

## EQUIPMENT LIST

	Sleeping Bag		Hiking Boots/Tennis shoes
	Blanket		Poncho or rain gear
	Pillow		Day or "Fanny" Pack
	Insulate pad/Foam pad		Camera/Film
	Water proof groundcloth		Soap in Container
	Flashlight/Extra bulbs		Shampoo/conditioner
	Extra Batteries		Deodorant
	First Aid Kit		Feminine Needs
	Sit Upops		Sunscreen
	Canteen/Water Bottle		Insect Repellant
			Lotion
	Shorts		Chapstick
	Long Pants		Kleenex
	T-shirts		Brush/comb
	Shirts w/sleeves		Toothbrush/paste
	Sleepwear		Sewing Kit
	Socks		Plastic Bag (for dirty clothes)
	Jacket		Whistle
	Sweatshirt		Dunk Bag with plastic plate, mug and metal utensils
	Hat w/brim		Compass (optional)
	Stocking Hat		
	Gloves/Mittens		
	Bandanna		
	Thermal Underwear		
	Swimsuit		
	Towel/Washcloth		
	Beach Towel		

### \*\*PACKING TIPS\*\*

Camping gear should be packed in a duffle bag, or something similar. No suitcase. Girls should be prepared for any kind of weather. All camping gear should be marked with the girl's name. Packing socks and underwear in large zip-lock bags keeps things organized. Rolling you clothes, prevents wrinkles and makes them easier to find.