

Guidelines for PACKING FOR A CAMPOUT

What to Pack - You Pack It, You Carry It!

Each girl (and adult) should be able to carry her own belongings. Remember, this is a camp out, not a spa night at the Four Seasons.

Each person should bring their own:

- Sleeping bag. Ex: a Coleman's Sleeping bag that stays warm until Zero Degrees. Slumber bags (like the ones with Miley Cyrus on them) do not keep girls warm on cold nights. And, it does get cold at night, even in June. See "*How to Roll Up a Sleeping Bag*".
- Change of clothes for each day; we suggest that you not bring your favorite t-shirt, it might get dirty.
- Night clothes/ pajamas
- Jeans/sweatshirt:
- One extra complete set of clothes in case of rain or mud
- Mess Kit: An unbreakable (not paper) plate, bowl, cup, fork, knife, spoon, in a mesh bag.
- Closed toe shoes: Gym shoes or hiking boots work best
- Poncho/raincoat- Can figure out why this should be packed?
- Flashlight: Don't forget extra batteries. They won't last long because the girls enjoy playing with these, and will mostly likely turn them on in the car on the way to the camp ground.
- Personal Kit: Hair brush, tooth brush, tooth paste, soap, wash cloth.
- "Lovie": a **SMALL** stuffed animal.
- Bug Spray, sun screen, etc. These items are NOT to be shared in case of allergy, etc.
- Bandana or Hat: there are thousands of uses for a bandana. You can use it to tie hair back while working with the fire; can be used as a spaghetti strainer, as a sit upon, etc.

PACKING IT ALL IN

Duffel bags or backpacks are easiest for girls to carry. Suitcases (especially those with wheels) are not recommended for camping. Many camp roads are not paved, and those little wheels do not work well on gravel and dirt roads.

What NOT to pack (for the individual girl)

- Slumber bag: While those little bags with Hannah Montana on them are cute and fun, they are not warm enough for a camping trip. It can get cold at night, even during the summer. A child who can't sleep because she is cold is no fun for anyone.
- Spaghetti strap shirts: If you are planning on hiking or being out in the sun, these shirts are magnets for mosquitoes and sun burns. Again, these are no fun for anyone.
- Open Toed Shoes: These include sandals, crocs, and flip flops. These shoes are not good for camp grounds. Dirt and rocks get in the shoe; this is usually a painful experience
- Garbage Bags: Please bring bags to put garbage in. However, garbage bags should not be used as a packing device for clothes or sleeping bags. While they are waterproof, and make packing easy, they are difficult for small hands to carry, so they end up getting dragged on the road. This causes holes in the bag, and they are no longer water, dirt, mud, or little green frog proof. Dirty, slimy sleeping bags are not good for anyone.
- Food: Girls do not need to bring extra food. As a troop, meals should be planned that everyone can eat. If food is kept in tents, animals will smell it, find it, and do whatever they have to in order to get in to eat it.
- Electronic Devices: For the girls, items such as, iPods, cell phones, hand held video games, etc. must be left at home. However, for a leader, keep your cell phone handy or in your pocket. In case of an emergency, program various numbers on speed dial, police, fire, hospital, etc. Your ringer should be set to loud, especially if you are outside, or on vibrate. Do not use it in front of the girls. Your cell phone should be for emergencies only. (Don't forget your cell phone charger!)

As a general rule, do not pack anything that would make you sad if it got lost, broken, or dirty.

