



# FAMILY CAMPING CHECKLIST

Camping can be easy and comfortable, even with kids. This checklist is for when camping in a group - whether with family or friends - when your vehicle is nearby.

- ☐ Waterproof tent with extra poles and pegs
- ☐ A mallet
- ☐ A plastic tarp
- ☐ Bedding: Sleeping bag, pillow, a sleeping bag liner or sheet
- ☐ Air mattress and pump or self-inflating sleeping mat, and repair kit
- ☐ Folding chairs
- ☐ A mobile phone - You may not get reception and your battery may discharge more quickly in a remote location seeking/charging between stations
- ☐ A lantern, headtorches and spare batteries
- ☐ Map of your location and campsite
- ☐ Drinking water
- ☐ Esky with food - pre-prepare your food as much as possible
- ☐ *Check fire warnings in the area beforehand:* a two-burner stove and gas - unless you plan on cooking on a fire, but it's good to have one as backup. Matches, cigarette lighter or flint.
- ☐ Cutlery: Knife, fork, spoon sets
- ☐ Crockery: Bowl/plate, cups
- ☐ Tea/coffee and cups
- ☐ No-stick skillet, pots and pans
- ☐ Cooking utensils: sharp knives, spatula, BBQ tools, flexible plastic cutting board, can opener
- ☐ Dishwashing soap, sponge, dishwashing basin or bucket and a tea towel
- ☐ Spice kit
- ☐ Aluminium foil and paper towel
- ☐ Bags for rubbish and storage. A lined, collapsable laundry basket makes for a handy bin.
- ☐ Sensible shoes, weather-appropriate clothing, additional spare clothing
- ☐ Hat, sunglasses, sunscreen (water resistant SPF 30+), sun protective & warm clothing, bathers
- ☐ Toiletries and towels
- ☐ Handkerchief
- ☐ Toilet Paper, hand sanitiser, compact trowel for burying your waste (depending on the facilities)
- ☐ Insect repellent
- ☐ Chapstick (ideally with sun protection)
- ☐ First Aid Kit (see over page)

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## Continued Family Camping Checklist - **Optional Extras:**

- ☐ Things to do: frisbee, ball, cards, games, books, kayak etc.
- ☐ Duct tape - it just always comes in handy
- ☐ 50ft nylon cord
- ☐ Camera
- ☐ Binoculars
- ☐ Solar chargers – for your mobile phone or lanterns



## FIRST AID KIT CHECKLIST

### Family camping first-aid kit checklist

- ☐ Compact first aid manual
- ☐ 1 x triangular bandage
- ☐ 1 x medium wound dressing/ tape to attach the dressing
- ☐ 2 x 10 cm elastic compression bandages for treating snake bite
- ☐ Assorted bandaids
- ☐ Disinfectant such as Dettol, antiseptic ointment and antiseptic wipes
- ☐ Tweezers
- ☐ Moleskin and/or blister kit
- ☐ Pain relievers and children's pain relievers
- ☐ Antihistamine
- ☐ Insect repellent and insect sting treatments
- ☐ Salt (for leeches or saline solution)
- ☐ Personal medications - with instructions
- ☐ Hand sanitiser
- ☐ Several vials of saline for washing wounds, eyes etc.
- ☐ Emergency blanket
- ☐ Ice packs and heat packs