

Packing list for campout

Bedroll Components

- Sleeping bag (rated for at least 30 degrees for tent sleeping)
- Small pillow (optional)
- Small blanket (optional)
- Flannel lined tablecloth/plastic shower curtain (to cover mattress and bedroll) DO NOT GET A DOLLAR ___ STORE SHOWER CURTAIN they are thin and rip easily
- Rope- 12-14 feet, nylon works best
- Modest PJs (no nightgowns)

Duffel Bag components (no suitcase)

- Line duffel bag with a trash bag to keep out moisture
- Toiletries: please put them in baggies labeled with name
 1. Bug spray and sunscreen (wipes work well)
 2. toothbrush/toothpaste/lip balm
 3. Face soap, small washcloth, small towel
 4. Deodorant
- Small book for reading or journal
- Brush/comb
- Hair ties
- Necessary medications with name and instructions (to give to leader)

Clothes: 2-3 sets depending on how many nights

Pack each outfit in Ziploc bags to keep them dry, also helps to keep get the girls ready faster. Remember to dress in layers and pack according to weather. Pack a few plastic grocery bags for wet/muddy shoes and clothes.

- Pants (shorts if 80 degrees or summer) It's TICK SEASON
- Shirts
- Underwear
- Socks (1-2 extra pairs) – tall socks that cover the ankle
- Old sneakers/boot (1-2 pairs) must be closed toe.
- Sweatshirt
- Raincoat
- Sit upon
- Hat
- Bandanas (2-3)
- Water Bottle and small cup for meals
- Flashlight (headlamps work well) fresh batteries and send extra batteries

Daypack bag

Light back pack to carry during the day. (Water bottle, poncho, sweatshirt, sit- upon, sunscreen/ bug spray/, bandanas, small first aid kit)

NO FOOD OF ANY KIND

NO SANDELS OR FLIP FLOPS

NO ELECTRONICS

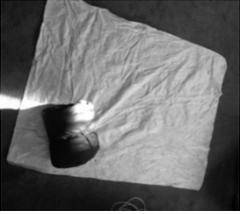
NO SCENTED LOTIONS OR AEROSOLS

LEADERS ARE NOT PACK MULES- girls will carry their one supplies, duffel, and bedroll.

How to Make a Girl Scout Bed Roll

Materials: Rolled sleeping bag, flannel-backed plastic tablecloth, and 12 feet of cotton rope

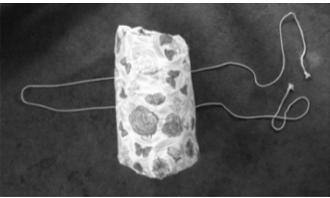
1. Lay the tablecloth on the ground, flannel up.



2. Place your rolled sleeping bag at the corner and begin rolling, tucking in the sides as you go.



3. Fold the rope in half and place under the sleeping bag, with the loop end sticking out.



4. Put the loose ends through the loop and pull tight.



5. Pull the loose ends away from each other, toward the ends of the sleeping bag to form a handle.



6. Turn the sleeping bag over and tie the ends in a square knot.



7. Tuck in any loose rope. Turn back over and hold by the handle.

How to Make a Girl Scout Sit-Upon

Materials: Vinyl shopping bag, duct tape, and newspaper

1. Place your newspaper inside the shopping. Don't make it too heavy!



2. Fold the sides and bottom of the bag in toward the center of the bag. Use duct tape to seal each side.



3. Use Duct tape to seal the top of the bag.

