



THE REAL-CAMPING GUIDE

Camping Backpack Checklist

Equipment

Backcountry camping permit

Compass

GPS

Map

Safety whistle

Signalling Mirror

Flare

Emergency blanket

Rope

Small shovel (for burying poop and other waste)

Swiss army knife/multipurpose knife

Headlamp/torch or a flashlight/torch (headlamp is better because then you have your hands free)

Stove

Gas canister

Camping cook set

Small sharp knife

Chopping board

Plastic spatula/turner/fish slice

Cutlery

Cup

Flask

Biodegradable soap

Washing-up sponge

Water

Water filters

Plastic trash/rubbish bags

Cool bag and freezer block (the block will only last a day or so but the bag itself will keep things cooler than your backpack would)

Fire Starting Kit (waterproof matches, lighter, trioxane or hexamine fuel tablets, fire starter, cotton wool balls)

Backpack

Backpack rain cover

Tent

Tent poles

Hammer (or just use a rock to bang in the pegs)

Tent pegs/stakes

Tent repair kit

Roll mat

Sleeping bag

Sleeping bag liner (these are great. Extra layer of warmth and keep sleeping bag clean. Also, if it's hot you can use it instead of the sleeping bag)

Travel Pillow

Personal Stuff

Clothing:

Hiking boots

Flip-flops/thongs/jandles

Coat/jacket

Fleece

Thermals

Wet weather gear/waterproof clothes

Beanie/wooly hat

Gloves

Scarf

Sun hat

Pants/trousers

Shorts

Sarong (guys should bring one too. They are great for just almost everything...towel, headscarf, blanket, sunshade etc)

Sweater/jumper

Long sleeves tops

T-shirts

Underwear

Socks

Pajamas

Wooly socks for sleeping (if it's cold)

Bag for dirty clothes

Travel towel

Sunglasses

Bathing/swim suit

Wash bag:

Toilet paper

Tooth brush

Tooth paste

Dental floss

Baby wipes

Moisturizer

Sunscreen

Insect repellent

Lip balm

Ear plugs

Sanitary products (even if it isn't your time of the month...better to be safe than sorry)

Tweezers

First aid kit:

Antibacterial hand sanitizer

Antiseptic cream

Antihistamines

Insect bite relief cream

Pain killer tablets

Deep heat/tiger balm

Plasters

Bandages

Safety pins

Bandage tape

Eye drops

Prescription medication

Guide book

Animal/bird guides

Solar charger for electrical items

Chargers for camera, phone, GPS

Phone

Camera

Binoculars

Watch

Reading book

Playing cards

Pen

Paper

Backcountry Camping Food

Breakfast:

Porridge/oatmeal

Milk powder

Pancake mix (all you need to do is add water)

Jam/jelly

Instant coffee

Snacks:

Nuts

Seeds

Dried fruit (you need to drink plenty of water to be digest properly these though)

Trail bars (or better still – make some flapjack before you leave home and cut into slices)

Real fruit

Raw carrots

Lunch:

Tortillas or pitta bread + Peanut butter

Beans & sweetcorn (pre-cook sweetcorn and chick peas, black-eyed peas, kidney beans etc before you leave home – they last for several day without being refrigerated are really filling. The sweetcorn sweetens the other beans, so you can just eat them as they are or with a bit of grated cheese)

Soup (heat it at breakfast time and put it in a flask)

Dehydrated meals

Dinner:

Depending on how long you are going backpack camping for – you can prepare some meals at home to take with you in tupperware containers (e.g. bolognaise, chilli con carne, risotto). Because the items are cooked they will last for a little while without being refrigerated. Tip: pack them in the cool bag frozen instead of taking a freezer block.

Salt

Pepper

Olive oil

Garlic powder

Chilli powder

Pasta

Quick cook rice

Noodles

Pesto (decant it to a plastic container)

Sauce – curry, sweet & sour etc (for easy rice and noodle dishes) (decant it to a plastic container)

Grated cheese

Onions

Vegetables that fry or boil quickly (e.g. peppers, courgette/zucchini)