

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 repellent (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:

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| ☐ 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 | ☐ Scouring pads |
| ☐ Paring knife | ☐ Dish soap |
| ☐ Vegetable peelers | ☐ Sponges/dish rags |
| ☐ Coffee pot | ☐ Tablecloths |
| ☐ Can and bottle opener | ☐ Waxed paper, plastic wrap, foil if needed |
| ☐ Cutting board | ☐ Igloo or 2-3 plastic pitchers |
| ☐ Measuring cups and spoons | ☐ Coolers (to transport food to camp) |
| ☐ Plastic bags for leftovers | |
| ☐ Pot holders/hot pads/work gloves | |

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.