

CAMPING AND HIKING PRINTABLE CHECKLIST - PAGE 1

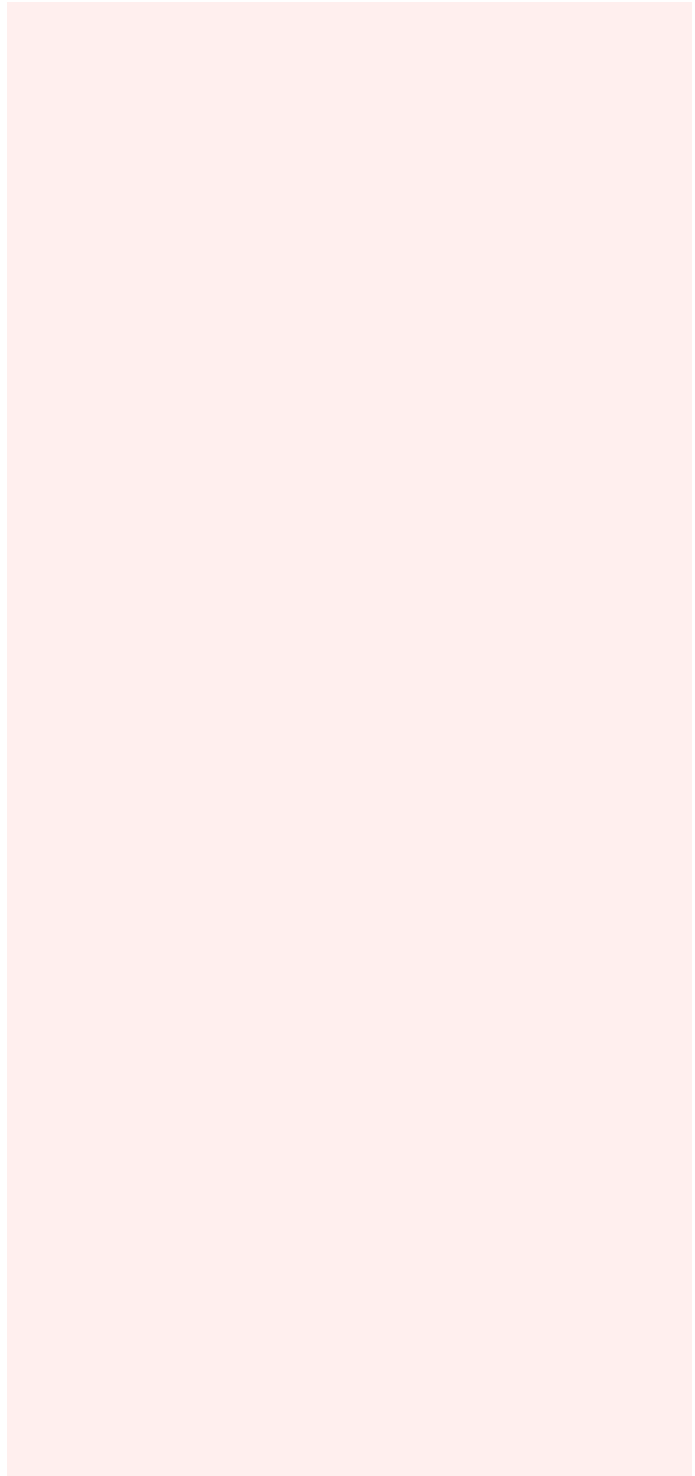
Campsite Gear

- Camping tent
- A rainfly or tarp (optional)
- Spare tent
- Footprint or
- beach waterproof blanket
- Sleeping bag
- Sleeping pad
- Sleeping bag liner (optional)
- Travel pillow (optional)
- Flashlight
- Head-torch

First-Aid Kit

- A plastic bag or pouch
- Adhesive bandage/ Band-Aids
- Butterfly bandages
- Antiseptic wipes
- Moleskin (for blister prevention)
- Gauze roll
- A pair of small scissors
- Tweezers

NOTES



CAMPING AND HIKING PRINTABLE CHECKLIST - PAGE 2

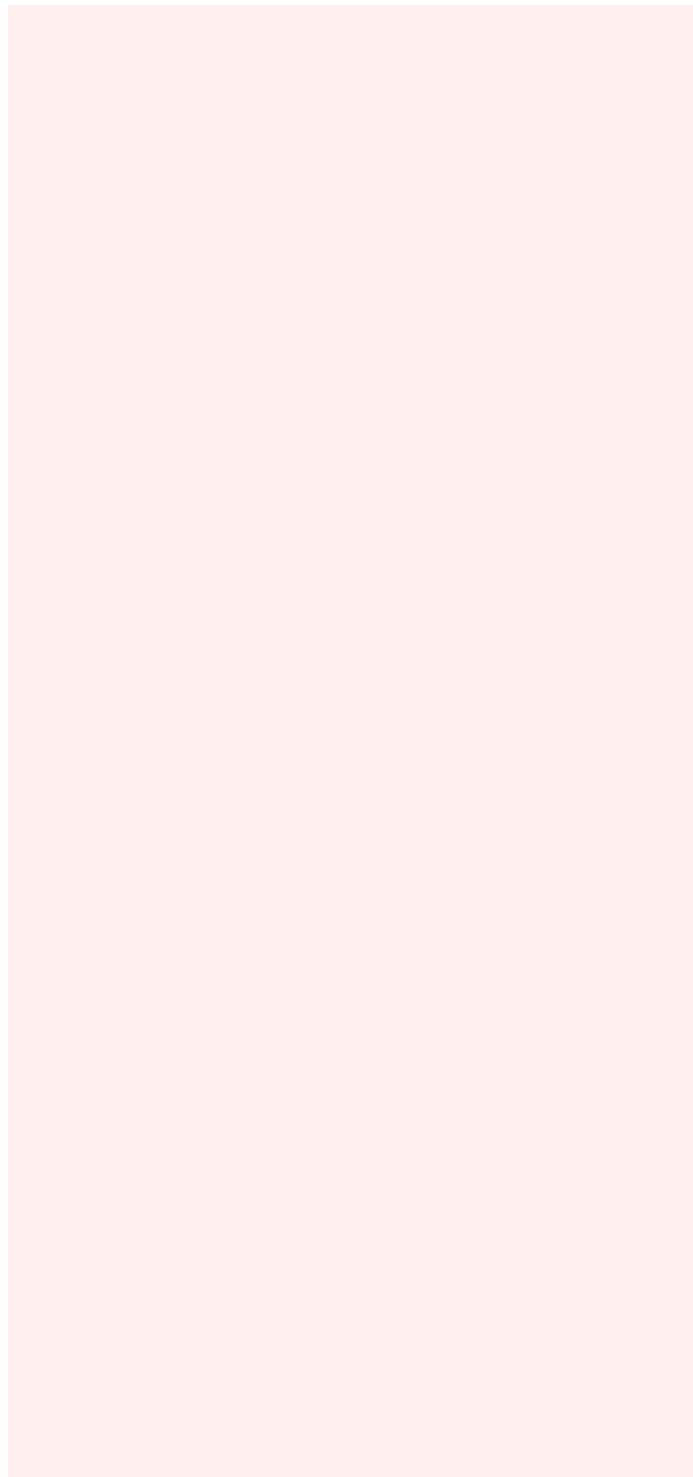
First-Aid Kit

NOTES

- Anti-bacterial creams/ointments
- Anti-inflammatory medicine
- Antihistamine for allergy relief
- Your regular medicines
- Rash cream
- Insect repellants
- Eye drops
- Hand sanitizer
- Alcohol wipes
- Safety pins
- Pocketknife
- An aloe gel or similar (for burns)
- Bee sting kit
- Emergency survival blanket

Cooking Gear

- Foldable camping stove
- Matching Cooking
- Reusable water bottle
- Water filter
- Lighters

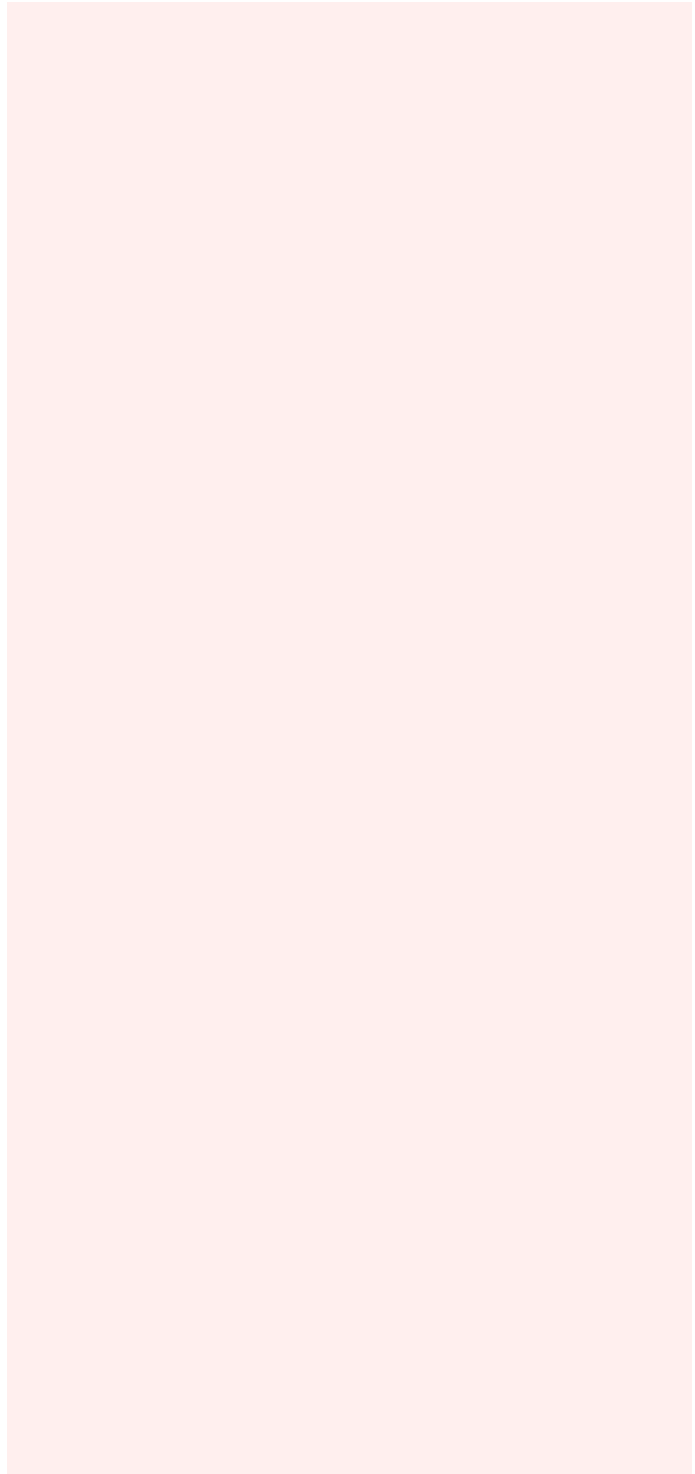


CAMPING AND HIKING PRINTABLE CHECKLIST - PAGE 3

Cooking Gear

NOTES

- Box of matches
- Eating utensils (spoon, etc)
- Cooking utensils (knives, etc)
- Cutting board
- Pocket Knife
- Pots
- Frying pan
- Thermos
- Containers to store food
- Plates
- Mug
- Reuseable bags for trash
- Dishwashing soap/ liquid
- Dishtowels
- Sponge
- Scrubber to scrub dishes
- Packaged food
- Drinks
- A foldable small bag

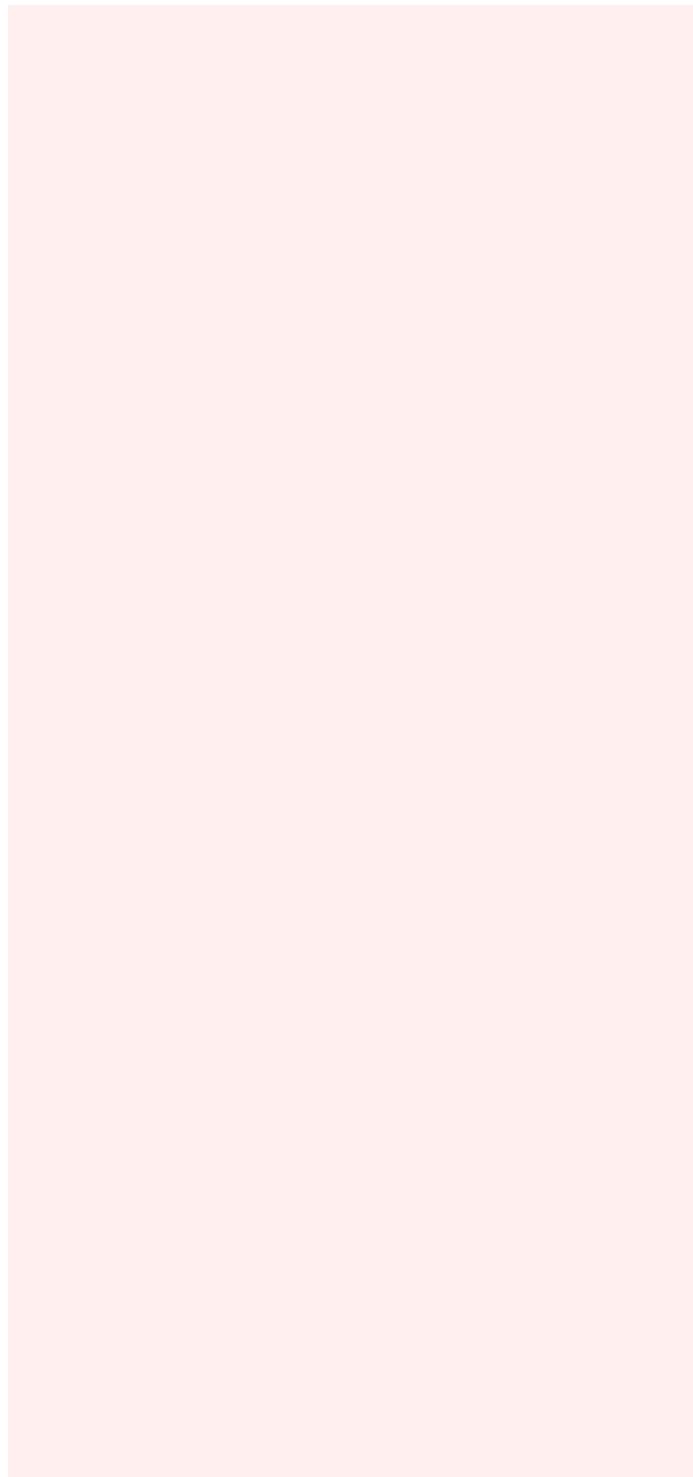


CAMPING AND HIKING PRINTABLE CHECKLIST - PAGE 4

Clothing and Footwear

NOTES

- Underwear
- Two pairs of socks
- Anti-leechsocks or gaiters
- Hiking boots
- Running shoes
- Beach sandals
- T-shirts
- Long-sleeved shirts
- Trousers or tight leggings
- Tight shorts
- Pajamas (optional)
- Gloves
- Hat or Cap
- Beanie
- Sunglasses
- Rain jacket
- Buff
- Bathing suit
- Laundry bag

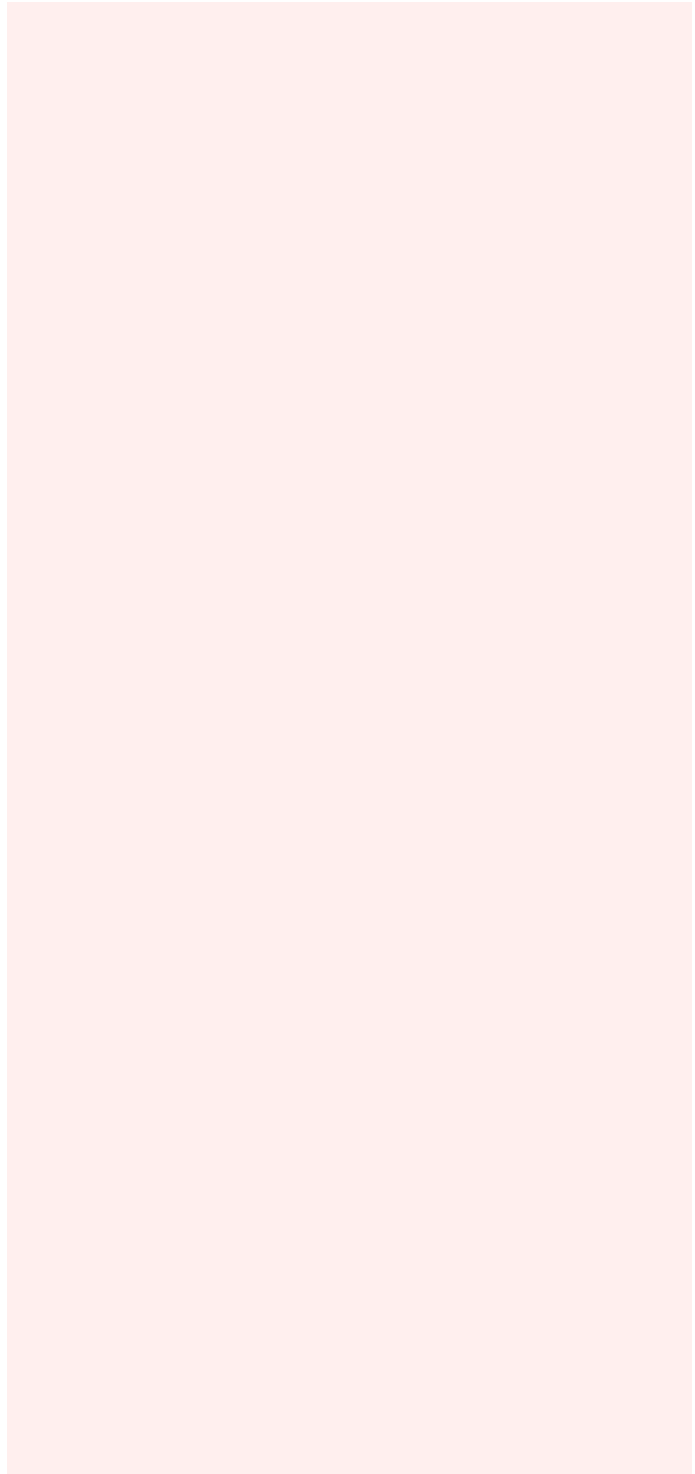


CAMPING AND HIKING PRINTABLE CHECKLIST - PAGE 5

Toiletries

NOTES

- Toothbrush + toothpaste
- Floss
- Lip balm
- Deodorant
- Insect repellent cream
- Bug spray
- Facial wipes
- Pocket Mirror
- Soap bar
- Facewash
- Dry shampoo
- Comb/brush
- Towels/ washcloth
- Menstrual essentials for the ladies!
- Sunscreen
- After-sun lotion
- Moisturizer
- Hairbands

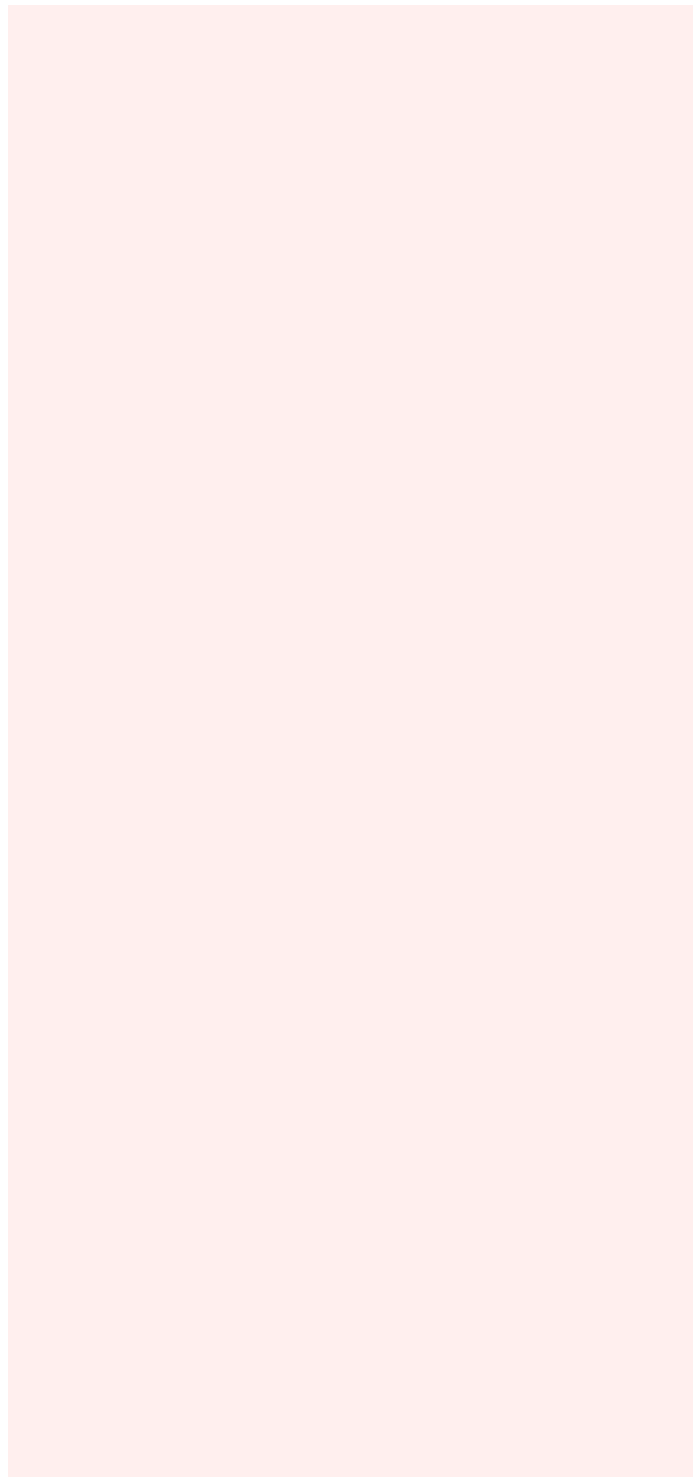


CAMPING AND HIKING PRINTABLE CHECKLIST - PAGE 6

Personal Gear

NOTES

- Camping backpack
- Backpack rain cover
- Big plastic bag (optional)
- Hiking poles
- Packing cube
- Water bottle or bladder
- Foldable daypack
- Lock
- Fanny pack (optional)
- Compass/ GPS
- Candles
- Whistle
- Mobile phone
- Power bank
- Charger
- Trail map w/references
- Wristwatch (optional)
- Cash/ credit card
- ID
- Tickets - permits



CAMPING AND HIKING PRINTABLE CHECKLIST - PAGE 7

Repair Kit + Others

NOTES

- Multi-tool kit
- Duct tape
- Ropes
- Threading needle
- Safety pins
- Heavy-duty adhesive
- Spare patches of fabric
- Sewing thread (polyester and plastic)
- Small scissor
- Carabiner
- Ferrules (tent poles)

Entertainment

- Camera
- Camera bag
- Memory card
- Tripod
- Go-pro

A large, light pink rectangular area that serves as a space for taking notes. It is positioned to the right of the checklist items and spans most of the page's height.

CAMPING AND HIKING PRINTABLE CHECKLIST - PAGE 8

Entertainment

- Selfie stick
- Binoculars
- Ebook or Book
- Board game
- Waterproof mp3 player
- Hammock
- Musical instruments
- Hobby gear

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Specific Gear

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