consuming