

# Adventure Bound Packing List

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- Sleeping Bag (non-cotton) (w/ stuff sack)
- Small camp pillow
- Fitted sheet
- Shorts, pants, shirts for the week
- Heavy sweater, sweatshirt, or jacket
- Undergarments
- Socks (required daily-pack extras)
- 2 Bathing suits –one-piece
- Pajamas
- Bandana or hat
- Raincoat or poncho (no umbrellas please)
- Sturdy shoes, two pairs (closed toe/heel)
- Sleeping Pad (Wal-Mart, Dicks, Gander Mtn.)
- Pack clothing that is polyester, fleece or nylon materials- **Avoid cotton**
- Old sneakers or water shoes for boating or wading
- Flip flops or water shoes for showering
- Washcloth, shampoo, soap, deodorant
- 2 towels
- Toothbrush, toothpaste
- Comb, brush
- Feminine sanitary products (if needed)
- Daypack
- Flashlight, extra batteries
- 2 Water bottles
- Insect repellent, sunscreen (non-aerosol)
- Mess Kit, Dunk Bag

## Optional items for Packing List

- Backpack (strongly recommended)
- Lifejacket
- Laundry bag or extra pillow case
- Waterproof boots (rain boots)
- Stationary, pen/pencil, stamps
- Camera, extra batteries
- Money for off camp souvenirs

## Packing Tips

When a camper is participating on an Adventure Bound trip, we scrutinize what they are bringing when off camp due to size or the amount of weight they may have to carry.

Pack clothing/equipment into one duffel bag, tote, backpack or old suitcase. Girls should be able to carry their own gear. Girls should help pack their own gear so they know what they are bringing to camp. Put camper's name on all of her clothing and equipment. Use nametags or a laundry marker.

The checklist is for your convenience. Avoid unnecessary purchases. If you can substitute something on the list with an item you already have, feel free to do so. Remember, your camper will be outdoors most of the time and, therefore, need clothing suitable for warm days

and cool mornings and evenings, as well as rain. We suggest you bring enough clothes to have a complete change every two days. Leave anything of value at home. We cannot be responsible for missing articles or items ruined by mildew, dampness or dust.

**Please do not bring the following:**

- FOOD/SNACKS/CANDY – Meals are plentiful, snacks are provided, and food in tents and cabins attracts critters (i.e. skunks, raccoons, and other woodland creatures). Girls will be asked to “turn in” any food or candy they bring with them. Please do not send food, candy or snacks in care packages to your campers. Unless your camper has special dietary needs that absolutely require her to bring her own food, please leave all food at home.
- CELL PHONES & ELECTRONIC COMMUNICATION DEVICES – Electronic communication devices (i.e. cell phones, pagers, blackberries, etc.) are not permitted in camp by campers or staff members. If brought to camp, they will be labeled and kept in the office until check-out. Cell phone use by one camper often negatively impacts other camper’s homesickness. We encourage your child to be independent, so her counselors and Camp Director will work together with her to resolve any issues or concerns. If problems arise that our staff cannot handle, we will contact a parent or guardian. If parents have any concerns, or in case of emergencies, they are always welcome to call camp and speak to the Camp Director.
- VALUABLE ITEMS – iPods, CD players, mp3 players, portable DVD players, radios, electronic games (Gameboy, PSP, Nintendo DS, etc.), cell phones, pagers, expensive jewelry (and anything else you might be considered valuable) should be left at home. These items are unnecessary at camp, and dampness could ruin these items. Girl Scouts is not responsible for lost, damaged or stolen items.
- OTHER- Weapons, fireworks, alcohol/tobacco/illegal substances, lighters, aerosol cans, personal sports equipment