



CHECKLIST MOUNTAIN CAMPING

1) Shelter (Tent & Weather Protection)

- ☐ Wind- and rain-resistant tent (with rainfly)
- ☐ Heavy-duty stakes + extra guy lines
- ☐ Tarp or groundsheet (for rain protection)
- ☐ Backpack rain cover

2) Sleep System & Thermal Comfort (Very important!)

- ☐ Cold-weather sleeping bag (rated for the expected temperature)
- ☐ Sleeping pad / insulated mat (essential in the mountains)
- ☐ Inflatable sleeping pad (optional)
- ☐ Inflatable pillow
- ☐ Extra blanket or liner (optional)
- ☐ Warm beanie for sleeping (makes a HUGE difference)

3) Clothing (Cold Weather & Layering)

- Tip: Bright-colored clothing is highly recommended for visibility and safety.

Base Layer (Next-to-skin):

- ☐ Thermal top
- ☐ Thermal bottoms

Mid Layer (Insulation):

- ☐ Fleece or sweatshirt
- ☐ Insulated pants

Outer Layer (Protection):

- ☐ Windproof / waterproof jacket
- ☐ Rain jacket or poncho

Essential Extras:

- ☐ Thick socks (2 or more pairs)
 - ☐ Underwear
 - ☐ Swimsuit (if there's a river or waterfall nearby)
 - ☐ Hair ties (for long hair)
 - ☐ Gloves
 - ☐ Beanie / knit hat
 - ☐ Scarf or buff
 - ☐ Extra clothes for sleeping
 - ☐ Sturdy hiking boots or trail shoes (preferably waterproof)
 - ☐ Sandals or camp shoes
- (Pro tip: hiking-style sandals work great with socks)

4) Lighting & Power

- ☐ Headlamp
- ☐ Backup flashlight
- ☐ Tent light or lantern
- ☐ Extra batteries / spare battery pack
- ☐ Power bank + charging cables
- ☐ Car charger (if traveling by car)

5) Cooking & Food

Camping stove + fuel (bring extra if needed)

- ☐ Lighter + matches (backup)
- ☐ Small pot
- ☐ Mugs or plastic cups
- ☐ Plate + utensils
- ☐ Knife or multi-tool
- ☐ Small cutting board
- ☐ Dishcloth or napkin
- ☐ Water bottle / canteen
- ☐ Water reservoir (for carrying water in your backpack)

Easy, Warm Meals:

- ☐ Coffee / tea / hot chocolate
- Instant noodles or ramen
- ☐ Canned food
 - ☐ Smoked or cured sausage
 - ☐ Snacks (nuts, energy bars, chocolate)
 - ☐ Dried fruit
 - ☐ Trash bags (bring several)
 - ☐ Water purification drops or chlorine tablets

6) Hygiene

- ☐ Toilet paper
- ☐ Wet wipes
- ☐ Toothbrush + toothpaste
- ☐ Soap
- ☐ Compact or quick-dry towel

7) Safety & Emergency

- ☐ Insect repellent (yes, even in the mountains)
- ☐ Sunscreen (important even in cold weather)

First Aid Kit:

- ☐ Band-aids
- ☐ Antiseptic
- ☐ Gauze

- ☐ Pain relievers
- ☐ Allergy medication
- ☐ Whistle
- ☐ Knife or multi-tool
- ☐ Offline map / saved route on your phone or GPS
- ☐ Emergency thermal blanket (space blanket) — highly recommended
- ☐ Personal ID

8) Extra Items That Can Save the Day in the Mountains

- ☐ Dry bags or ziplock bags (to protect from moisture)
- ☐ Extra cord or rope
- ☐ Duct tape (fixes almost anything)
- ☐ Sunglasses
- ☐ Hat or cap (for hiking)
- ☐ Lip balm (cold weather dries lips fast)