This is not a shopping list! Borrow when you can. If you cannot carry all your own gear, you may have packed too much. Parents – have your scout do her own packing so she knows where to find her items when she gets to camp*. It’s OK to include a small sleep object. Many items such as personal care items or wet/dirty clothes can be packed in plastic bags. It is a good idea to pack the sleeping equipment in a heavy duty trash back or other weatherproof bag in case it rains or gets dropped in a puddle.

**PAPERWORK:**
- Permission Slip
- Other forms

**CLOTHING:**
- Backpack or duffel bag containing
  - long pants
  - shorts (as appropriate for weather)
  - short sleeved shirts
  - sweater or sweatshirt
  - Underwear
  - Socks (pack extras)
  - extra shoes
  - Cabin shoes or slippers
  - Jacket/coat/hat/gloves
  - Poncho/raincoat/large trash bag
  - boots or plastic bags to line shoes
  - Bandana (optional)

**MEDICATION:** All medication MUST be in its original container(s) and can only be given to the girl if written permission and mediation are given to the First Aider attending the campout.

**SLEEPING EQUIPMENT:**
- Sleeping bag
- extra blanket, if needed
- ground cloth (if sleeping outside)
- pillow
- twin fitted sheet to cover mattress

**EATING EQUIPMENT:**
- Mess kit or plastic plate, bowl, cup
- Utensils (knife, fork spoon)-can be plastic
- Dunk bag/.mesh bag
- Water bottle

**OTHER EQUIPMENT:**
- Flashlight with new batteries
- Plastic bags in various sizes
- Camera (optional)

**PERSONAL CARE ITEMS:**
- Soap
- Hand towel (2)
- Toothbrush/Toothpaste
- Comb/brush/ponytail holders, etc.
- Deodorant
- Feminine items

*Packing strategy hint: Gather all gear and put it on bed. Pack things needed first at camp (like paperwork, rain gear, water bottle) on the top so they are easily accessible.

Questions? Contact campandevents@gsneo.org.