

# AI-00060 100 essential items for a 7 days camping expedition

👤 Owner	Ⓜ Rigel Arcayan
☰ Tags	life
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100 essential items for a 7 days camping expedition

1. Tent
2. Sleeping bag
3. Sleeping pad
4. Camp stove
5. Fuel for stove
6. Cookware
7. Utensils (spoon, fork, knife)
8. Water bottles or hydration system
9. Water filter or purifier
10. Headlamp or flashlight
11. Extra batteries for headlamp or flashlight
12. First aid kit
13. Insect repellent
14. Sunscreen
15. Sunglasses
16. Hat
17. Warm jacket or fleece
18. Rain jacket or poncho
19. Quick-dry clothing
20. Long-sleeve shirt
21. Hiking boots or shoes
22. Sandals or camp shoes
23. Gloves
24. Warm hat

25. Backpack
26. Map and compass
27. GPS device or smartphone with GPS app
28. Bear canister or bear bag for food storage
29. Garbage bags
30. Pocket knife or multi-tool
31. Rope or cord
32. Duct tape
33. Whistle
34. Emergency blanket
35. Water-resistant matches or lighter
36. Fire starter (such as dry kindling or fire starter sticks)
37. Firewood or fuel for campfire (if allowed)
38. Folding camp chairs or camp stools
39. Portable camp table
40. Cooler
41. Ice or ice packs
42. Ziplock bags
43. Cooking oil or spray
44. Salt and pepper
45. Spices
46. Coffee or tea
47. Hot chocolate
48. Instant oatmeal or other breakfast food
49. Granola bars or other snacks
50. Trail mix
51. Dehydrated or freeze-dried meals
52. Instant rice or pasta
53. Canned food
54. Energy gels or bars
55. Peanut butter or other spreads
56. Crackers or bread
57. Cheese or other dairy products
58. Fresh fruit
59. Dried fruit
60. Nuts or seeds

61. Beef jerky or other meat products
62. Powdered drink mix
63. Aluminum foil
64. Plastic wrap
65. Cooking pot or Dutch oven
66. Frying pan or skillet
67. Cutting board
68. Mixing bowl
69. Measuring cup and spoons
70. Can opener
71. Wine opener or corkscrew
72. Cleaning sponge or dishcloth
73. Dish soap
74. Trash bags
75. Biodegradable soap for washing dishes or bathing
76. Towel or washcloth
77. Toothbrush and toothpaste
78. Hand sanitizer
79. Toilet paper or tissue
80. Wet wipes
81. Personal medications
82. Insect bite cream or ointment
83. Anti-diarrheal medication
84. Pain relievers
85. Allergy medication
86. Antacid or heartburn medication
87. Vitamins or supplements
88. Prescription medication
89. Reading material or games
90. Camera or smartphone for taking photos
91. Portable charger or solar charger
92. Binoculars
93. Field guide to local plants and wildlife
94. Fishing gear and license (if allowed)
95. Hiking poles
96. Yoga mat or foam pad for stretching or exercise

- 97. Hammock
- 98. Rain cover for backpack
- 99. Extra socks and underwear
- 100. Swimsuit or water shoes (if applicable)