

Solo Camping Checklist

Shelter & Sleep System

- ☐ Tent or Bivy Sack
- ☐ Sleeping Pad
- ☐ Tent Repair Kit
- ☐ Tent Mallet (optional)
- ☐ Sleeping Bag (season-appropriate)
- ☐ Pillow (optional)
- ☐ Groundsheet / Footprint

Cooking & Water

- ☐ Food (freeze-dried meals, snacks)
- ☐ Lightweight Cookware (pot, lid)
- ☐ Water Filter / Purification Tablets
- ☐ Utensils (spork or compact set)
- ☐ Small Trash Bag
- ☐ Portable Stove & Fuel
- ☐ Water Bottle / Hydration Reservoir
- ☐ Mug (metal or plastic)
- ☐ Lighter / Waterproof Matches
- ☐ Backup Firestarter (firesteel / matches)

Clothing (Layered)

- ☐ Base Layer (thermal underwear)
- ☐ Waterproof Jacket & Pants
- ☐ Socks (primary + backup)
- ☐ Camp Shoes (optional)
- ☐ Sunglasses
- ☐ Insulation Layer (fleece or down jacket)
- ☐ Warm Hat & Gloves
- ☐ Hiking Boots / Shoes
- ☐ Rain Gaiters (optional)
- ☐ Rain Boots (optional)

Navigation & Safety

- ☐ Map & Compass
- ☐ Headlamp (+ spare batteries)
- ☐ Knife / Multitool
- ☐ Sunscreen & Insect Repellent
- ☐ Flashlight (as backup to headlamp)
- ☐ GPS Device / Offline Maps
- ☐ Emergency Whistle
- ☐ First Aid Kit
- ☐ Personal Locator Beacon (optional)

Repair & Tools

- ☐ Needle & Thread
- ☐ Tent Patches
- ☐ Paracord (15-20 ft)
- ☐ Blister Tape
- ☐ Universal Gear Glue
- ☐ Multitool
- ☐ Duct Tape (small roll)

Solo Camping Checklist

Personal Hygiene

- | | |
|--|--|
| <input type="checkbox"/> Biodegradable Soap | <input type="checkbox"/> Toothbrush & Toothpaste |
| <input type="checkbox"/> Toilet Paper (waterproof bag) | <input type="checkbox"/> Wet Wipes |
| <input type="checkbox"/> Microfiber Towel | <input type="checkbox"/> Hand Sanitizer |
| <input type="checkbox"/> Toilet Trowel | <input type="checkbox"/> Floss (optional) |

Power & Backup

- | | |
|--|---|
| <input type="checkbox"/> Power Bank or Battery Pack | <input type="checkbox"/> Charging Cable (for phone/GPS) |
| <input type="checkbox"/> Spare Batteries (for headlamp, GPS, etc.) | |

Emergency Items

- | | |
|---|---|
| <input type="checkbox"/> Emergency Blanket (Mylar) | <input type="checkbox"/> Emergency Contact Card (laminated) |
| <input type="checkbox"/> Reflective tape or glow stick (optional signaling) | <input type="checkbox"/> Anti-chafe Balm (in First Aid Kit) |

Entertainment & Comfort

- | | |
|---|---|
| <input type="checkbox"/> Notebook & Pen | <input type="checkbox"/> Book or Kindle |
| <input type="checkbox"/> Offline Playlist / Audiobook | <input type="checkbox"/> Camera (optional) |
| <input type="checkbox"/> Earplugs | <input type="checkbox"/> Sit Pad or Ultralight Camp Chair |

Pre-Trip Checks

- | | |
|---|---|
| <input type="checkbox"/> Check weather forecast | <input type="checkbox"/> Inform someone of your plans |
| <input type="checkbox"/> Practice using your gear | <input type="checkbox"/> Weigh and test-pack backpack |
| <input type="checkbox"/> Food Storage (bear bag/canister/zip bag) | |