

Murray Valley Bushwalkers Inc

Car Camping - What to bring

- In Case of Emergency (ICE) form
- Water - up to 2 litres recommended for a full day walk
- Sunscreen
- Gloves and hat
- Suitable clothing and footwear - note denim pants are uncomfortable
- Wet weather waterproofs, jacket and pants
- Down jacket
- Walking poles
- Gaiters
- Basic first aid kit, including your specific medication eg asthma inhaler
- Torch or headlamp for contingencies
- Tent (sharing sections of the tent is an option)
- Sleeping Bag
- Bag Liner
- Mattress
- Pillow
- Thermals - top and bottom
- Second layer - top and bottom
- Dry socks
- Toothbrush and paste
- Any medication (please inform leader if necessary Allergies etc)
- Personal first aid
- Water to drink and prepare the meal (some locations and walks have water on site or en route)
 - A leader should inform the group re: water supply
- Tablets for water (be safe rather than get a bug) (water purification tablets)
- Dehydrated food for weight considerations
 - 3 Meals, plus snacks. per day.
- Stove (another item that can be shared)
- Plate and cutlery
- Cup
- Fully charged and credit loaded up phone
- Camera
- Toilet paper and a trowel to dig an appropriate hole.