

# 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