



Bembunny's Overnight Camping Checklist

~Camping Needs

- Tent (with kit + mallet)
- Duct tape (for tent repair)
- Earthpad / Sleeping bag / Comforter / Fleece blanket
- Burner
- Fuel for burner (butane / cotton + denatured alcohol, etc.)
- Igniter / Matches / Lighter
- Stainless steel cookware (pan / casserole, etc.)
- Plastic or stainless steel Spork (spoon + fork)
- Plastic / Styro bowl & cups (for eating and drinking)
- Small knife (Swiss knife, paring knife, etc.)
- Medium-sized knife (hunting knife, etc.)
- Water containers (can hold at least 2 liters for a day-hike)
- Food / Raw ingredients for cooking (depends on the meal)

~Hiking / Trekking Needs

- Headlamp
- Flashlights (preferably: 1 big / heavy duty + 1 small / handy)
- Hiking stick
- Heavy-duty ropes
- Whistle (for emergencies)
- Ribbons (to mark the trails)
- Trowel (for digging holes)
- First aid kit (alcohol / Betadine + cotton + gauze / Band-Aid, etc.)
- Medicines (for fever, cough & colds, tummy aches, etc.)
- Sunblock (at least SPF 30 with UVA & UVB protection)
- Wet wipes (for your body & for cookware)
- Trail mix / light snacks (for energy)
- TRASH BAGS ("Leave No Trace" / for wastes / to cover valuables during hard rains)

~Clothing Needs

- 2 sets of dri-fit, lightweight clothes (1 set going up + 1 set going down + optional 1 set while in camp)
- Rain coat
- Pair of gloves
- Wide-brimmed hat / sports cap / sun visors
- Pair of shades (glasses for eye protection)
- Trekking shoes / trekking sandals
- Jacket / Wind breaker
- Rash guard
- Leggings / Lightweight pants
- Leg warmers / Socks
- Small sewing kit

~Toiletries

- Toothbrush + toothpaste
- Deodorant
- Body soap + shampoo (for quick showers)
- Petroleum jelly
- Facial moisturizer / body lotion (especially for dry season)
- Feminine wipes / sanitary napkins / tampons