



Survival Sports

Camping Equipment Checklist

Shelter

- Tent
- Ground cloth/tarp
- Extra stakes
- Shade tarp/poles/rope/stakes
- Axe or hammer
- Mat for tent entrance
- Dust pan/brush

Bedding

- Sleeping bag
- Sheets/blankets
- Pillow
- Air mattress/sleeping pad/cot/tarp
- Air pump
- Repair kit for air mattress
- Utility bags for storage

Cooking

- Large water jug & water bucket
- Coolers/ice
- Thermos
- Stove with fuel/propane
- Matches/lighter
- Charcoal/firewood/buddy burner
- Dutch oven/tin can stove/box oven/etc
- Campfire grill/BBQ grill
- Fire starters/newspaper
- Tablecloth/thumb tacks/clips
- Plates & bowls/paper plates & bowls
- Silverware/plastic silverware
- Measuring cups
- Heavy-duty aluminum foil
- Paper towels
- Trash bags
- Dish soap
- Clothes pins



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- Cooking oil/Pam spray
- Containers for food storage
- Potholders/oven mitts
- Pots and frying pans with lids
- Soap for outside of pots and pans
- Cook utensils-spatula, knife, spoon
- Tongs
- Skewers/grill forks
- Can opener/bottle opener
- Folding table
- Dutch oven
- Pie irons
- Mugs/paper cups
- Mixing bowl
- Cutting board
- Ziplock bags
- Napkins
- Dish pan
- Dish rags/towels
- Scrub pad/brillo
- Seasonings/sugar/condiments
- Potato peeler

Clothes

- Shoes/boots
- Jeans/pant/belt
- Shorts
- T-shirts
- Socks/extra socks
- Hat
- Bandana
- Sweatshirt/jacket
- Underwear
- Sleep clothes
- Rain gear
- Swim suit/towel
- Laundry bag

Personal

- Shower shoes/flip flops
- Towels/washcloth
- Soap in plastic case/shampoo



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- Tooth brush/tooth paste
- Deodorant
- Comb/brush
- Razor
- Feminine products
- Toilet paper
- Shower bag or 5 gallon bucket
- Camping shower/shower pump
- Other personal items
- Personal medications – take extra

Miscellaneous

- Sunscreen/chapstick
- Lantern with fuel/mantles
- Extra batteries/bulbs
- Compass
- Bug repellent/candles
- Whistle
- Water filters/purification/treatment
- Camera/battery/film/
- Books/magazines
- Candles
- Maps/directions
- Misc. tools
- Backpack/fanny pack
- Fishing gear/license/bait
- Radio
- Musical instruments/song books
- Camp chairs
- Sunglasses
- Hammock
- First aid kit
- Tissues
- Saw/axe
- Park map/guidebooks/trail maps
- Lantern pole or hanger
- Collapsible drying rack
- Popcorn
- Marshmallows, Graham crackers, Hershey bars (Smores)
- Flashlight/batteries
- Pocket knife
- Plastic grocery bags
- Binoculars
- Rope/clothes line

Survival Sports Equipment - Makedonitissis 66, Strovolos, CY 2057 Nicosia, Cyprus

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- ___ Canteen/water bottle/coffee pot
- ___ Bungi cords/straps
- ___ Cards/games/toys
- ___ Duct tape/electrical tape
- ___ Notepad/pen
- ___ Reservations info./confirmation
- ___ Cell phone/charger & 2-way radios/walkie talkies
- ___ Small shovel
- ___ Safety pins
- ___ Money/ID/credit card/quarters
- ___ Bikes/helmets
- ___ Travel alarm clock
- ___ Work gloves
- ___ Umbrella
- ___ Hand wipes
- ___ Drinks/snacks
- ___ Small sewing kit
- ___ Fire extinguisher
- ___ Hot chocolate/tea bags/coffee
- ___ Scissors
- ___ Watch

Tell someone of your plans – give details of where you are going and when you expect to return, give directions and possible alternative roads that you may take, provide cell phone numbers, vehicle description and license plate numbers, hand-held radio channel and codes that you will use, and provide local authority phone numbers (CY Police, Game & Fish Commission, etc.) for the county or area that you will be in.

Basic First Aid Kit

- ___ Personal medications
- ___ Roll bandages
- ___ Adhesive tape
- ___ Antiseptic wipes
- ___ Sterile gauze pads
- ___ Cotton swabs
- ___ Tweezers
- ___ Safety pins
- ___ Scissors
- ___ Bee sting kit
- ___ Sinus medications
- ___ Tissues
- ___ Bug repellent
- ___ Sunscreen
- ___ Notepad/pen

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- ___ Sterile compresses
- ___ Splinting materials
- ___ Personal information/contact person
- ___ Feminine products
- ___ Ipecac
- ___ Razor blades
- ___ Plastic bags
- ___ Small bottle of water
- ___ Blanket
- ___ Other personal needs
- ___ Small mirror
- ___ Triangular bandages
- ___ Misc. Band Aides/bandages
- ___ Anti-acids (Tums, Rolaides)
- ___ Antibiotic cream
- ___ Aspirin/Ibuprofen/Tylenol/Naproxin
- ___ Hydrogen Peroxide
- ___ Ace bandages
- ___ Sunburn lotion
- ___ Burn ointment
- ___ Snake bit kit
- ___ Eye drops
- ___ Poison ivy cream/cleansers
- ___ Heat/cold packs
- ___ Small flashlight
- ___ Latex gloves
- ___ Antibacterial soap
- ___ Thermometer
- ___ Coins for emergency phone calls
- ___ Antibiotic soap
- ___ Butterfly bandages
- ___ Twine
- ___ Mole skin for blisters
- ___ Road flares
- ___ First aid manual
- ___ Nail clippers

Additional First Aid Tips

- Take a First Aid class and a CPR class – keep current on this information
- Keep supplies in a well marked, durable, waterproof container
- Keep the content organized
- Know how to use everything in your first aid kit
- Inspect content often, re-supply as needed
- Keep readily available at all times