

# Healthful Pursuit

healthy treats, whole food eats and balanced living

## Camping Packing List

### Personal belongings

Alarm clock  
Antihistamine  
Bathing suit  
Warm pants  
Wooly socks  
Boots  
Bug spray  
Sandals  
[Sunscreen](#)  
Sweaters  
Shorts and T-shirts  
Toiletries – toothbrush, paste, face wash  
Warm pajamas

### Essentials

Camp chairs  
Cooking grill for the fire  
[Cooking shelter](#)  
Cooler  
Daypack  
Doggie bags (if you have a dog)  
Extra batteries  
Firewood  
First aid kit  
Flash light  
Games  
Ground cloth/tarp  
Hatchet or axe  
[Large water carrier](#)  
Mosquito coils and fly traps  
Newspaper to start the fire  
Propane lamp  
[Sleeping tent](#)  
Tarp, [bungee cords](#) and rope  
Thick toilet paper  
Water bottles  
Wet wipes

### Sleeping gear

Cot or sleeping pad  
Extra blankets  
[Inflatable pillow](#)  
[Sleeping bag](#)

Using large [Rubbermaid containers](#) will help keep your belongings dry and organized.

Freezing as much food as possible before your trip will prevent it from spoiling in the cooler.

### Cooking gear

[Camp stove](#)  
[Camping dish set](#)  
Can opener  
Matches  
Pan with lid  
Poking stick  
Pot with lid  
Propane bottle  
Rag  
Sharp knife  
Soap, sponge and washing bucket  
Spatula  
Tin foil  
Trash bags

### Edibles

[Baked potato chips](#)  
Canned beans, fish, fruits and veg  
[Coconut oil](#)  
Dairy-free yogurt  
Dried fruit and nuts  
Eggs  
Filtered water, 2L per person, per day  
Fresh fruit: apples, berries, oranges  
Frozen ground meat  
[Homemade gluten-free burger buns](#)  
[Homemade gluten-free granola](#)  
[Homemade gluten-free protein bars](#)  
Marshmallows  
Pasta sauce and rice pasta  
Potatoes and other starches  
Rice cakes  
Salad dressing  
Single serving non-dairy milk packs  
Spices – salt and pepper  
Tea bags  
Uncooked millet, quinoa, rice  
Veggies