

Down Syndrome FOUNDATION OF FLORIDA

Camping Checklist *(compliments of camping.about.com)*

Shelter and Bedding (essentials)

- tent
- tarp
- sleeping bag
- sleeping pad
- headrest

Cooking and Dining (optionals)

- water
- food
- cooler
- camp stove
- mess kit
- can opener
- charcoal

Clothes

- t-shirts
- shorts
- jeans/pants
- socks
- shoes/boots
- camp shoes
- hat/cap
- sweater
- rain poncho
- underwear
- swim suit
- laundry bag
- _____
- _____
- _____
- _____

Personal Hygiene

- tooth brush
- tooth paste
- wash rag(s)
- towel(s)
- soap
- comb/brush
- nail clippers
- razor
- toilet paper
- _____
- _____

Shelter and Bedding (optionals)

- book
- cot
- comforter
- throw rug
- pillow

Cooking and Dining (optionals)

- charcoal chimney
- smoker
- Dutch oven
- hot dog sticks
- pie irons
- chairs
- folding table
- table cloth
- butane lighter
- screen room

Cleaning Items

- broom
- dust pan
- whisk broom
- lawn rake
- dish pan
- detergent
- dish rags
- pot scrubber

First Aid Kit

- personal medication
- bandages
- aspirin, Tylenol
- medical tape
- sterile gauze
- elastic wrap
- antiseptic wipes
- antibiotic cream
- burn ointment
- sunburn lotion
- hydrogen peroxide
- scissors
- tweezers
- eye wash
- sanitary napkins
- snake bite kit

Chuck Box Items

- salt and pepper
- herbs and spices
- cooking oil
- pot holders
- paper towels
- napkins
- plastic trash bags
- tongs and spatula
- aluminum foil
- measuring cups
- plastic silverware
- paper plates/bowls
- plastic cups
- zip lock bags
- knives
- cutting board
- cork screw

Miscellaneous Items

- binoculars
- bird guide
- bug spray
- bungi cords
- camera
- cards, games
- cell phone
- clothes pins
- duct tape
- fishing gear
- flashlight
- frisbee
- kites
- scissors
- lantern
- matches
- pen and paper
- rope
- shower bag
- sun block
- tools
- water filters
- whistle
- _____

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