

# Checklist Camping Events

1. **A SMILE**
2. Passport!!!
3. Health insurance card
4. Tent
5. Sleeping bag
6. Sleeping pad
7. Tarp as a base for the tent
8. Warm clothes or blankets for cold nights
9. Pillow?
10. Headlight (preferable for putting up tents at night), flashlight, worst case mobile phone. Suggested product, rechargeable via USB, does not switch on by accident in backpack: <https://www.ledlenser.com/de/produkte/stirnlampen/outdoor-serie/mh10/>
11. Towel
12. Shower gel
13. Shampoo
14. Toothpaste
15. Toothbrush
16. Comb
17. Slippers
18. Socks
19. Underwear
20. T-shirts
21. Sweatshirt
22. Hiking boots
23. Sandals in summer
24. Hat / cap
25. Sun protection
26. Sunglasses
27. Wind and watertight jacket and clothing
28. Water for the first day
29. Backpack
30. Nordic walking gear if you want
31. Food for the first day
32. Cookies
33. Spread to put on bread that can be preserved, for 3 days
34. Nuts
35. Knife
36. Pocket knife
37. Plate
38. Adequate clothing generally
39. Bathing suit
40. Something isolating to sit on for the hike, mat
41. Shoes or sandals that can get wet. On some events we need to ford rivers.

Please check if you really need all this and also if there is something missing. This is like any other journey you do with the difference that we will sleep in tents. So the only additional things are related to sleeping in tents.