**Troop Camping Personal Packing List**

**Clothing (check the weather!):**

* Hat or bandana for summer
* Undergarments
* Shirts
* Shorts and/or pants (longer shorts or pants are required for adventure activities)
* Socks ( 2 pair per day)
* Shoes with CLOSED heel and toe, with laces
* Swimsuit (if applicable)
* Warm and waterproof shoes (like hiking boots)
* Sandals with a backstrap (like Chacos, Tevas, etc)
* Gloves and a warm hat
* Warm jacket
* Sweatshirt(s)
* Rain gear – poncho, including boots, rain hat/hood – no umbrella
* Pajamas or sweats (weather appropriate)

**Equipment:**

* Day pack for carrying items
* Flashlight and extra (fresh) batteries
* Water bottle (GSMIDTN properties have faucets and water bottle fillers)
* Sit-upon
* Plastic bag or dry bag for wet clothing

**Sleep Gear:**

* Sleeping bag or sheets and a blanket depending on housing
* Pillow

**Dishes or Mess Kit (optional):**

* Hard plastic (or metal) cup with handle
* Hard plastic (or metal) plate pie pan
* Hard plastic (or metal) bowl
* Metal knife, fork, and spoon

**Toiletries:**

* Washcloth
* Soap and Shampoo
* Toothbrush and toothpaste
* Deodorant
* Comb or brush, hair clips, and ponytail holders
* Chapstick/lip balm (non-flavored, racoons love fruit flavored things) glo
* Shower shoes
* Hand lotion (non-scented)
* Insect repellant (non-aerosol)
* Sunscreen
* Tissues
* Period supplies

**Optional Items:**

* Camera
* Pocket knife (with leader permission)
* Laundry bag
* Journal
* Warm fuzzy/stuffed animal
* Books to read

**Do NOT Bring:**

* Drugs or alcohol
* Electrical appliances
* Aerosol cans
* iPods, cell phones, video games, etc.
* Weapons of any kind

Always bring extra clothes, shoes, and a towel. Camp is messy and sometimes wet!

**Medications MUST be clearly labeled and given to the leader BEFORE arrival at camp.**

**Troop Gear List**

The following items are some of the basic equipment and supplies needed for a group camping weekend. Naturally the items will vary according to the meals, activities, and programs planned.

**Must Haves:**

* First aid kit
* Health history/permission forms for each attendee

**Cooking:**

* Food, snacks, drinks, and condiments
* Pots and pans for cooking
* Long handled tongs, spatulas, spoon, and fork
* Dishes (if girls don’t bring a mess kit)
* Utensils (if girls don’t bring a mess kit)
* Colander
* Paring knife
* Vegetable peelers
* Coffee pot
* Can and bottle opener
* Cutting board
* Measuring cups and spoons
* Plastic bags for leftovers
* Pot holders/hot pads/work gloves
* Scouring pads
* Dish soap
* Sponges/dish rags
* Tablecloths
* Waxed paper, plastic wrap, foil if needed
* Igloo or 2-3 plastic pitchers
* Coolers (to transport food to camp)

**Other Items:**

* Camera
* Cookbooks/recipes
* Reference books – craft books, nature books
* Recreational equipment (game balls, frisbees, etc.)
* Ceremony supplies (example: flags, logs, etc.)

**For Fire:**

* Waterproof matches
* Fire starters
* Fire wood (check with site manager, most GSMIDTN properties have firewood)
* Toasting forks

**GSMIDTN cannot be responsible for lost or damaged personal items!**

**First Aid Kits**

All groups going on trips must be accompanied by a first-aider. The first-aider may be the leader, however it is recommended that someone other than the leader fulfill this responsibility, especially on cookouts and camping trips. A doctor, nurse, or other person professionally trained with current credentials in proper emergency procedure, may accompany the group in fulfillment of this requirement. Follow these suggested guidelines for your first aid kit:

* Adhesive tape and bandages
* Alcohol wipes
* Antibiotic ointment (with parent approval)
* Band-Aids, assorted
* Bottle of distilled water (for use as an eye rinse or to clean wounds or other items)
* Gauze pads
* Hydrocortisone cream (with parent approval)
* Instant chemical ice pack
* Gloves (disposable for use in situations involving blood or other body fluids) – latex free if possible
* Needle (for removal of splinters)
* Triangular bandages
* Roller gauze bandages
* Period products
* Splint
* List of emergency phone numbers
* Girl and adult medical forms
* Girl and Adult Medication
* Infrared thermometer
* Flashlight
* Plastic bags (for disposal of used materials)
* Pocket face mask
* American Red Cross First-aid book
* Safety pins
* Scissors
* Soap (antibacterial liquid)
* Transparent tape
* Tweezers
* White index cards

Check your first aid kit periodically for damage, contamination, and refill your first aid kit after each use. Pack a portable first aid kit to keep with you at all times.