

# Essential Packing List for 1 Night of Camping

## Basic Gear:

- Tent (easy to pitch, ideally with groundsheet and rainfly)
- Sleeping pad or inflatable mattress + sleeping bag (suitable for the temperature)
- Comfortable backpack (30-40L is enough)
- Headlamp or regular flashlight (with spare batteries)

## Clothing:

- Waterproof / windproof jacket
- Extra T-shirt + sweater
- Comfortable pants (preferably outdoor-friendly, not jeans)
- Spare socks
- Sturdy, comfortable shoes (trekking or sports shoes)
- Cap or sun hat

## Food & Water:

- Ready-to-eat food (sandwiches, salads, snacks)
- Energy snacks (dried fruit, protein bars, nuts)
- Enough water (at least 2L per person)
- Thermos with tea or coffee (optional)

## Useful Items:

- Multi-tool or small knife
- Trash bag (Leave no trace!)
- Toilet paper + wet wipes
- Insect repellent + sunscreen
- Charged phone + power bank

## Optional (for comfort & fun):

- Book or journal
- Small portable speaker
- Picnic blanket
- Small games (cards, etc.)