

# Personal Overnight Camping List

- **Camp Box**
- **Outdoor essentials (includes the following)**
  - Pocketknife (Totin Chip Required)
  - First Aid Kit
  - Extra Clothing
  - Rain Gear
  - Water Bottle
  - Flashlight
  - Snacks
  - Matches
  - Sun Protection
  - Map and Compass
- **Clothing appropriate for the season**
- **Sleeping Bag**
- **Sleeping Pad**
- **Mess Kit (includes the following)**
  - Spoon / Fork
  - Plate
  - Bowl
  - Cup
- **Cleanup Kit (includes the following)**
  - Soap
  - Toothbrush
  - Toothpaste
  - Dental Floss
  - Comb
  - Washcloth
  - Towel
- **Sunscreen**
- **Bug Spray**
- **Notebook**
- **Pencil or Pen**

## Optional

- **Watch**
- **Camera**
- **Sunglasses**
- **Camp Chair**