

# EasyCampingLists Hiking Camping Checklist

Packing	
Backpack	<input type="checkbox"/>
Bags - Tent bag, plastic bags, etc.	<input type="checkbox"/>

Shelter	
Tent	<input type="checkbox"/>
Check you have tent pegs	<input type="checkbox"/>

Bedding	
Sleeping bag	<input type="checkbox"/>
Sleeping mat	<input type="checkbox"/>

Lighting - Check batteries!	
Torch	<input type="checkbox"/>
Spare batteries	<input type="checkbox"/>
Lantern (lightweight)	<input type="checkbox"/>
Lighter (as in cigarette)	<input type="checkbox"/>
Matches (preferably water proof)	<input type="checkbox"/>

Clothes	
Shoes/boots	<input type="checkbox"/>
Trousers	<input type="checkbox"/>
Shorts	<input type="checkbox"/>
T-shirts	<input type="checkbox"/>
Socks/extra socks	<input type="checkbox"/>
Hat/scarf/gloves	<input type="checkbox"/>
Sweatshirt/jacket/fleece	<input type="checkbox"/>
Underwear	<input type="checkbox"/>
Sleep clothes	<input type="checkbox"/>
Rain gear	<input type="checkbox"/>
Gaiters	<input type="checkbox"/>

Cooking / Cleaning	
Water Bottle	<input type="checkbox"/>
Stove	<input type="checkbox"/>
Fuel for stove	<input type="checkbox"/>
Mug, Bowl, Plate	<input type="checkbox"/>
Knife, fork, spoon, teaspoon	<input type="checkbox"/>
Lighweight pan set (Trangia)	<input type="checkbox"/>
Cooking oil	<input type="checkbox"/>
Sharp knife	<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"/>
Ziplock bags	<input type="checkbox"/>
Dish Cloth	<input type="checkbox"/>
Tea Towel	<input type="checkbox"/>
Seasoning	<input type="checkbox"/>
Tea / Coffee / sugar / milk	<input type="checkbox"/>
Food *	<input type="checkbox"/>
Thermos?	<input type="checkbox"/>

Cleaning and Personal Items	
Toilet Paper (essential)	<input type="checkbox"/>
Soap	<input type="checkbox"/>
Flannel	<input type="checkbox"/>
Shampoo	<input type="checkbox"/>
Toothpaste and toothbrush	<input type="checkbox"/>
Towel	<input type="checkbox"/>
Deoderant	<input type="checkbox"/>
Sunscreen/chapstick	<input type="checkbox"/>

Medical	
First Aid Kit	<input type="checkbox"/>
Insect Repellent - Spray	<input type="checkbox"/>
Suntan Lotion	<input type="checkbox"/>
Pocket Tissues	<input type="checkbox"/>
Anti Bacterial lotion	<input type="checkbox"/>
Hand wipes	<input type="checkbox"/>

Miscellaneous	
Maps/directions	<input type="checkbox"/>
Whistle	<input type="checkbox"/>
Swiss army knife / multitool	<input type="checkbox"/>
Compass	<input type="checkbox"/>
GPS	<input type="checkbox"/>
Sunglasses	<input type="checkbox"/>
Binoculars	<input type="checkbox"/>
Camera	<input type="checkbox"/>
Rope/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"/>
Watch	<input type="checkbox"/>

Your own	
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

**Here are a few tips to minimize the weight you're carrying:**

1. If you can't sleep without a pillow, just take a pillowcase and stuff it with spare clothes.
2. Transfer all liquids into smaller bottles e.g. Shampoo, washing up liquid, sun cream, cooking oil, milk etc.
3. Just take a few paper towels, not the full roll.
4. Take 2 torches instead of a torch and lantern. The second torch can be hung from tent ceiling like a lantern.
5. Use microfibre towels and flannels.

\* 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.