

## Oman Camping Shopping List

- Alcohol from Duty Free @ Muscat Airport (they don't sell liquor anywhere else, so stock up)
- Bottled Water (2L per person per day camping, 1L per person per driving/hotel day)
- Dinner for Each Day (cous-cous or quinoa with veggies, olives and sun-dried tomatoes works well)
- Flat Bread
- Peanut Butter & Nutella (goes together well with the aforementioned flat bread)
- Condiments (salt, pepper, hot sauce, etc.)
- Mixed Nuts (good as a road snack)
- Sweet Potatoes (easy to wrap in foil and throw in the fire)
- Can Opener (if required)
- Trash Bags (or use shopping bags—just don't throw your trash all over the place like the Omanis do)
- Aluminum Foil
- Tea/Coffee
- Hot Water Kettle
- Large Aluminum Pot w/Lid
- Pot-Grabbers (e.g. Heat Resistant Gloves)
- Steel tongs
- Utensils
- Bowls
- Mugs for Drinks/Tea/Coffee
- Sharp Knife for Cutting
- Long Spoon for Cooking/Serving
- Tent
- Folding Chairs
- Sleeping Bags
- Pillows
- Sleeping Pads (thick cushions—NOT the thin foam ones, as they're quite useless)
- Fire-Starting Cubes
- Long-nose Lighter
- Cooler Box
- Ice (hard to find at times but some gas stations sell it)
- Firewood (hard to find—most of the time we just foraged)
- Charcoal
- Cheap Charcoal Cooker/Stand/Grill
- Baby Wipes (in lieu of showers—we bought a pack per person and were out after four days)