

# CAMPING FOR BEGINNERS

Camping can be fun and a great way to relax. Check out our tips for beginners here; be prepared, be safe, and have a great time.



Commonly forgotten items include insect repellent, sunscreen, a water bottle, a first aid kit, toiletries, a mirror, and lighting – a mix of solar and battery powered lights should see you through. You may like to take a comfortable chair, and eat at a folding table. Games, books, puzzles, and activities can also be a good idea.

## JUST TRANS STUFF

For some of us, things like shaving, using bathrooms, and taking a shower can be extra difficult we're sharing facilities with strangers. It may be an option to take a shower-tent and solar shower into your site, set up a table with a shaving mirror, and use ropes and flags as privacy screens. Having a bathroom area away from your social area and out of view from other campers can make camping a lot less stressful.

## Pitching a Tent

Pitch your tent or park on level ground. Think about trees in the wind and falling branches or pine cones. If there could be a sudden downpour, will you be flooded out? In flooding, high winds, or other emergencies, how quickly can you pack up and leave?

## PLAN TO EAT

Cooking on a campfire requires dry wood, and using a camp cooker means taking a cooker and fuel with you. You'll need a pot or pan, dishes, cutlery, and food that can be prepared easily with whatever equipment you have.

If you're on foot, consider the weight of your food. If you can park a car near your campsite, then pre-prepared foods such as canned soup may be an option. Consider snacks, hot and cold drinks. Remember that some foods perish quickly without a chilly bin or ice box. Keep an eye on expiry dates. Ziplock bags keep chilled foods from contaminating each other.

## Location

Picking the right place to camp means thinking about location, how full a campground is likely to be on the day you arrive, the weather at that time of the year and what your gear can stand up to, and what your safety and accessibility needs are.

Think about proximity to bathrooms, cellphone coverage, drinking water.

Do you need a permit to camp there? Can you light a fire? You can find information from Department of Conservation, district councils, motor home associations, and social media groups for camping in Aotearoa.

Sleep is important. Be sure you'll be dry at night by using a tent with decent waterproofing, take padding such as a mattress, airbed, or camping stretcher to sleep on, warm blankets, pillows, and earplugs.

## Practice at Home

Practice setting up your tent at home or in a park nearby. Make sure you have all the pieces, it's waterproof (including the groundsheet or floor), and everything works. If you're bringing a cooker or other essential equipment – old or new – practice and test before you need it.

## BE RESPONSIBLE

If you're camping near others, try to give them some space, and keep the noise down at night.

Remember to respect Papatūānuku as well – take only photos and leave only footprints. If you have animal companions with you, this applies to them as well.

# Camping Checklist

Use our checklist to help you plan for a safe and enjoyable camping trip.

## Personal Items

- 1. Comfy clothes, swimwear, dress ups.
- 2. Safer sex supplies if needed.
- 3. Cash.
- 4. Tent.
- 5. Bed roll/ airbed/ mattress/stretcher.
- 6. Blankets, sheets/sleeping bag.
- 7. Pillow.
- 8. Ear plugs.
- 9. Towels.
- 10. Torch + battery or cellphone + car charger.
- 11. Hormones or medications.
- 12. Power Bank/spare battery.
- 13. Vape charger.
- 14. Cupboard/food crate.
- 15. Chilly bin.
- 16. Personal kitchenware – plate/bowl/utensils.



## Consumables

- 1. Water or large water container.
- 2. Food.
- 3. Bug spray.
- 4. Sunscreen SPF 50+.
- 5. First aid kit.
- 6. Gas bottles for cooking.
- 7. Firewood.
- 8. Ice X 1 million.
- 9. Kitchen wipes.
- 10. Toiletries eg soap, sanitary products, wet wipes, extra T-paper.



## Notes



## Kitchen & Living



- 1. Kitchen /lounge gazebo.
- 2. Kitchen bench.
- 3. Kitchen table.
- 4. Chairs.
- 5. Solar candles/ lighting/safe fire torches.
- 6. Clock (no cellphone reception).
- 7. Ropes.
- 8. Flags/privacy screen fabric.
- 9. Falas/floor mats.
- 10. Cookers.
- 11. Gas bottles or cans.
- 12. Dishwashing tub, dishwash liquid, Scrubber, Buckets, Tea towels (or wetwipes).
- 13. Pots and pans.
- 14. Chopping boards and sharp knives.
- 15. Grater.
- 16. Mixing/salad bowls.
- 17. Coffee plunger.
- 18. Can opener.
- 19. Music speakers.
- 20. Beanbags or camp chairs.
- 21. Solar shower.
- 22. Bicycle.



## Foods That Last



- 1. Breakfast foods - cereal, small cartons of long-life or plant-based milks, milk powder, porridge, oatmeal, muesli, firm fruits, canned spaghetti and baked beans.
- 2. Lunch foods - many types of crackers, small cans of fish, canned pre-cooked chicken or red meat, pre-packed tortillas, margarine and spreads, whole (rather than loose leaf) salad greens, cabbage, carrots, preserved meats such as salami, fresh eggs last over a month.
- 3. Dinner foods - dried pasta, rice, corn chips, fresh or dried-flake potatoes, dried peas, bottled or canned pasta sauce, dried mushrooms, herbs and spices, salt, cooking oil, pouches of sauce, soup grain mix, pre-made meals in cans or pouches (eg, pouches of curry or fried rice, canned soups).
- 4. Snacks - dried seaweed snacks, potato chips, muesli bars, small cartons of milk or plant-milk based protein drinks, dried fruit and nuts, pretzels, biscuits, confectionery.
- 5. Drinks - coffee, tea, herb tea, hot chocolate, powdered juice (eg. Raro), syrups and concentrates, drinking water and bottle.

