



Camping Core Essentials Checklist for Water & Hygiene

- ☐ Bring the appropriate water treatment: gravity, squeeze, or pump filter, and UV or chemical purifier if needed
- ☐ Use collapsible water containers for camp and keep a separate jug for gray water
- ☐ Pack biodegradable soap, a small wash basin or camp sink, and a fast-drying towel
- ☐ Toiletries like toothpaste, toothbrush, floss, deodorant, and face or body wipes
- ☐ Include menstrual supplies, a pee funnel if you use one, and wag bags when regulations require them
- ☐ Consider a solar or camp shower and toss in moisturizer to combat dryness