## A Guide To Wilderness Camping (v. 5.0)
by Leslie Kanat

### COOKERY
- aluminum foil
- bowls
- brillo pads
- can opener
- coffee pot
- cutting board
- dish towel
- glasses
- knife
- ladle
- milk bottle
- mugs
- pans
- paper bags
- plastic wrap
- plastic bags
- plates
- pots
- pot holder
- serving spoon
- silverware
- spatula
- sponge
- spoon
- strainer

### CAMP
- axe
- batteries
- blanket
- candle lantern
- cassettes & CDs
- charcoal & fuel
- chemical toilet
- cigarette lighter
- citronella candle
- cloth tarp
- cooler
- detergent (dish)
- detergent (cloth)
- extra bag
- firewood
- fishing line
- flashlight
- flask
- frame pack
- funnels (two)
- gloves (safety)
- grill
- headlamp
- insect repellent
- iodine (for water)
- lantern & fuel
- matches
- mattress
- needle & thread
- oven
- paper towels
- pegs
- pillow
- plastic tarp
- rags
- rope
- sheet
- sleeping bag
- sponge
- star charts
- stove & fuel
- survival mirror
- Swiss knife
- tent
- trowel
- washing-up bowl
- water bottle
- water filter
- water keg (solid)
- water keg (soft)

### CLOTHES
- baby powder
- bandanna
- bathing suit
- cord knickers
- gaiters
- gloves
- gym shoes
- hiking boots
- jacket
- leg warmers
- long underwear
- mittens
- pants (l & s)
- rain clothes
- shirts (l & s)
- socks
- sun hat
- sweater
- undershirt
- underwear
- wellies

### TOILETRIES
- acid
- cable release
- camera
- chisel
- colored pencils
- compass
- day pack
- eraser
- field case
- field slips
- field book
- film
- GPS
- hammer
- hand lens
- ink and pens
- map case
- maps
- medical tape
- nail
- pen
- pencils
- skis
- sledge
- thermos
- tripod
- water colors
- whistle
- calculator
- clay
- graph paper
- pencil sharpener
- razor
- shampoo
- soap
- tampax
- toilet paper
- toothbrush
- towel
- vitamins
- wash cloth
- wipe-eze

### FIELD
- AAPB (flares)
- gun & ammo
- horn
- APB (forges)
- generator
- gasoline
- amateur radio
- antenna tuner
- antenna

### FOOD
- BBQ sauce
- beef stew
- biscuits
- candy
- cereal
- cheese
- coffee
- flour
- fruit
- garlic
- gorp
- honey
- hot chocolate
- ketchup
- margarine
- marmite
- meals
- milk
- mustard
- nuts
- oats
- peas
- pepper
- potatoes
- powdered drinks
- raisins
- rice
- salami
- salt
- sausage
- soup
- spaghetti
- spices
- sugar
- tea
- yeast

### MEDICAL KIT
- aspirin
- band aids
- disinfectant
- elastic bandage
- gauze pads
- medical tape
- moleskin
- nail clippers
- scissors
- snake bite kit
- tweezers
- Pepto-Bismol