

CNGK Family Camp Supplies Checklist

Shelter

- Tent
- Ground cloth/tarp
- Shade tarp/dining tent
- Axe or hammer (for pounding stakes)
- Mat for tent entrance
- Dust pan/brush
- Rope (drying line)

Bedding

- Sleeping bag
- Sheets/blankets
- Pillow
- Sleeping pad
- Air mattress and air pump

Cooking

- **Water bottle**
- Coffee maker
- Large water jug/ bucket
- Coolers/ice
- Stove with fuel/propane
- Matches/lighter
- Tablecloth/thumb tacks/clips
- Plates, bowls
- Fork, spoon, knife
- Heavy aluminum foil
- Paper towels
- Trash bags
- Dish soap
- Clothes pins
- Pots & frying pans w/ lids
- Can /bottle opener
- Folding table
- Coffee mug
- Cutting board
- Dish pan
- Dish rags/towels
- Scrub pad
- Seasonings/condiments
- Cooking oil, butter
- Food items

Clothes

- **Running shoes**
- **Karate Belt**
- **Work-out clothes**
- Sandals
- Shorts & T-shirts
- Socks/extra socks
- Hat
- Bandana
- Sweatshirt/jacket
- Underwear
- Sleep clothes
- Rain gear
- Swim suit/towel
- Laundry bag

Personal

- Towels/washcloth
- Soap /shampoo
- Tooth brush/paste
- Deodorant
- Comb/brush
- Toilet paper
- Personal medications
- Sunscreen/chapstick
- First-aid kit

Miscellaneous

- **Notepad/pen**
- Lantern & fuel
- Extra batteries/bulbs
- Bug repellent
- Camera
- Candles
- Musical instruments
- Camp chairs
- Sunglasses
- Flashlight/batteries
- Cards/games/toys
- Duct tape
- Small shovel
- Safety pins
- Work gloves
- Umbrella
- Hand wipes / sanitizer
- Small sewing kit
- Fire extinguisher
- Scissors
- Watch or travel alarm
- Cell Phone and charger
- Swim toys, life jacket

NOTES: _____

Enjoy a safe and fun training weekend! View pictures of this event at www.CNGK.ca

Questions? Ask Sensei Barb info@CNGK.ca or 519-669-0853