

## SUGGESTED PERSONAL EQUIPMENT LIST FOR CAMPING OVERNIGHT

- **Make or improvise**  
*Try plastic syrup bottle canteen, yard sale plastic dishes. Store-bought mess kit not necessary: use hard plastic plate, sturdy plastic cup, a plastic bowl (margarine tub works well), old knife, fork & spoon. Use a net bag from onions or citrus with string to close for a drip bag.*
- **Buy from a reputable outdoor store, Girl Scout equipment store or thrift store, BUT**
- **Don't invest a lot of money at first:** Borrow from families or service unit, or rent from GSCNC Equipment centers.
- Mark name on all items with permanent marker.

### HEALTH AND SAFETY

- Signature part of permission slip (collected before trip)
- Medication: properly labeled and given to First Aider

### BASICS

- Waterproof bag or duffel to carry gear, (suitcases hard to handle/pack)
- Water bottle
- Sit-upon
- 5-8' individual rope
- Flashlight, spare batteries
- Plastic bags for wet/dirty things
- Handbook, paper, pencil, songbooks
- Work gloves
- Small stuffed "friend" (optional)
- Compass (optional)

### SLEEPING SYSTEMS

- Water proof ground cloth
- Insulation layer (closed cell foam pad, newspapers, exercise mat)
- Sleeping bag, bedroll, sheet, blanket
- Rope, 15' to tie bag/bedroll together
- Pajamas (two piece), sweatsuit
- Small pillow or just a pillow case to be stuffed with extra clothes

### EATING EQUIPMENT

- Unbreakable bowl, plate, cup (mess kit)
- Knife, spoon, fork (unbreakable)
- Drip (net) bag, clothespin

### CLOTHING

#### Essentials:

- Wear weather-appropriate clothing
- Rain gear: poncho/rain suit, boots, hat
- Jacket/sweater/sweatshirt
- Bandannas(2)

#### Changes of Clothing:

- Underwear
- Jean/long pants/shorts
- Shirts
- Socks (knee socks useful for shorts)
- Spare shoes (not sandals)
- Slippers for indoor wear in lodges

### Add for cold weather:

- Thermal underwear (preferably not cotton)
- Warm hat that covers ears
- Mittens/gloves

### For sleeping:

- Blanket
- Hat
- Clean socks

### TOILET KIT

- Toothbrush, toothpaste/baking soda
- Washcloth, small towel, small soap
- Brush/comb/nail file/safety pins
- Tissues, petroleum jelly, lip balm
- Non-aerosol bug repellent
- Sun block
- Small cup
- Sanitary napkins/tampons if needed

### DO NOT BRING TO CAMP

- Scented items
- Gum, candy
- Aerosol cans
- Glass containers (except Rx given to First Aider)
- One piece PJ's or nightgowns

### FOR ADULTS

- Whistle
- Key to site if needed; confirmation of site
- Alarm clock/watch
- Butt can (If needed, use only in fire site)

### FOR GIRLS

*A Girl Scout who packs her own bag knows what she has and where to find it! Keep in mind that you must carry all of your own gear. Two small bags may be easier to carry than one.*

### HELPFUL HINTS

- Dress in layers
- Pack with first-used items on top
- Shoes must be worn at all times
- Reverse flashlight batteries in transit
- Pack clothes in plastic bag by day or type
- Pack in waterproof duffel bag lined with plastic bag.

## TROOP EQUIPMENT

### SUGGESTED TROOP EQUIPMENT LIST

Check the items you will need according to your troop's plans.

#### Miscellaneous

- Key/combination to site
- Troop event packet
- First aid kit with insurance form and emergency coins

#### Fire and Stove Equipment

- Metal bucket\*
- Hot mitts/gloves
- Rake\*, shovel\*
- Grate\*
- # 10 cans (4) and foil
- Matches in waterproof container
- Sprinkle can
- Tinder, kindling
- Waterproof cover for woodpile
- Charcoal in waterproof container
- Charcoal starter chimney
- Fire taffeys/other emergency fire starters
- Long-handled tongs\*
- Box oven, 4 cans, shelf
- Propane stove\* with propane fuel
- White gas stove with white gas fuel
- Baking soda in fireproof can with lid
- Extra work gloves

#### Latrine Supplies

- Container, disinfectant
- Sponge/brush
- Broom, rubber gloves
- Toilet paper in can with plastic top (unscented one-ply white)
- Small container with top (optional sanitary disposal)
- Hand wash for latrine area
- Route markers (optional)

#### Dishwashing and Cleanup Supplies

- 3 dishpans\*
- Brush/Sponge, scrubbie, scraper
- Gloves (optional)
- Detergent, bleach
- Small plastic bag (garbage)
- Plastic bag (ecology/drain bag)
- Trash bags
- Recycle bag
- Paper towels

#### Kitchen Supplies (Check menus for needed tools)

- Menus/recipes to post
- Meal ingredients – sorted by recipe and packed for girls to carry
- Large pot\*(s) for food
- Frying pans\*(s)
- Dowels or skewers
- Long handled spoon\*, ladle\*, fork\*, spatula\*
- Hot mitt, pads
- Cutting boards
- Knives: paring, spreading (sheathed)
- Peelers (sheathed)
- Can openers: rotary, punch (sheathed)
- Pitcher(s)
- Plastic bags and containers for leftovers
- Mixing/serving bowls/spoons
- Plastic table cloths or equivalent
- Paper towels
- Measuring cup(s)
- Handwash for cooking area
- Grease can with lid
- Food storage containers (animal proof)
- Coolers(s) (No styrofoam)
- Heavy duty foil

#### Other

- Kaper charts (troop and patrol/circle)
- Emergency car sign
- Handwash for First Aid area
- Rope
- Binder's twine
- Trash bag(s)
- 2 gallons water as back-up
- Extra water jugs, plastic funnel
- Flag with rope and sashes
- Lanterns with appropriate fuel  
(Wick lanterns\* available from Council)
- Fire drill/evacuation route markers
- Radio, weather radio
- Tents\* (w/poles, pegs, ropes)
- Mallets\*
- Newspapers