FREE CHECKLIST FROM C. F. NORTH · 179 ITEMS

THE BLACKOUT CAMP LIST

Everything worth having when a long blackout means living outdoors for weeks.

Tick what you already have, in pencil, so you can use the page again. The empty boxes are your shopping list.

SHELTER

- [ ] Tent with room for everyone, strong in wind, dull colour
- [ ] Groundsheet (footprint) for under the tent
- [ ] 6 spare tent pegs, plus 2 for hard or rocky ground
- [ ] 10 m spare guy line
- [ ] Pole repair sleeve
- [ ] Tent repair tape and patches
- [ ] Tarp, about 3 × 3 m, for a dry kitchen and sitting area
- [ ] Breathable bivvy bag
- [ ] 2 emergency foil blankets
- [ ] Mosquito head net
- [ ] Small sponge to dry the tent floor

SLEEP

- [ ] Sleeping bag rated for the coldest night you expect (look at the comfort rating)
- [ ] Insulated sleeping mat (higher R-value for winter)
- [ ] Closed-cell foam mat: extra layer at night, seat by day
- [ ] Sleeping bag liner (warmer, and keeps the bag clean)
- [ ] Dry bag for the sleeping bag
- [ ] Mat repair kit
- [ ] Small pillow, or a stuff sack filled with clothes
- [ ] Earplugs and eye mask
- [ ] Dry clothes that you wear only for sleeping
- [ ] Warm hat for the night
- [ ] Pee bottle, clearly marked

WATER

- [ ] Water filter
- [ ] Second filter, as a backup
- [ ] Chlorine dioxide tablets (count litres, not days)
- [ ] Dirty-water bag, 2–4 L
- [ ] Two 1 L bottles
- [ ] Folding water container, 5–10 L, for camp
- [ ] Cloth or coffee filters to strain cloudy water
- [ ] Small funnel
- [ ] Waterproof marker to label treated and untreated water
- [ ] Clean sheet or tarp to collect rain

FIRE AND COOKING

- [ ] Gas stove
- [ ] Stove with a hose and a separate canister, for cold weather
- [ ] Gas canisters; a winter blend for frost
- [ ] Windscreen (never wrapped around the canister)
- [ ] Backup way to cook: small alcohol burner or wood stove
- [ ] Pot with lid, 1–1.5 L
- [ ] Insulated mug
- [ ] Long spoon
- [ ] Bowl or plate
- [ ] 3 lighters, kept in different places
- [ ] Storm matches in a waterproof box
- [ ] Ferro rod
- [ ] Tinder: cotton pads with petroleum jelly, or fire cubes
- [ ] Folding saw
- [ ] Thermos flask
- [ ] Sponge, a little washing-up liquid, small cloth
- [ ] Water or sand ready whenever there is a fire

FOOD FOR WEEKS

Choose food that keeps, is light and cooks fast. Fast cooking saves gas.

- [ ] Oats or muesli
- [ ] Pasta, rice, couscous, instant mash
- [ ] Red lentils (cook in about 15 minutes)
- [ ] Dried or freeze-dried meals
- [ ] Nuts, seeds and trail mix
- [ ] Peanut butter or other nut butter
- [ ] Hard cheese, salami, jerky
- [ ] Tinned fish, for the camp
- [ ] Crispbread or crackers
- [ ] Dried fruit
- [ ] Chocolate and energy bars
- [ ] Milk powder, soup cubes, stock
- [ ] Olive oil in a leak-proof bottle (many calories, little weight)
- [ ] Salt, sugar, pepper, a few spices
- [ ] Tea, coffee, cocoa
- [ ] Multivitamins for long stays
- [ ] Fishing line and hooks (check if you need a licence)
- [ ] Food bag and cord to hang food away from the tent
- [ ] Zip bags in several sizes

CLOTHING

Layers, not one thick jacket. Wool or synthetic, no cotton.

- [ ] Base layer, top and bottom
- [ ] Fleece or other warm mid layer
- [ ] Insulated jacket (down or synthetic)
- [ ] Rain jacket
- [ ] Rain trousers
- [ ] Quick-dry trousers, plus a spare pair
- [ ] 2–3 T-shirts
- [ ] 3 pairs of underwear
- [ ] 3 pairs of wool socks, plus 1 pair for sleeping
- [ ] Sturdy shoes or boots, already worn in
- [ ] Camp shoes or sandals
- [ ] Gaiters
- [ ] Warm hat and sun hat
- [ ] Thin gloves and warm gloves
- [ ] Neck tube (buff)
- [ ] Sunglasses
- [ ] Clothesline and pegs

FIRST AID AND HEALTH

Ask your pharmacist what suits you.

- [ ] Pressure bandage
- [ ] Plasters in several sizes
- [ ] Blister plasters
- [ ] Sterile gauze pads
- [ ] Elastic bandage
- [ ] Medical tape
- [ ] Triangular bandage
- [ ] Antiseptic wipes or wound spray
- [ ] Tick remover
- [ ] Tweezers and small scissors
- [ ] Disposable gloves
- [ ] Safety pins
- [ ] Your own medicines: as much as you can get, plus copies of the prescriptions
- [ ] Pain relief, if it suits you
- [ ] Allergy tablets, if they suit you
- [ ] Oral rehydration salts
- [ ] Thermometer
- [ ] Sun cream and lip balm with sun protection
- [ ] Insect repellent
- [ ] Spare glasses or contact lenses
- [ ] A short first aid guide on paper

HYGIENE

- [ ] Biodegradable soap
- [ ] Toothbrush, toothpaste, floss
- [ ] Small trowel for the toilet
- [ ] Toilet paper in a zip bag
- [ ] Wet wipes
- [ ] Hand sanitizer
- [ ] Microfibre towel
- [ ] Menstrual products or a menstrual cup
- [ ] Nail clippers
- [ ] Small mirror and comb
- [ ] Folding wash basin
- [ ] A little laundry soap
- [ ] Rubbish bags

TOOLS AND REPAIR

- [ ] Knife (check the local laws)
- [ ] Multi-tool with a can opener
- [ ] 30 m of cord, 3–4 mm
- [ ] Duct tape (wrap some around a bottle)
- [ ] Cable ties
- [ ] Sewing kit with strong thread
- [ ] Superglue
- [ ] 2 m of thin wire
- [ ] 3 carabiners
- [ ] Work gloves
- [ ] Small sharpening stone
- [ ] Spare buckles and cord locks
- [ ] Dry bags in different colours

LIGHT AND POWER

- [ ] Headlamp with a red light
- [ ] Second headlamp or a small torch
- [ ] Small lantern for the tent
- [ ] Batteries in one size for all devices, plus spares
- [ ] Rechargeable batteries and a USB charger
- [ ] Power bank, 10,000–20,000 mAh
- [ ] Folding solar panel
- [ ] Short cables for every device
- [ ] Battery or crank radio with FM

MAPS AND CONTACT

- [ ] Paper maps, 1:50,000
- [ ] Compass
- [ ] Map case or a large zip bag
- [ ] Phone with offline maps
- [ ] Whistle
- [ ] Signal mirror
- [ ] Notebook and pencil
- [ ] Simple watch, so you do not need the phone for the time
- [ ] Important phone numbers on paper
- [ ] Radio frequencies written down
- [ ] For groups: PMR446 walkie-talkies (licence-free in the EU)

PAPERS AND MONEY

- [ ] ID card or passport, plus paper copies
- [ ] Health insurance card
- [ ] Cash in small notes, kept in two places
- [ ] Bank card
- [ ] Emergency card: blood type, allergies, medicines, contacts
- [ ] Waterproof pouch for all papers

CAMP LIFE

Long weeks outside are hard on the mind, too.

- [ ] Sit pad
- [ ] Light camp chair (optional)
- [ ] Cards, dice or a small game
- [ ] A paper book
- [ ] Notebook for a diary
- [ ] Small binoculars
- [ ] A few treats that you love
- [ ] Something personal that keeps you going

EXTRA FOR WINTER

- [ ] Warmer sleeping bag, or a second one over it
- [ ] Second foam mat
- [ ] Down booties or thick hut socks
- [ ] Hand warmers
- [ ] Extra gas: melting snow uses a lot
- [ ] Insulated cover for a water bottle
- [ ] Spare gloves and a second warm hat
- [ ] Small snow shovel

EXTRA FOR SUMMER

- [ ] More water bottles
- [ ] Tarp for shade
- [ ] Mosquito net for sleeping
- [ ] Extra sun cream
- [ ] Extra oral rehydration salts

FIVE RULES

Test it first. Spend one night with this kit at a campsite or in the garden. You will find the gaps there, not in a crisis.

No stove, heater, barbecue or generator in the tent. Carbon monoxide has no smell and kills in your sleep.

Keep the filter from freezing. On cold nights, sleep with it in your sleeping bag. Frost can crack it without any sign.

Know the rules. Wild camping, fires, knives and fishing are restricted in many European countries.

You do not carry all of this. Pick what fits how you travel, and how long you stay in one place.

WHEN DO YOU LEAVE THE CITY, AND HOW?

The list tells you what to take. The book **Blackout Guide** tells you when to leave, where to go and how to get there safely by bike. My gear picks are on the website.

cfnorth.com

© 2026 C. F. North. Free to print and share in full, not to sell. This list is general information, not medical or legal advice. Last checked: November 2026.