

Sample Adventure Camping Personal Gear List

This is an example of the gear an individual would need for an adventure camping trip of 2-5 days. It lists the clothing and personal gear each individual participant should bring. The list will need to be adjusted depending on the length of the trip, the season and the variations in weather you are likely to encounter.

Clothing

- ☐ Footwear – on the trail (shoes/boots or water shoes)
- ☐ Footwear – in camp (sneakers or sport sandals)
- ☐ Warm weather wear (2 T-shirts, 2 shorts/zip-off pants)
- ☐ Sleepwear
- ☐ 2-3 pairs underwear & bra(s)
- ☐ 2 pairs of socks
- ☐ Rain gear
- ☐ Cool wear (long sleeved shirt, long pants, sweater/fleece)
- ☐ Swimwear
- ☐ Sun hat with brim
- ☐ Bandanna
- ☐ Sunglasses

For cold weather add:

- ☐ Toque
- ☐ Gloves/mitts
- ☐ Extra fleece
- ☐ Wind jacket and pants
- ☐ Long underwear

Toiletries

- ☐ Towel
- ☐ Biodegradable soap
- ☐ Toilet paper, wet wipes, bag for used toilet paper, hand sanitizer
- ☐ Toiletries: toothbrush, toothpaste, deodorant, brush/comb, hair ties
- ☐ Feminine products
- ☐ Vitamins/personal medication(s)
- ☐ Prescription glasses/contacts
- ☐ Eyeglasses cord and case
- ☐ Insect repellent
- ☐ Ear plugs (optional)
- ☐ Body Glide anti-chafe balm

Other

- ☐ Personal food/snacks
- ☐ Camp dishes in mesh bag with carabineer clip (plate/bowl/cup, cutlery)
- ☐ Water bottle(s)/water bladder
- ☐ Headlamp/flashlight

Optional:

- ☐ Book(s) or magazine(s)
- ☐ Flora/fauna books
- ☐ Journal/note pad and pen
- ☐ Camera with extra batteries and memory card
- ☐ Binoculars
- ☐ Small games/cards
- ☐ Fishing gear and license
- ☐ Sit upon/camp chair

Equipment

- ☐ Backpack
 - ☐ Share of group gear such as tent, tarp, kitchen gear etc.
 - ☐ Rope (bedroll, clothesline, in case needed)
 - ☐ Emergency – 10 Essentials
 - ☐ Sleeping Bag,
 - ☐ Sleeping bag liner or sleep sheet
 - ☐ Waterproof stuff sack
 - ☐ Sleeping pad
 - ☐ Pillow or pillow case/stuff sack
- Large strong garbage bags for storing your packs in at night (optional)