

| Packing | |
|-------------------------------------|--------------------------|
| Backpack / Main bag | <input type="checkbox"/> |
| Bags - Tent bag, plastic bags, etc. | <input type="checkbox"/> |
| Day pack / small rucksack | <input type="checkbox"/> |

| Shelter | |
|-------------------|--------------------------|
| Tent | <input type="checkbox"/> |
| Ground cloth/tarp | <input type="checkbox"/> |
| Extra tent pegs | <input type="checkbox"/> |
| Mallet | <input type="checkbox"/> |

| Bedding | |
|---------------------------|--------------------------|
| Sleeping bag | <input type="checkbox"/> |
| Pillow (or pillowcase) | <input type="checkbox"/> |
| Air mattress/sleeping mat | <input type="checkbox"/> |
| Air pump (if necessary) | <input type="checkbox"/> |

| Lighting - Check batteries! | |
|----------------------------------|--------------------------|
| Hand torch | <input type="checkbox"/> |
| Head torch | <input type="checkbox"/> |
| Spare batteries | <input type="checkbox"/> |
| Lantern | <input type="checkbox"/> |
| Lighter (as in cigarette) | <input type="checkbox"/> |
| Matches (preferably water proof) | <input type="checkbox"/> |
| Caribina (to hang lantern up) | <input type="checkbox"/> |

| Clothes | |
|---------------------------------|--------------------------|
| Shoes/boots/wellies | <input type="checkbox"/> |
| Trousers | <input type="checkbox"/> |
| Shorts | <input type="checkbox"/> |
| T-shirts | <input type="checkbox"/> |
| Socks/extra socks | <input type="checkbox"/> |
| Sun Hat/Wooly hat/scarf/gloves | <input type="checkbox"/> |
| Sweatshirt/jacket/fleece | <input type="checkbox"/> |
| Underwear | <input type="checkbox"/> |
| Sleep clothes | <input type="checkbox"/> |
| Waterproof coat/poncho/trousers | <input type="checkbox"/> |
| Party clothes | <input type="checkbox"/> |
| Flip Flops | <input type="checkbox"/> |

| Cooking / Cleaning | |
|------------------------------|--------------------------|
| Water Carrier | <input type="checkbox"/> |
| Stove and fuel / BBQs | <input type="checkbox"/> |
| Dust pan/brush | <input type="checkbox"/> |
| Mug, Bowl, Plate | <input type="checkbox"/> |
| Knife, fork, spoon, teaspoon | <input type="checkbox"/> |
| Frying pan | <input type="checkbox"/> |
| Pans with lids | <input type="checkbox"/> |
| Food containers | <input type="checkbox"/> |
| Cooking oil | <input type="checkbox"/> |
| Sharp knife | <input type="checkbox"/> |
| Cook utensils-spatula, spoon | <input type="checkbox"/> |
| Tongs | <input type="checkbox"/> |
| Can opener/bottle opener | <input type="checkbox"/> |
| Paper towels | <input type="checkbox"/> |
| Rubbish bags | <input type="checkbox"/> |
| Washing up liquid | <input type="checkbox"/> |
| Cutting board | <input type="checkbox"/> |
| Ziplock bags | <input type="checkbox"/> |
| Dish Cloth and tea towel | <input type="checkbox"/> |
| Seasoning | <input type="checkbox"/> |
| Tea / Coffee / sugar / milk | <input type="checkbox"/> |
| Drinks | <input type="checkbox"/> |
| Food * | <input type="checkbox"/> |

* What food to take depends on how long you're going for and where you are staying. We can't cover every option in this list.

| Cleaning and Personal Items | |
|--|--------------------------|
| Toilet Paper (essential) | <input type="checkbox"/> |
| Soap / shower gel | <input type="checkbox"/> |
| Flannel | <input type="checkbox"/> |
| Shampoo / dry shampoo | <input type="checkbox"/> |
| Toothpaste and toothbrush | <input type="checkbox"/> |
| Comb/hair brush/clips/bands | <input type="checkbox"/> |
| Make-up bag (if necessary) | <input type="checkbox"/> |
| Razor and shaving cream (if necessary) | <input type="checkbox"/> |
| Towel | <input type="checkbox"/> |
| Deoderant | <input type="checkbox"/> |

| Medical | |
|-------------------------------|--------------------------|
| First Aid Kit | <input type="checkbox"/> |
| Insect Repellent | <input type="checkbox"/> |
| Suntan Lotion / chapstick | <input type="checkbox"/> |
| Pocket Tissues | <input type="checkbox"/> |
| Anti Bacterial lotion / wipes | <input type="checkbox"/> |
| Painkillers | <input type="checkbox"/> |
| Heartburn tablets | <input type="checkbox"/> |
| Imodium | <input type="checkbox"/> |
| Contraception | <input type="checkbox"/> |

| Miscellaneous | |
|------------------------------|--------------------------|
| TICKETS | <input type="checkbox"/> |
| Maps/directions | <input type="checkbox"/> |
| Swiss army knife / multitool | <input type="checkbox"/> |
| Radio | <input type="checkbox"/> |
| Camp chairs | <input type="checkbox"/> |
| Sunglasses | <input type="checkbox"/> |
| Duct Tape | <input type="checkbox"/> |
| Binoculars | <input type="checkbox"/> |
| Camera | <input type="checkbox"/> |
| Rope/string/clothes line | <input type="checkbox"/> |
| Notepad/pen | <input type="checkbox"/> |
| Phone/charger/extra battery | <input type="checkbox"/> |
| Money/ID/credit card/change | <input type="checkbox"/> |
| Small sewing kit | <input type="checkbox"/> |
| Scissors | <input type="checkbox"/> |
| Umbrella | <input type="checkbox"/> |
| Watch | <input type="checkbox"/> |
| Flag / landmark | <input type="checkbox"/> |
| Glow sticks | <input type="checkbox"/> |
| MP3 Player/radio/speakers | <input type="checkbox"/> |
| Hand warmers | <input type="checkbox"/> |
| Book | <input type="checkbox"/> |
| Walkie talkies | <input type="checkbox"/> |

| Your own | |
|----------|--------------------------|
| _____ | <input type="checkbox"/> |
| _____ | <input type="checkbox"/> |
| _____ | <input type="checkbox"/> |