



## SUGGESTED PACKING LIST

Tent

Air bed or camp bed

Sleeping bag

Pillow

Extra blankets

Towels

Camping chair(s)

Torch or headlight

Exercise mat

Citronella candles

Any snack foods you might want

Wine, beer, cider, etc.

Corkscrew

Disposable cups or glasses (no plastic please!)

Bin bags

Daytime clothes – check the weather forecast before you pack!

Comfortable clothes for any exercise or sporty activity

Pyjamas

Rain gear

Sandals

Comfortable shoes (trainers)

Sunscreen

Insect repellent

Medications

Toiletries

Toothbrush and toothpaste