

## Camping & Sleeping Area:

- Tent
- Ground tarp
- Extra tarpaulin
- Sleeping bags
- Air mattress/sleeping pad/foam roll
- Air mattress pump
- Foldable chairs
- Headlamps/torches/lanterns
- Rope
- Old newspapers

## Personal Items:

- 1-2 long-sleeved tops
- 1-2 t-shirts
- 1-2 sweatshirts
- 1-2 pairs of pants
- 1-2 pairs of shorts
- Raincoat
- Wool socks
- Flip flops
- Scarf
- Biodegradable soap, shampoo and toilet paper
- Sunscreen
- First aid kit containing: band-aids, insect repellent, antihistamine cream, after-sun lotion, anti-septic salves, and prescription medications
- Small pack
- Deck of cards

## Kitchen Area

- Pots and pans
- Plates, bowls and mugs
- Camp stove with fuel and a lighter or matches
- Knives, forks, spoons, tongs, spatula and serving ladle
- Dish-washing tub, dish-washing liquid, a sponge or brush and steel wool
- Aluminum foil
- Kitchen knife and cutting board
- Paper towels
- Trash bags and resealable bags
- Packet of wooden kebab skewers

