



## Packing Basics

No matter what type of camping you do, you'll want to bring these items along. Talk to your family before you go, to make you're not missing anything!

- Water in a reusable bottle
- Flashlight with extra batteries
- Long-sleeved jacket
- Poncho or raincoat
- Closed-toe shoes
- Sun protection: hat with a brim, sunscreen, lip balm, and sunglasses
- First aid kit
- Toilet paper
- Any medications you may need (inhaler, EpiPen)
- Emergency food (such as trail mix or granola bars)
- Whistle
- Bug spray

