



Packing when Camping with Kids at all Stages

Going camping with kids? Most of the things they need are the same as any other camper – check out our camping lists for camping. Here are extra items to take when camping with babies and kids.

Babies and Toddlers

They may be small but make up for it with all the stuff they need.

Essentials

- Nappies – enough for the time you're away plus some extras
- Plastic bags for dirty disposable nappies or 2X buckets + cleaning supplies if you're not using disposable (Most people using non-disposable nappies make an exception when camping).
- It's a good idea to take a bucket and cleaning gear for soaking dirty clothes if you're away for more than a couple of days.
- 2 towels for changing nappies – includes an extra one for if one gets dirty or wet.
- Face washers, baby soap/ cleaning lotion and any creams they need, for example nappy rash cream
- Potty if they're toilet trained or on the way to it
- Plenty of spare clothes. Layers add warmth, and baby clothes are so small, they don't take up much room
- Sleeping bag/ suit
- Blankets for them to sleep on and under
- A comfortable camping chair, preferably with arms, for breast or bottle feeding baby (and other times)
- Stroller or pram – use it for feed times for babies on solid food or to confine crawling/ toddling babies when you are busy cooking dinner or whatever. Often a walk with a stroller or pram is the only way to get babies and small children to nap during the day. Take a small blanket or sheet to put over the top to shelter them and reduce distractions
- Front or back carrying pack
- Picnic rug or large towel for them to play on
- Sunhat and something for shade – could be a tent annex or beach shelter
- Enough mushy food, if that's where they are at. Usually it's the same offerings as they have at home, but probably with more pre-packaged items that keep better
- Babies and toddlers don't need too many toys as everything in the world is a new toy for them to explore. You may like to take a couple of small favourites though, so they have a few familiar items. Safe camping equipment make great toys for babies and young children. For example, plastic bowls and plates with a little water to pour can be great fun- just don't forget those spare clothes!

Nice to Have

- Portacot possibly – although a tent with a secure fly works just as well. When camping babies sleep on a sleeping mat like anyone else, so there's no danger in falling out of bed.
- Baby chair with a table that can sit safely on the ground. A stroller or pram does work, but doesn't have a table. It's good to be able to have baby safely confined with something entertaining when you have stuff to do.



Preschool Aged Children

Super cute, their emerging personalities makes camping fun... if tiring for the adults.

- Spare sleeping bag or bedding for possible bed wetting. If they are likely to wet the bed, consider nappies again just while you're camping. Young kids' sleeping bags should be able to handle getting wet and being rinsed – that is synthetic rather than down.
- Plenty of spare clothes, especially socks and shoes. Young kids are good at getting wet and dirty given half a chance
- Small toys for sand or dirt play, for example, a plastic bucket, spade, small cars
- Crayons, pencils, paper, colouring book
- A few familiar small story books for bedtime and quiet times
- A favourite toy to take to bed and for comfort (don't lose it!)
- Handheld torch

School Aged Kids

They're perfect aged campers, still happy to hang around their parents... usually.

- Again, a spare sleeping bag or bedding, perhaps one between a few kids. Even if children have not wet beds for some time, it can still happen in new surroundings.
- Tools to encourage outdoor creativity, such as spades, buckets, pieces of string or rope...
- Bike or scooter if the terrain is suitable. Camping is a great time to learn to ride a 2-wheeled bike
- Pencils, felt tipped pens, colour or quiz books, paper
- Own head or hand torch
- Easy board games, such as Ludo, Snakes and Ladders or similar

Tweens

Emerging independence can be great, or not so great

- Tweens can usually pack most of what they need, but it's good to check they have the essentials and don't pack too many extras. Check especially they have enough warm things and aren't planning to wear shorts and t-shirts the whole time, and that they pack more than one pair of underwear. You may have to take out multiple bottles of nail polish, bags of fluffy toys or other tween obsessions. Also check they haven't packed unnecessary valuable or fragile items.
- Bikes, board games, drawing or craft activities and so on are great for tweens also, but they probably won't think to pack it themselves.
- A book or two to read

Teenagers

It's time to learn the consequences of packing well or badly. By now they should be able to pack themselves with minimal supervision. Maybe just give them a packing list to work from. If you're worried, discreetly pack a few back up items such as a spare raincoat. Teens don't need anything extra than adults.

Remind them to take a few things for entertainment, such as a book, frisbee, card or board games.