

## Shelter

- Tent
  - Ground cloth/tarp
  - Extra stakes
  - Shade tarp/poles/rope/stakes
  - Axe or hammer
  - Mat for tent entrance
  - Dust pan/brush
- ## Bedding
- Sleeping bag
  - Sheets/blankets
  - Pillow
  - Air mattress/sleeping pad/cot/tarp
  - Air pump
  - Repair kit for air mattress
  - Utility bags for storage

## Personal

- Shower shoes/flip flops
- Towels/washcloth
- Soap in plastic case/shampoo
- Tooth brush/tooth paste
- Deodorant
- Comb/brush
- Razor
- Feminine products
- Toilet paper
- Shower bag or 5 gallon bucket
- Camping shower/shower pump
- Other personal items
- Personal medications – take extra

## Tell someone of your plans

Give details of where you are going and when you expect to return, give directions and possible alternative roads that you may take, provide cell phone numbers, vehicle description and license plate numbers, handheld radio channel and codes that you will use, and provide local authority phone numbers (State Police, Game & Fish Commission, Sheriff Dept., etc.) for the county or area that you will be in.

## Clothes

- Shoes/boots
- Jeans/pant/belt
- Shorts
- T-shirts
- Socks/extra socks
- Hat
- Bandana
- Sweatshirt/jacket
- Underwear
- Sleep clothes
- Rain gear
- Swim suit/towel
- Laundry bag

## Cooking

- Large water jug & water bucket
- Coolers/ice
- Thermos
- Stove with fuel/propane
- Matches/lighter
- Charcoal/firewood/buddy burner
- Dutch oven/in can stove/box oven/etc
- Campfire grill/BBQ grill
- Fire starters/newspaper
- Tablecloth/thumb tacks/clips
- Plates & bowls/paper plates & bowls
- Silverware/plastic silverware
- Measuring cups
- Heavy-duty aluminum foil
- Paper towels
- Trash bags
- Dish soap
- Clothes pins
- Cooking oil/Pam spray
- Containers for food storage
- Potholders/oven mitts
- Pots and frying pans with lids
- Soap for outside of pots and pans
- Cook utensils-spatula, knife, spoon
- Tongs
- Skewers/grill forks
- Can opener/bottle opener
- Folding table
- Dutch oven
- Pie irons
- Mugs/paper cups
- Mixing bowl
- Cutting board
- Ziplock bags
- Napkins
- Dish pan
- Dish rags/towels
- Scrub pad/brillo
- Seasonings/sugar/condiments
- Potato peeler

## Miscellaneous

- Sunscreen/chapstick
- Lantern with fuel/mantles
- Extra batteries/bulbs
- Compass
- Bug repellent/candles
- Whistle
- Water filters/purification/treatment
- Camera/battery/film
- Books/magazines
- Candles
- Maps/directions
- Misc. tools
- Backpack/fanny pack
- Fishing gear/license/bait
- Radio
- Musical instruments/song books
- Camp chairs
- Sunglasses
- Hammock
- First aid kit
- Tissues
- Saw/axe
- Park map/guidebooks/trail maps
- Lantern pole or hanger
- Collapsible drying rack
- Popcorn
- Marshmallows, Graham crackers, Hershey bars

## Basic First Aid Kit

- Personal medications
- Roll bandages
- Adhesive tape
- Antiseptic wipes
- Sterile gauze pads
- Cotton swabs
- Tweezers
- Safety pins
- Scissors
- Bee sting kit
- Sinus medications
- Tissues
- Bug repellent
- Sunscreen
- Notepad/pen
- Sterile compresses
- Splinting materials
- Personal information/contact person
- Feminine products
- Ipecac
- Razor blades
- Plastic bags
- Small bottle of water
- Blanket
- Other personal needs
- Small mirror

- Flashlight/batteries
- Pocket knife
- Plastic grocery bags
- Binoculars
- Rope/clothes line
- Canteen/water bottle/coffee pot
- Bungi cords/straps
- Cards/games/toys
- Duct tape/electrical tape
- Notepad/pen
- Reservations info./confirmation
- Cell phone/charger & 2-way radios/walkie talkies
- Small shovel
- Safety pins
- Money/ID/credit card/quarters
- Bikes/helmets
- Travel alarm clock
- Work gloves
- Umbrella
- Hand wipes
- Drinks/snacks
- Small sewing kit
- Fire extinguisher
- Hot chocolate/tea bags/coffee
- Scissors
- Watch

- Triangular bandages
- Misc. Band Aides/bandages
- Anti-acids (Tums, Rolaids)
- Antibiotic cream
- Aspirin/Ibuprofen/Tyleno/Naproxin
- Hydrogen Peroxide
- Ace bandages
- Sunburn lotion
- Burn ointment
- Snake bit kit
- Eye drops
- Poison ivy cream/cleansers
- Heat/cold packs
- Small flashlight
- Latex gloves
- Antibacterial soap
- Thermometer
- Coins for emergency phone calls
- Antibiotic soap
- Butterfly bandages
- Twine
- Mole skin for blisters
- Road flares
- First aid manual
- Nail slippers

### Additional First Aid Tips

- Take a First Aid class and a CPR class – keep current on this information
- Keep supplies in a well marked, durable, waterproof container
- Keep the contents organized
- Know how to use everything in your first aid kit
- Inspect content often, re-supply as needed
- Keep readily available at all times

