

Solo Camping Checklist (India / Sahyadri Friendly)

Critical Safety & Survival (Highest Priority)

- Water bottles (minimum 2–3 liters)
- Torch / Headlamp with extra batteries
- Power bank + charging cable
- First aid kit (bandage, pain relief spray, medicines)
- Pepper spray
- Whistle (emergency signal)
- Swiss knife / multitool
- Lighter / Matchbox
- Emergency ID + contact details
- Offline maps / GPS downloaded
- Mobile phone with full charge

Shelter & Sleeping

- Lightweight tent
- Ground sheet / tarp
- Sleeping bag or blanket
- Yoga mat / sleeping mat
- Compact pillow or clothes pillow
- Extra rope (tent support)

Clothing & Weather Protection

- Proper trekking shoes
- Chappal / slippers
- Quick-dry clothes
- Extra socks
- Raincoat / poncho
- Warm jacket (even in summer nights)
- Cap / hat
- Sunglasses
- Towel / napkin

Food & Cooking (Minimal)

- Mini stove

- Gas can
- Maggie / ready-to-eat food
- Tea / coffee sachets
- Sugar / salt
- One cooking vessel
- One spoon + cup
- Snacks / energy bars
- Electrolyte sachets

Hygiene & Health

- Toothbrush & toothpaste
- Wet wipes
- Hand sanitizer
- Toilet paper
- Garbage bags
- Personal medicines
- Sunscreen
- Lip balm

Bike / Travel Specific (If Riding Solo)

- Puncture kit
- Portable tyre inflator
- Chain lube
- Basic tool kit
- Spare bungee cords
- Bike documents
- Microfiber cloth

Optional but Useful

- Camera / action cam
- Tripod / mount
- Notebook & pen
- Book or offline music
- Stick (for trails / animals)
- Gilver (for monkeys)