



# Pack List & Meal Plan

## Camping With Kids

For One Adult and Two Kids

### Two-Day, Two-Night Backpacking Trip

backcountry.com

Gear	Have	Packed Adult	Packed Kid	Packed Kid
Bug Spray				
Sun Screen				
Compass				
Map				
Flashlights x3				
Pocket Knife				
Lighter				
Matches				
Playing Cards				
Hair Ties				
Sunglasses				
First Aid Kit				
Garbage Bags				
Pot & Pan				
Spatula				
Dish Soap				
Toilet Paper				
Paper Towels				
Trowel				
Fishing Gear (Pole, Tackle, License)				
Stove				
Fuel				
Water Filter / Tablets				
Flask				
Hand Sanitizer				
Wet Wipes				
Mess Kit (one each)				
<b>For Each:</b>				
Coat				
Sweatshirt/Long Underwear				
Sweatpants/Long Underwear				
Short-Sleeve Shirt				
Sandals				
3 Pairs Socks				
2 Underwear				
Hat				
Gloves				
Poncho				
<b>Wearing:</b>				
Sleeping Bag				
Sleeping Pad				
Tent				

Meal	Have	Packed
<b>Day 1 Lunch</b>		
<b>Day 1 Dinner</b>		
<b>Day 2 Breakfast</b>		
<b>Day 2 Lunch</b>		
<b>Day 2 Dinner</b>		
<b>Day 3 Breakfast</b>		
<b>Day 3 Lunch</b>		
<b>Snacks</b>		