

CAR CAMPING CHECKLIST

Northwest Cheapsleeps – www.nwcheapsleeps.org

Shelter

- Tent
- Tent poles
- Rain fly
- Ground cloth or tarp
- Extra tarp and rope
- Camp chairs to sit on around camp

Sleeping

- Sleeping pads, cots or air mattress
- Sleeping bags (optional: extra blankets)
- Pillows (or pillow cases to stuff clothes in and create a pillow)

Cooking Meals

- Camp stove
- Fuel (white gas, propane - different stoves require different fuels)
- Firestarter (matches and lighter)
- Cookset (pots/pans) and utensils
- Eating utensils (plates, bowls, cups, forks, spoons for each person)
- Garbage bags
- Ziplock bags in various sizes
- Biodegradable soap and a sponge
- Bucket for washing dishes
- Handkerchiefs (we use these as napkins) and dish towels
- Paper towel roll
- Can opener, bottle opener, knife, cutting board, etc.
- Cooler and ice
- Tablecloth for picnic table
- Jugs of drinking water
- Empty pitcher or jug for transporting water
- Aluminum foil and/or saran wrap

Food

- Ingredients for each meal (and recipes, if needed)
- Snacks for energy and high on variety, like bars, trail mix, raisins, jerky, mixed nuts, cheese crackers, m&ms, yogurt pretzels and sesame sticks. Parmesan and cheddar cheese keeps well.
- Dried fruit and sturdy fresh fruit like apples
- Bread and the makings for PB&J (great to have on hand for extra food if your stove doesn't work!)
- Salt, pepper, and other condiments (like cooking oil).

- Coffee and cream/sugar or tea
- Hot cocoa mix (and insulated mugs!)
- Other beverages (milk, pop, juice, koolaid mix)
- Popcorn and campfire popper
- Makings for s'mores (graham crackers, marshmallows and chocolate)

Safety

- First-aid kit with different bandages, ointments, etc.
- Insect repellent (non-toxic for kids) and Sting Eze
- Citronella candle to keep bugs away from the picnic table
- Sunblock for sensitive skin
- Duct tape (good for all kinds of quick repairs)
- Moleskin (for those pesky blisters)
- 100% aloe vera gel for accidental sunburn
- Calamine lotion for poison oak
- Hydrocortisone for skin reactions
- Water filter or purification tablets (just in case)
- Whistle (for calling out for help)
- Walkie Talkies
- Headlamps (one for each person)
- Flashlight and extra batteries
- OTC medications like advil and aspirin
- Allergy medication like benedryl
- Directions to the nearest emergency medical facility
- Cell phone

Toiletries and Personal Items

- Washcloths and towels (for swimming or bathing)
- Biodegradable soap / shampoo
- Toothbrushes/paste
- Toilet paper (and a trowel if there is no flush or pit toilet)
- Wet wipes (handy for cleaning hands and face)
- Hand sanitizer
- Deodorant

Clothing

- Rain gear
- Fleece jacket
- Down vest or coat
- Hiking shoes or boots
- Camp shoes (sandals or clogs)
- Socks (avoid cotton, try wool or polypro)
- Long underwear top/bottom (wool or polypro)
- Shorts
- Pants
- Shirts (think layers - tank, tshirt, long-sleeved tshirt)
- Underwear

- PJ's
- Swimming suits
- Warm hat and gloves
- Sunglasses and baseball hat

Miscellaneous

- Small broom (good for sweeping off the picnic table or sweeping out the tent)
- Cash and quarters (some campgrounds have coin-operated showers)
- Hiking guidebook for nearby trails
- DeLorme Gazetteer for the state we're camping in
- Water bottles for each person
- Campground reservations info
- Directions to the Campground
- Emergency contact numbers for our car and on our person
- Digital camera
- Daypacks for day hiking
- The Ten Essentials for the daypack
- Books and games