

Example Packing List (for a 2-night, 3-day trip)

Campers are responsible for all items brought to camp. **LABEL EVERYTHING!** Girl Scouts in the Heart of PA is not responsible for lost, damaged, or stolen items.

Sleep Essentials

- Sleeping bag or heavy blankets
- Fitted sheet (twin size) if using blankets or for under sleeping bag
- Pillow(s)
- Comfort item (example: stuffed animal)

Personal Hygiene

- 1-2 washcloths
- Shampoo/conditioner
- Body wash/soap
- Deodorant
- Towel
- Toothbrush and toothpaste
- Hair brush/comb
- Feminine sanitary products (if needed)
- Shower caddy or bag

Clothing (depending on the season)

- Shorts/athletic shorts
- Long pants
- Shirts
- Heavy sweater, sweatshirt, or jacket
- Undergarments (pack extras)
- Socks (pack extras)
- Pajamas
- Raincoat or poncho
- 2 pairs of sturdy shoes (closed toes – sneakers/hiking boots)

- 1 pair of waterproof boots (rain boots) or designated water shoes
- Flip flops or water shoes for showering

Miscellaneous

- Prescription medication (if applicable)
- Daypack or backpack
- Refillable water bottle (name on it)
- Sunscreen and insect repellent
- Sunglasses
- Bandana or hat
- Hair ties
- Chapstick and/or lip balm
- Mess kit or plastic cup, plate, & silverware (NO GLASS)
- Flashlight/headlamp, extra batteries

Optional Items

- Disposable camera
- Reading materials/books/journal
- Playing cards/non-electronic games
- Stationary, pen/pencil, stamps, envelopes
- Earplugs or sleeping mask for light sleepers
- Friendship bracelet string
- Dirty clothes bag
- Small battery operated fan for sleeping
- Sit upon
- SWAPS

Please do NOT bring the following:

VALUABLE ITEMS – iPods, mp3 players, portable DVD players, radios, electronic games, expensive jewelry, and anything else that might be considered valuable **should be left at home.** These items are unnecessary at camp and dampness could ruin these items.

Packing Tips

Preparing for Camp

Campers are encouraged to develop a sense of responsibility while at camp. They take care of themselves and their belongings with adult supervision. We ask that you encourage your child to help select and pack her items for camp. (Don't worry too much about neatness!)

Clothes to Have Fun!

Please, send clothing items that campers can really play in. Campers will get involved in a “hands-on” way and their clothing may show the wear & tear. **Please, do not send expensive clothing to camp.**

Labeling Clothes and Equipment

Before packing clothing and camp gear, remember to mark/label each piece with your child's name. Mark the article of clothing so that the camper's name will be easily seen when searched for. The collar, waistband, or tags of most clothing articles and inside hats/shoes works well. For towels, sheets, pillowcases, and sleeping bags place tape, with name, on opposite corners to label, or label the item's tags/corners with permanent marker. Mark names clearly on miscellaneous items as well! Don't forget to mark bags and/or totes, too!

Packing Items

Pack clothing/belongings into one duffel bag, tote, backpack, or old suitcase. Duffel bags are the preferred camp luggage - easy to carry and easy to store.

Final Note to Packers

This 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.

Frequently Asked Packing Questions

Why do I need to pack a fitted sheet if I'm packing a sleeping bag? Most girls find it more comfortable to have a sheet lining the vinyl mattress. However, this is optional!

Do I really need to pack two pairs of shoes? During outdoor activities, girls can get wet and messy. Sudden downpours can leave a pair of shoes wet for the rest of the trip. It's best to plan for that by packing an extra pair.

Can my daughter wear Crocs? Crocs are really only suitable for wearing in the shower. Sneakers or hiking boots should be packed for outdoor activities.