

OUTDOOR ADVENTURE checklist

Food & Water

- Enough water for each person
- Dish and water for dog
- Electrolyte drinks
- Nuts & dried fruit
- Healthy snacks
- Chewing gum (helpful for ears)
- Garbage bag for trash
- Blanket to sit on to eat
- Coffee or tea

First Aid Kit

- Disinfectant
- Tweezers
- Emergency blanket
- Insect repellent
- Sunscreen
- Band-aids and gauze
- Sun protecting chapstick
- Bug bite itch cream
- Anti-nausea medicine
- Any prescription drugs needed

Clothing & Footwear

- Sturdy shoes or hiking boots
- Moisture wicking socks
- Rain jacket
- Wind breaker
- Sunglasses
- Layered clothing
- Extra change of clothes
- Hat for warmth
- Sun hat and protective clothing

Supplies

- Camera
- Headlamp or flashlight w/ extra batteries
- Multi-tool with knife
- Whistle
- Fire matches, lighter, and tinder
- Cell phone + car charger
- Trash bags
- Chains or traction tires

flip 

Camping Gear

- A tent
- Sleeping bag & mat
- Shovel
- Fire kit
- Lantern
- Camp stove

Permits

- Any parks pass that are needed
- Camping permits
- Check fire restrictions
- Check road conditions

let's wander!

Notes:

At Land Wander, we believe deeply in the power of being outdoors and want to make it easy for you to enjoy amazing outdoor adventures.

Give us a call today:
(971) 267-2489



LAND WANDER
OUTDOORS MADE EASY

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