

Camping Gear Checklist

Pack the essentials using this helpful list from *Moon California Camping* author Tom Stienstra.

COOKING GEAR

- Camp stove and fuel
- Dish soap and scrubber
- Fire-starter cubes
- Heavy-duty paper plates
- Ice chest and drinks
- Itemized food, separated by groups
- Knife, fork, cup
- Large, heavy-duty garbage bags
- Lighter (one for each camper)
- Matches stored in resealable (such as Ziploc) bags
- Paper towels
- Plastic spatula and stir spoon
- Pot grabber or pot holder
- Salt, pepper, spices
- Two pots and no-stick pan
- Water jug or lightweight plastic "cube"

CLOTHING

- Cotton/canvas pants
- Gore-Tex parka or jacket
- Gore-Tex rain pants
- Lightweight, breathable shirt
- Lightweight fleece jacket
- Medium-weight fleece vest
- Polypropylene underwear
- Rain jacket and pants, or poncho
- Sunglasses
- Waterproofed, oilskin wide-brimmed hat

HIKING GEAR

- Backpack or daypack
- Hiking boots
- Fresh bootlaces
- Innersole or foot cushion (for expeditions)
- Moleskin and medical tape
- SmartWool (or equivalent) socks
- Water-purification system

SLEEPING GEAR

- Ground tarp
- Sleeping bag
- Tent or bivy bag
- Therm-a-Rest pad

FIRST AID

- Ace bandage
- After-Bite for mosquito bites (before you scratch them)
- Aspirin
- Biodegradable soap
- Caladryl for poison oak
- Campho-Phenique gel for bites (after you scratch them)
- Mosquito repellent
- Lip balm
- Medical tape to affix pads
- Neosporin for cuts
- Roller gauze
- Sterile gauze pads
- Sunscreen
- Tweezers

RECREATION GEAR

- All required permits and licenses
- Fishing reel with fresh line
- Fishing rod
- Knife
- Leatherman tool or needle-nose pliers
- Small tackle box with flies, floats, hooks, lures, snap swivels, and splitshot

OTHER NECESSITIES

- Bear-proof food canister (if required)
- Duct tape
- Extra plastic garbage bags
- Flashlight and batteries
- Lantern and fuel
- Maps
- Nylon rope for food hang
- Spade for cat hole
- Toilet paper
- Toothbrush and toothpaste
- Towelettes
- Wristwatch

OPTIONAL COOKING GEAR

- Aluminum foil
- Ax or hatchet
- Barbecue tongs
- Can opener
- Candles
- Dustpan
- Grill or hibachi
- Plastic clothespins
- Tablecloth
- Whisk broom
- Wood or charcoal for barbecue

OPTIONAL CLOTHING

- Gloves
- Shorts
- Ski cap
- Swimsuit

OPTIONAL HIKING GEAR

- Backup light-weight shoes or moccasins
- Gaiters
- Water-repellent boot treatment

OPTIONAL SLEEPING GEAR

- Air bed
- Cot
- Catalytic heater
- Foam pad for truck bed
- Mosquito netting
- Mr. Heater and propane tank (for use in pickup truck camper shell)
- Pillow (even in wilderness)
- RV windshield light screen
- Seam Lock for tent stitching

OPTIONAL FIRST AID

- Athletic tape for sprained ankle
- Cell phone or coins for phone calls
- Extra set of matches
- Mirror for signaling
- Thermometer

OPTIONAL RECREATION GEAR

- Backpacking cribbage board
- Deck of cards
- Folding chairs
- Guidebooks
- Hammock
- Mountain bike
- Reading material

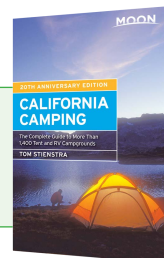
OTHER OPTIONAL ITEMS

- Altimeter
- Assorted bungee cords
- Binoculars
- Camera with fresh battery and digital card or film
- Compass
- Menstrual products
- GPS unit
- Handkerchief
- Notebook and pen

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