



MULTI-DAY 4-7 DAY CHECKLIST

CHASING CAMPFIRES - BUILD - EXPLORE - CONNECT

Complete vehicle, camp, communications, storage, meal-plan and shopping checklist.

DESTINATION _____

TRAVELLERS _____

DATES _____

EMERGENCY CONTACT _____

ROUTE AND CONDITIONS

- ☐ Route, trailhead and destination confirmed
- ☐ Access, permits and seasonal closures checked
- ☐ Weather, wildfire smoke and fire bans checked
- ☐ Current road, snow and water-crossing conditions checked
- ☐ Offline maps downloaded before losing service
- ☐ Route and expected return shared with a trusted person
- ☐ Turnaround time and alternate route chosen
- ☐ Sunset time and available daylight reviewed
- ☐ Campsite or legal camping area identified
- ☐ Fuel, water and food resupply points mapped

PRE-TRIP INSPECTION

- ☐ Full fuel tank and planned fuel stops
- ☐ Tire pressures and tread checked, including spare
- ☐ Wheel lugs torqued after recent tire service
- ☐ Oil, coolant, brake and washer fluids checked
- ☐ Leaks, belts, hoses and battery inspected
- ☐ Headlights, brake lights and signals working
- ☐ Roof, canopy and interior loads secured
- ☐ Keys and a secure spare key packed
- ☐ Maintenance current for expected distance and terrain

TOOLS AND SELF-RECOVERY

- ☐ Rated front and rear recovery points identified
- ☐ Rated recovery strap and soft or rated shackles
- ☐ Shovel and traction boards accessible
- ☐ Air compressor and accurate tire gauge
- ☐ Tire plug kit and valve tools
- ☐ Vehicle jack, wheel wrench and stable base
- ☐ Basic hand tools, tape, zip ties and gloves
- ☐ Jumper cables or a charged battery booster
- ☐ Winch controller, damper and tree-saver strap if equipped
- ☐ Multimeter, electrical tape, spare bulbs and fuses
- ☐ Axe or saw packed where permitted and appropriate
- ☐ Route-specific spares, fuses and fluids

FIRST AID AND EMERGENCIES

- ☐ Stocked first-aid kit and first-aid knowledge
- ☐ Personal medication and emergency information
- ☐ Vehicle-rated fire extinguisher within reach
- ☐ Emergency blanket, warm layer and rain shell
- ☐ Whistle, reflective marker and emergency light
- ☐ Wildlife safety gear appropriate and legal for the area

- ☐ Sunscreen, insect repellent and eye protection
- ☐ First-aid contents and expiry dates reviewed

NAVIGATION AND COMMUNICATIONS

- ☐ Phone charged and protected from weather
- ☐ Vehicle charger, cables and power bank
- ☐ Paper map or second navigation source
- ☐ Compass packed and route orientation reviewed
- ☐ Radio charged; channels or frequencies agreed
- ☐ Satellite communicator charged and tested if carried
- ☐ Check-in schedule agreed with home contact
- ☐ Starlink, router, stand and power cable packed if needed
- ☐ Emergency and roadside contacts saved offline

SHELTER AND SLEEP

- ☐ Tent, awning or vehicle sleep system
- ☐ Poles, pegs, guy lines and mallet
- ☐ Groundsheet or tarp for weather protection
- ☐ Sleeping bag rated below the expected overnight low
- ☐ Insulated sleeping pad or mattress and repair kit
- ☐ Pillow, sleep clothes and earplugs
- ☐ Hammock and tree-friendly straps if wanted
- ☐ Dry storage bag for bedding and spare blanket

FOOD, WATER AND CLEANUP

- ☐ Drinking water plus an emergency reserve
- ☐ Meals, trail snacks and one backup meal
- ☐ Reusable bottles or hydration packs
- ☐ Stove, fuel and a backup ignition source
- ☐ Cookware, utensils, mugs and can opener
- ☐ Cutting board, sharp knife, tongs and spatula
- ☐ Coffee or tea maker, filters and insulated mugs
- ☐ Fire gloves and grill grate if open-fire cooking is permitted
- ☐ Cooler or fridge, ice and power connection
- ☐ Biodegradable soap, wash basin and towel
- ☐ Garbage and recycling bags
- ☐ Wildlife-safe food and scented-item storage
- ☐ Water filter or purification backup
- ☐ At least 4 L of water per person per day, plus cooking and emergency reserve
- ☐ Meals portioned by day with one extra day of food
- ☐ Spice kit, cooking oil, foil and resealable bags

CLOTHING AND ESSENTIALS

- ☐ Weather-appropriate base, warm and outer layers



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- ☐ Supportive footwear and spare socks
- ☐ Sun hat, warm toque and gloves as conditions require
- ☐ ID, health information, payment card and some cash
- ☐ Toiletries, toilet paper, sanitizer and towel
- ☐ Wet wipes, toothbrush, toothpaste and deodorant
- ☐ Personal and feminine hygiene supplies as needed
- ☐ Dry change of clothes stored separately
- ☐ Portable shower or wash system where appropriate
- ☐ Spare glasses, contacts and prescription copies

LIGHTING, POWER AND MEDIA

- ☐ Headlamp for each person and spare batteries
- ☐ Power bank fully charged
- ☐ House battery or power station charged
- ☐ Camp lighting positioned without disturbing others
- ☐ 12V, USB and device-specific cables or adapters
- ☐ Camera, batteries, memory cards and weather protection
- ☐ Daily power budget checked against battery capacity

CAMP SETUP

- ☐ Camp chairs and table
- ☐ Shade or rain shelter
- ☐ Repair tape, cord, sewing kit and multi-tool
- ☐ Weatherproof bins and gear organization
- ☐ Book, Kindle, journal or deck of cards
- ☐ Small speaker or offline audio, used respectfully
- ☐ Fishing gear, binoculars or other trip-specific activity gear
- ☐ Notebook, pencil and route notes

PACKING AND STORAGE PLAN

- ☐ Meat, dairy and prepared food sealed in the fridge or cooler
- ☐ Dry goods and snacks grouped in labelled weatherproof bins
- ☐ Kitchen equipment packed together for quick camp setup
- ☐ Recovery gear and tools accessible without unloading camp gear
- ☐ Clothing organized in packing cubes with a separate dirty-clothes bag
- ☐ Hygiene supplies contained in a toiletry bag or dry bag
- ☐ Each day's meals grouped or labelled to reduce fridge searching
- ☐ Heavy gear stored low, centred and securely tied down

RESPONSIBLE TRAVEL

- ☐ Area rules, fire restrictions and local guidance reviewed
- ☐ Plan and bags ready to pack out every item
- ☐ Travel kept to durable roads, trails and surfaces
- ☐ Human-waste plan suited to regulations and terrain
- ☐ Food and scented items secured from wildlife
- ☐ Fire permitted, contained and supplied with extinguishing water
- ☐ Grey-water disposal follows local rules

SAMPLE MEAL PLAN

- ☐ Breakfasts selected for each day
- ☐ Quick lunches selected for each day
- ☐ Trail snacks portioned by person and day
- ☐ Coffee, tea, electrolytes and other drinks packed
- ☐ Day 1: steak, potatoes and vegetables
- ☐ Day 2: chicken stir-fry with rice
- ☐ Day 3: camp chili with cornbread
- ☐ Day 4: pasta, marinara and garlic bread
- ☐ Day 5: burgers with coleslaw
- ☐ Day 6: tacos with beans and avocado
- ☐ Day 7: campfire naan pizza with chosen toppings
- ☐ One shelf-stable backup dinner packed

CONSUMABLES AND SHOPPING

- ☐ Vehicle fuel topped up
- ☐ Drinking water and drinks restocked
- ☐ Trail snacks and emergency food restocked
- ☐ Fresh food, ice and meal ingredients
- ☐ Propane or stove fuel checked
- ☐ Garbage bags, paper goods and cleaning supplies
- ☐ Spare batteries and charging fuel if applicable
- ☐ Local firewood purchased only where fires are permitted
- ☐ Eggs, bacon, sausage, chicken, ground beef, steak and canned tuna
- ☐ Cheese, butter, yogurt and other required refrigerated items
- ☐ Bread, tortillas, naan, crackers and garlic bread
- ☐ Rice, pasta, oatmeal, pancake mix and cornbread mix
- ☐ Potatoes, peppers, onions, garlic, carrots and greens
- ☐ Tomatoes, avocados, apples, bananas, berries and dried fruit
- ☐ Beans, marinara, salsa, pickles and other canned or jarred goods
- ☐ Cooking oil, soy sauce, ketchup, mustard, hot sauce and seasonings
- ☐ Coffee, tea, honey, maple syrup, peanut butter and jam
- ☐ Trail mix, bars, jerky, nuts, hummus, chips and dark chocolate

FINAL WALK-AROUND

- ☐ All loads, drawers, doors and canopy latches secured
- ☐ Nothing left under, on or leaning against the vehicle
- ☐ First aid and recovery gear remain accessible
- ☐ Navigation started and trip plan sent
- ☐ Campsite swept for waste and forgotten gear
- ☐ Campfire completely cold to the touch
- ☐ Next check-in time updated if plans changed



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MEAL CHANGES / SHOPPING ADDITIONS

POST-TRIP LESSONS