



Packing list for camping vacations with children

Important documents and health records

You should not forget these documents under any circumstances:

- Identity card or passport for all family members
- Insurance card (health insurance, accident)
- Vaccination record of the children
- Allergy passport (if relevant)
- List of important emergency numbers
- First-aid kit incl. personal medication
- First aid kit with disinfectant, plasters & co.
- Sunscreen and UV-protective clothing
- Insect repellent (e.g. mosquito spray, Fenistil gel)

Sleeping comfort in a tent - even for the little ones

For restful sleep in the open air:

- child-friendly tent or family tent
- Tent carpet pad to protect against moisture
- Sleeping mat or air mattress (plus pump)
- Sleeping bag & pillow
- Favorite cuddly toy for security
- LED night light with rechargeable battery or batteries

Children's clothing for all weathers - long live the onion principle!

Whether summer or winter - the right clothing is the be-all and end-all. Flexible layering always ensures the right weather and thermal protection.

- comfortable sandals and slippers
- Robust outdoor shoes with tread
- Functional underwear & tracksuit
- warm fleece jacket or hoodie
- Rain jacket and rain pants
- Rubber boots
- Swimwear & swimming aids
- Bath poncho or bath towel
- Hat, cap or sun hat
- Sunglasses with UV protection
- Winter equipment for snow: ski suit, gloves, scarf, helmet, thermal underwear.

Tip: Take a spare with you so that wet clothing can dry.

Useful camping accessories for families

These little helpers make everyday camping life easier - on the pitch and on the road:

- Children's rucksack and water bottle
- Snack boxes for on the go
- Multitool and pocket knife
- Mosquito nets for the tent
- (Picnic) blanket
- Headlamp or flashlight
- Baby monitor or walkie-talkie
- Binoculars for little explorers
- Clothesline & clips
- Waterproof bags or pack sacks
- Lighter or matches
- Foldable bucket (for washing up and cleaning)
- Microfiber and tea towels

Activity ideas for little adventurers

For fun, games and entertainment - in sun and rain:

- Outdoor games: Boccia, badminton, frisbee, balls
- Water toys
- Rainy weather activities: card games, coloring sets, family games
- Favorite books
- Charging cables & adapters for electronic devices

And remember: you can find suitable, child-friendly campsites on

www.campinginterlaken.ch