One Stop Wanderlust

SELF-CATERING CHECKLIST

NON PERISHABLE FOOD:	
Coffee	
Decaf coffee	
Tea	
Wine, Beers, Gin	
Fruit juice / Cordial	
Bottled water if necessary	
Mini disposable juices	
Mixers or tonic water	
Sugar	
Rusks / Biscuits	
Cereal	
Dried fruit	
Chips (crisps)	
Strips of mini chips (crisps)	
Sweets	
Marshmallows (braai / bbq)	
Chocolate	
Tinned fruit	
Tomato sauce	
Mayonnaise	
Oil	
Salad dressing	
Marinade	
Salt & Pepper	
Tuna tins	
Baked beans	
Lemons / limes	
Fresh fruit	
Loaf of bread	
Muffins	
Bread/hotdog/burger rolls	

FRIDGE / FREEZER GOODS:	
Garlic bread	
Meat to braai (bbq)	
Bacon	
Viennas for hotdogs	
Cheese	
Butter / margarine	
Yoghurt	
Milk (or buy longlife)	
Eggs	
Salad items	
Veggie items	

MISCELANEOUS	
Coffee plunger	
Plastic plates for kids	
Plastic bowls for kids	
Wooden skewers	
Few pegs to seal open bags	
Foil	
Clingfilm	
Baking paper	
Roller towel	
Bin bags	
Toilet paper	
Hand wash powder	
Kitchen Gloves	
Washing liquid	
Carrier bags	
Fire starters & Matches	
Braai (bbq) gloves	
Braai (bbq) Tongs	
Insect spray	
Pocket tissues	
Torch	
First Aid Kit	
Kids meds	
Adult meds	
Wipes	
Sanitizer spray	
Sun cream	
Bath towels	
Beach towels	
Picnic blanket	
Beach umbrella	
Beach chairs	
Big beach bag	
Beach toys	
Bag for day outings	
Cell Charger	
Camera Tripod	
Binnoculars	
Bikes	
Helmuts	
Cards & board games	
Sunhats	
Costumes	
Winter hats, scarves, gloves	

Toiletries Kids	
Toiletries Adults	
Clothes Kids	
Clothes Adults	
Ball	
Lego	
Activity pack for restaurants	
Books	
Other toys	
Sleeping toys x 3	
Nightlights kids	

CAR:	
Drinks for car	
Snacks for car	

ADD YOUR OWN ITEMS:	

NOTES:

Click Here For Self-Catering TIPS

www.onestopwanderlust.com

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