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. Jeans, denim and cotton pants are not suitable for alpine areas and can be unsafe, particularly if they become wet. Cotton absorbs water, dries slowly and can contribute to rapid heat loss in cold, windy or wet conditions. Choose quick-drying or wool/synthetic outdoor clothing instead.
- 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.