



🌸 Lady Campers PH Starter Pack 🌸

**Your Essential Checklist for a Confident
First Camping Experience!**

Welcome, Lady Camper!

Whether you're new to the outdoors or simply need a reminder of the essentials, this quick starter pack is your go-to guide before your next adventure.



Must-Have Camping Gear



Tent (lightweight & easy setup)



Sleeping bag or mat



Flashlight / Headlamp + extra batteries



Portable water bottle / hydration pack



Power bank

Basic Cooking & Food Essentials

 Portable stove or butane burner

 Cooking pot / pan

 Reusable utensils + plate/bowl

 Easy, no-spoil snacks (granola bars, canned goods, instant noodles)

 Trash bags (Leave No Trace!)

Clothing & Personal Essentials

 Quick-dry shirt & leggings/shorts

 Lightweight jacket (for cold evenings)

 Extra socks & underwear

 Hat / cap

 Sturdy shoes + slippers



Safety & Hygiene Kit



First aid kit (band-aids, meds, antiseptic)



Insect repellent



Sunscreen



Tissue & wet wipes



Alcohol / hand sanitizer

Lady Camper Extras

 Toiletries pouch (toothbrush, toothpaste, feminine hygiene needs)

 Small pillow for comfort

 Journal / book for downtime

 Camera / phone for memories

 Reusable tote bag for organizing

Bonus: Pro Tips for First-Time Campers

- ✓ Always check the weather before heading out.
- ✓ Camp with a buddy or join a group for safety.
- ✓ Pack light, but never skip the essentials.
- ✓ Respect nature — leave no trace!

Ready for More?

This is just the beginning!

Inside the Lady Campers PH
Membership, you'll get:

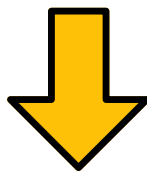
Exclusive guides and resources for
women campers.

Access to upcoming camping
events and group activities.

A supportive community of
fellow Lady Campers.

**Join the adventure
today – your next
camp starts here!**

Fill-up this form & let's
camp together!



**<https://bit.ly/ladycampersph>
membershipform**

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