

PACKING LIST FOR SLEEPING OUTSIDE

1. Tent.
2. Sleeping gear such as a mattress pad, sleeping bag or blankets, a pillow and pajamas.
3. Food for 2 dinners, 1 or 2 lunches, 2 breakfasts and plenty of snacks and water.
4. Supplies to cook your meals: grill, charcoal, firewood, etc. Plus utensils to eat your food.
5. Hiking boots or comfortable tennis shoes to use to explore during the day. Getting some exercise will help you fall asleep when the sun goes down.
6. Chair and book to relax to during the day while you're not exploring the area.
7. Clothes for layering: t-shirt or tank top with shorts for hot days and pants and a long-sleeve shirt for crisp mornings. Throw in a windbreaker and rain gear, such as a poncho, just in case.
8. Hat and sunscreen.
9. Bring a lamp, flashlight or headlamp in case of emergencies - but don't plan on using it.