

OVERNIGHT CAMPING EQUIPMENT CHECKLIST

(for a typical summer backpack/campout, expected temps 25 deg and up)

Utensils

- ❑ [Plate with raised rim](#), campers [fork & knife](#) (don't need for dehydrated dinners),
- ❑ [Extra-long spoon](#) if eating direct from dehydrated food packs,
- ❑ [Large light cup](#), titanium (for wine, soup, water, cereal).
- ❑ [Toothbrush & enclosed toothpaste](#), comb
- ❑ Matches or lighter, newspaper for fire priming

Camping Equipment

- ❑ Tent and fly (I like [Big Agnes](#)) and small [hanging light](#) for tent ceiling
- ❑ Sleeping bag (I like [Nocturne 15](#) degree and shaped for easier side-sleeping)
- ❑ Lightweight [blow-up mat](#) R2.5 for other than extreme cold conditions
- ❑ Large blow up [neck pillow](#) (I use two pillows, better if you sleep on your sides)
- ❑ 48 liters backpack (I like [Osprey Kestrel 48 but need 50+](#) if carrying water filter and stove), included rain cover
- ❑ [Headlight](#) and [spare headlight](#)
- ❑ [50 feet of string](#) and stuff-sack to hang food between trees (may need [bear container](#) for some sites)
- ❑ Extra underwear; wicking T shirt and socks
- ❑ Wide mouth pee bottle for staying in tent at night; women add a [Sani-Fem Freshette](#) for greater convenience urinating without leaving tent – works for guys too.
- ❑ [Water micro filter](#)
- ❑ Plastic collapsible 3+ liter [water jug](#) – one fill for multiple water needs at camp
- ❑ [Jetboil stove and canister](#)
- ❑ Insect repellent
- ❑ Folding saw for cutting firewood, I like the [Sven saw](#)

Food for Camping

- ❑ Breakfast – Mountain House Granola or whatever
- ❑ Lunch - P, B and J's on multi-grain bread
- ❑ Dinners - [Mountain House PRO PAK](#) (vacuum packed for high altitude) Lasagna with Meat Sauce, Spaghetti with Meat Sauce or Beef Stroganoff; I don't like the ones with rice.
- ❑ Wine for dinner (I like reds, but need to retain taste when cold at camp: fruity, heavier Pinot Noir, not too old) decanted into collapsible [wine pouches](#)