

Adventure Bound Packing List

GENERAL CLOTHING / PERSONAL GEAR	SPECIFIC BACKPACKING GEAR
<input type="checkbox"/> Raingear (jacket and pants – no ponchos)	<input type="checkbox"/> Backpack – 40+ liters (<i>can be borrowed from GSHPA – first come, first served</i>)
<input type="checkbox"/> Warm jacket, sweater or sweatshirt	<input type="checkbox"/> Pack cover or Large Plastic Garbage bag (contractor size or at least 30 gallon bag)
<input type="checkbox"/> Underwear & Socks for the week	<input type="checkbox"/> Hiking boots (waterproof preferred)
<input type="checkbox"/> Shorts, pants, and shirts for the week (polyester/nylon/fleece fabric – NO COTTON)	
<input type="checkbox"/> 2 pairs sneakers/shoes (closed toe/heel)	<u>SPECIFIC CANOEING GEAR</u>
<input type="checkbox"/> Flip/flops or water shoes for showering	<input type="checkbox"/> Old sneakers or water shoes
<input type="checkbox"/> 2 one-piece bathing suits	
<input type="checkbox"/> Pajamas	<u>OPTIONAL GEAR</u>
<input type="checkbox"/> Hat / Bandana	<input type="checkbox"/> Camera w/ extra batteries
<input type="checkbox"/> 2 towels	<input type="checkbox"/> Journal/pen
<input type="checkbox"/> Toiletries: Toothbrush, toothpaste, brush, hair tie(s), washcloth, shampoo, soap, deodorant, feminine sanitary products, etc	<input type="checkbox"/> Sunglasses
<input type="checkbox"/> Hand Sanitizer (small bottle)	<input type="checkbox"/> Laundry bag or extra pillow case
<input type="checkbox"/> Insect Repellent & Sunscreen (non-aerosol)	<input type="checkbox"/> Money for off-camp souvenirs
<input type="checkbox"/> Flashlight/Headlamp w/ extra batteries	
<input type="checkbox"/> 2 one-liter water bottles (Nalgene)	
<input type="checkbox"/> Mess Kit (cup, bowl and spoon)	
<input type="checkbox"/> Small camp pillow & Fitted sheet	
<input type="checkbox"/> Sleeping Bag w/ stuff sack – 40° (<i>synthetic</i>)	
<input type="checkbox"/> Sleeping pad (<i>can be borrowed from GSHPA – first come, first served</i>)	
<input type="checkbox"/> Daypack	

Packing Tips

When a camper is participating on an Adventure Bound trip, we scrutinize what they are bringing when off camp due to size or the amount of weight they may have to carry.

Pack clothing/equipment into one duffel bag, tote, backpack or old suitcase. Girls should be able to carry their own gear. Girls should help pack their own gear so they know what they are bringing to camp. Put camper's name on all of her clothing and equipment. Use nametags or a laundry marker.

The checklist is for your convenience. Avoid unnecessary purchases. If you can substitute something on the list with an item you already have, feel free to do so. Remember, your camper will be outdoors most of the time and, therefore, need clothing suitable for warm days and cool mornings and evenings, as well as rain. We suggest you bring enough clothes to have a complete change every two days. Leave anything of value at home. We cannot be responsible for missing articles or items ruined by mildew, dampness or dust.

Please do not bring the following:

- FOOD/SNACKS/CANDY – Meals are plentiful, snacks are provided, and food in tents and cabins attracts critters (i.e. skunks, raccoons, and other woodland creatures). Girls will be asked to “turn in” any food or candy they bring with them. Please do not send food, candy or snacks in care packages to your campers. Unless your camper has special dietary needs that absolutely require her to bring her own food, please leave all food at home.
- CELL PHONES & ELECTRONIC COMMUNICATION DEVICES – Electronic communication devices (i.e. cell phones, pagers, blackberries, etc.) are not permitted in camp by campers or staff members. If brought to camp, they will be labeled and kept in the office until check-out. Cell phone use by one camper often negatively impacts other camper's homesickness. We encourage your child to be independent, so her counselors and Camp Director will work together with her to resolve any issues or concerns. If problems arise that our staff cannot handle, we will contact a parent or guardian. If parents have any concerns, or in case of emergencies, they are always welcome to call camp and speak to the Camp Director.
- VALUABLE ITEMS – iPods, CD players, mp3 players, portable DVD players, radios, electronic games (Gameboy, PSP, Nintendo DS, etc.), cell phones, pagers, expensive jewelry (and anything else you might be considered valuable) should be left at home. These items are unnecessary at camp, and dampness could ruin these items. Girl Scouts is not responsible for lost, damaged or stolen items.
- OTHER- Weapons, fireworks, alcohol/tobacco/illegal substances, lighters, aerosol cans, personal sports equipment