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