

# Checklist: What to Pack for Camping with Kids

Age groups: 0-3 years | 4-10 years | 11-15 years

## FOR ALL AGE GROUPS

### Sleep

- Sleeping bag suitable for the season (min. comfort +5 C for summer)
- Sleeping mat or inflatable pad
- Pillow or travel pillow
- Torch or headlamp (even for kids - their own headlamp = joy)

### Clothing

- Layering system: base layer, fleece, waterproof jacket
- Spare clothes for each child + 2 extra sets
- Rain jacket or poncho
- Sturdy shoes for the forest + sandals for the water
- Rubber boots (even in summer - morning dew and showers)

### Hygiene

- Toilet paper in a zip-lock bag (just in case)
- Phosphate-free washing products (eco-friendly)
- Wet wipes - a lifesaver at campsites without showers
- Insect repellent and after-bite remedy
- Sunscreen SPF 50 (essential near water)

## CHILDREN 0-3 YEARS

- Travel cot or baby lounger
- Extra nappies (+50% more than estimated)
- Children's insect repellent (age-appropriate)
- Hot-air fan / tent fan (summer)
- Children's first aid kit: antipyretic, teething drops, plasters

## CHILDREN 4-10 YEARS

- Their own backpack with a 'treasure' (child decides what goes in)
- Battery-powered headlamp
- Spade and bucket (water, sand - endless possibilities)
- Books or card games for rainy afternoons
- Spare shoes - wet today, dry tomorrow

## CHILDREN 11-15 YEARS

- Their own tent (mini, for 1 person) - the feeling of independence works wonders
- Powerbank (phone, but camping as the main activity)
- Notebook or sketchbook
- Emergency blanket and basic survival skills (as a lesson, not a necessity)

## KITCHEN AND FOOD

- Camping stove + gas
- Pot, pan (stainless steel set)
- Dining set per person (plate, cutlery, mug)
- Enough drinks for day 1 (you'll find a water source, but not straight away)
- Crackers, tinned food and non-perishables as backup
- Rubbish bags - absolutely essential!