

Women's Camping Checklist



Feel confident for your camping trip with this handy packing list!

All items marked with * are optional extras.

Shelter and Bedding Essentials

- Tent (with pegs, poles and rain fly)
- Sleeping bag (temperature-appropriate)
- Sleeping mat or inflatable mattress
- Camp bed*
- Groundsheet or tarp*
- Pillows*
- Extra blankets*
- Mallet for tent pegs*
- Spare tent pegs*

Cooking and Eating List

- Food (pack extra)
- Water (pack extra)
- Water filter or purification tablets
- Bin bags
- Camping stove and fuel
- Lighter or matches
- Pots and pans
- Utensils (spoons, forks, knives)
- Plates, bowls
- Cups
- Water carrier
- Cooking oil*
- Paper towels*
- Thermos*
- Foil and cling film*
- Washing up liquid, sponge, and basin*
- Tin opener*
- Cool box*
- Teabags and coffee*

Basic Clothing

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Long walking trousers
- Fleece jacket or jumper
- T-shirts
- Long-sleeve shirts
- Shorts
- Sports bras
- Underwear
- Socks
- Skits / leggings / tights
- Flip flops*
- Pyjamas*
- Wellies*
- Gaiters*
- Sandals*
- Laundry bag*
- Comfy sleeping socks*

Seasonal Clothing for Cold Weather or Summer

- Thermal base layers
- Extra warm jumper
- Swimwear
- Hat
- Gloves
- Scarf or neck gaiter
- Sunglasses

Personal and Hygiene

- Toothbrush and toothpaste
- Toilet paper
- Camping trowel
- Sun cream
- Towels
- Insect repellent
- Midge net
- First aid kit
- Medications
- Feminine hygiene products
- Wet wipes
- Hair ties
- Vaseline
- Compeed blister plaster
- Glasses/contact lenses
- Tweezers (for ticks)
- Glasses/Contact lenses and solution
- Insect bite cream*
- Soap or body wash*
- Deodorant*
- After sun*
- Ear plugs*
- Shampoo and conditioner*
- Camping toilet*
- Camping shower*
- Brush or comb*
- Razor and shaving gel*
- Makeup*
- Lip balm*
- Moisturiser*
- Perfume*
- Face wipes*
- SheWee*
- Dry shampoo*
- Hand sanitiser*
- Nail clippers or file*
- Hand mirror*

Family Items

- Baby carrier
- Nappies
- Child-friendly snacks and drinks
- Baby bottle and food
- Safety equipment
- Kids camping chairs/portable highchair*
- Child's camping cot*
- Baby wipes*
- Toys/games*
- Bedtime books*

Leisure Items

- Camping chairs*
- Camping table*
- Books, magazines*
- Deck of cards*
- Board games*
- Football*
- Walking guides*
- Binoculars*
- Portable music player*
- Camera*
- Picnic blanket*

Navigation, Lighting, Tools & Misc

- Women's backpack
- Torch or headlamp
- Map and compass
- Local information (emergency numbers, local rules/regulations)
- Swiss army knife or multi-tool
- Duct tape
- Lantern*
- Rope or paracord*
- GPS*
- Mobile phone and charger*
- Power bank*
- Electric hook-up*
- Spare batteries*

Advanced Campers

- Camping axe or saw*
- Emergency blanket*
- Survival whistle*
- Firestarter kit*
- Portable solar panel*

Add Your Own Items

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- _____
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- _____

Do you think we've forgotten anything? Please drop us a comment at <https://wildernessredefined.com/uk/hub/camping-essentials-for-women-checklist/> so that we, as a camping community, can build the best checklist possible!