

Personal Camping Equipment Checklist

REMEMBER:

- * Personal equipment often needs to be adapted to the projected weather and site conditions.
- * Each and every item should be marked with the Girl Scout's name.
- * Please, no aerosol cans (insect repellent, deodorant, hair spray, etc.)

DAY TRIP:

- ___ Comfortable walking shoes or boots (closed toe)
- ___ Socks
- ___ Long pants
- ___ Shirts with sleeves

Inside Day Pack:

- ___ Hat for the sun
- ___ Beanie or stocking cap for cool weather
- ___ Sweater and/or jacket
- ___ Bandana
- ___ Plastic Whistle (for emergency use only)
- ___ Sunscreen (SPF 15 or better)
- ___ Insect Repellent
- ___ Water bottle
- ___ Lunch (if needed)
- ___ Medication(s) (**GIVE TO FIRST AIDER**, labeled in original container(s) with instructions for use signed by parent)



OPTIONAL: camera, sunglasses, rain gear, watch

FOR OVERNIGHT ADD:

- ___ Warm sleeping bag (Any extra blanket & pillow may be rolled inside bag)
- ___ Waterproof ground cloth (not necessary if sleeping in tent)
- ___ Insulate foam, sleeping pad, or air mattress
- ___ Warm pajamas or sweats
- ___ Warm jacket
- ___ 1 or 2 complete changes of clothes including underwear and socks
- ___ Rain gear
- ___ Toilet articles (soap, toothbrush & paste, comb & brush, towel, glasses/retainer case)
- ___ Flashlight and extra batteries
- ___ Bathing Suit/shower shoes/towel (if needed)
- ___ Unbreakable plate and cup or mess kit
- ___ Silverware
- ___ "Windbag" (mesh bag to store eating gear in)

OPTIONAL: book, quiet time activity, small comfort item (stuffed animal), sit-upon

DO NOT BRING: Valuables, electronics, jewelry, perfume, scented lotions, anything you would be heartbroken to lose