



# 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/changing 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
- A two-burner stove and gas - unless you plan on cooking on a fire, but it's good to have one as backup. *Check fire warnings in the area beforehand*
- Matches, cigarette lighter or flint.
- Cutlery: Knife, fork, spoon sets
- Crockery: Bowl/plate, cups
- Tea/coffee and cups
- No-stick frypan, pots and pans
- Cooking utensils: sharp knives, spatula, BBQ tools, 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, collapsible 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)

continued over page...



# FAMILY CAMPING CHECKLIST

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

- Things to do: frisbee, ball, cards, games, books, kayak etc.
- Duct tape - it just always comes in handy
- 20m 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