



## Camping Time!!

### Sample Camping Checklist for a 4 day 3 night trip

(\*\* denotes optional)

We are allowing a bedroll and one **small** bag. (this is **only** two nights). Please avoid suitcases or anything with hard sides. Please do not "pack" in plastic bags. We have lots of extra backpacks so let us know if you need on. Each girl is responsible for carrying (and keeping track of) all of their own stuff which is why we are limiting their baggage. Yes, yes, yes... she may bring one *small* animal to sleep with.

We want the girls to take responsibility for *their* campout. As adults we are there to protect, supervise and when necessary direct we are not "putting on" this campout for them. If the pancakes are runny and the toast is burned who cares! This is an adventure!!! (Alice steps down from the soap box)

Girls should bring **only** the items on the list. **Please label everything...**

**Beach camping can be windy and COLD! Don't second guess the list. Bring this list with you!**

#### **Pack together in a plastic garbage bag**

sleeping bag (or bed roll) SMALL pillow \*\*  
a long enough piece of rope to tie the bed roll

#### **In a separate plastic garbage bag**

Sleeping pad (ensolite, thermarest, or an extra blanket,  
NO air mattresses)

#### **Pack and bring in medium duffel**

Plastic/metal cup for HOT drinks  
flashlight and extra bulb and batteries  
bandannas (2 total one you will be wearing)  
3 hair ties for those with hair that can be tied back  
mess kit (the following in a zip-lock or mesh dunk  
bag)

plastic plate  
plastic bowl  
fork  
spoon  
knife

personal essentials (in a ziplock bag pleeeeeease!)  
toothbrush, floss and toothpaste  
washcloth, soap  
small hand towel  
brush or comb and hairbands etc.  
other essentials (no makeup, perfume etc.)  
please label everything

2 T-shirts  
1 pair long underwear (light to medium weight)  
1 long sleeve shirt  
1 sweater (wool or fleece)  
3 pairs of socks  
3 changes of underwear  
1 pair long pants –

1 pair of shorts or another pair of long pants  
warm pajamas or sweats (no summer nightgowns  
please)  
extra pair of shoes (so you should have a total of 2  
pairs of close toe shoes either tennis shoes or hiking  
boots  
warm hat for evening

**Please Wear/Bring to Camp in a Day Pack  
sack lunch for Monday + one healthy snack  
full hard sided water bottle (metal or hard plastic)**

**sit upon** (see Alice or Katie for details)

**small personal first aid kit** (Band-Aids, hand  
sanitizer, alcohol wipes, wet wipes in a zip lock bag)

**sun hat**

**sun glasses**

**bandanna**

**lots of sunscreen**

**bug repellent, liquid not spray (pump okay)**

**work gloves/gardening gloves/ bike gloves**

(rope burn protection)

1 pair sandal WITH A HEEL STRAP no flip flops\*\*  
(try to avoid sandal with a strap between the toe)

**raincoat** (you can survive if you forget underwear but  
don't forget a raincoat!)

**Wear**

long pants that are easy to roll up  
long sleeve sun protection shirt over a t-shirt ( and  
oversized long-sleeved men's dress shirt would work)  
closed-toe shoes and socks

**Trim toenails and fingernails prior to the outing**