

WHAT TO PACK FOR CAMP

PACKING LIST FOR ALL PROGRAMS

Please refer to additional packing lists for specialty programs listed on the next page.

Clothing – Bring enough for your stay at camp.

- Shorts
- T-Shirts
- Underwear (Bring Extra)
- Socks (Bring Extra)
- Long Pants
- Long Sleeved Shirt or Sweatshirt
- 1-2 Bathing Suits
- Pajamas or Sweat Suit
- Warm Jacket
- Bandanas
- Hat with Brim
- Rain Gear – Jacket and Pants or a Poncho
- 2 pairs of sneakers or closed toe sandals with a backstrap.
- Flip Flops or Beach Shoes for Waterfront and Shower

Equipment

- Sleeping Bag or Sheets/Blanket to cover mattress
- Pillow
- Mess Kit or Heavy Plastic Plate, Bowl, Cup, Fork, Knife, Spoon, and Dunk Bag
- Flashlight
- Batteries
- Water Bottle – A MUST!!!
- Beach Towel
- Shower Towel, Face Cloth
- Soap, Deodorant, Shampoo, Toothpaste, Toothbrush
- Stick or Lotion Sunscreen (SPF 15+)
- Non-Aerosol Insect Repellant
- Day Pack or Book Bag
- Bug Netting and Poles

Optional Items

- Paper, Addresses, and Stamps
- Camera
- Address Book
- White Cotton T-Shirt to Tie-Dye
- Spending Money for Trading Post (Items range from \$2 - \$30)

Many of the items listed above are available at the council shops located in Middleboro, Waltham and North Andover.

ADDITIONAL EQUIPMENT TO BRING FOR SPECIALTY PROGRAMS

Please bring **ALL** items listed on the previous page **AND** the additional items listed below

Grand Camp Tour, Kamping the Kanc, Ultimate Adventure, Menotomy Bound, White Mountain Wonders, and Acadia Bound

- Comfortable and supportive sneakers/hiking boots that can be worn on simple hikes. Converse sneakers are not acceptable. Sneakers or boots should have sturdy soles with treads.
- Soft duffle bag to pack 3 days worth of clothing in. (Large bags/trunks will NOT be allowed on trips)
- Compact lightweight sleeping pad i.e. Thermarest (Optional)
- Non-cotton compact sleeping bag (optional – camp will supply if needed)

All Overnight Hiking or Canoeing Programs

The weather, temperature, precipitation can vary greatly at the locations our trip and travel programs go to. Temperatures can range from 30 – 90 degrees with rain, snow, wind, and of course sunshine. Girls **MUST** be prepared for **ALL** weather possibilities. This is for both their safety and enjoyment of their trips. **Please do not send your camper with cotton clothing.** Cotton does not dry quickly, becomes heavy when wet, and results in cold campers. **ALL items on these lists must be brought to camp.** If your camper arrives unprepared for her trip the Camp Director will decide if she should attend. Please contact camp@girlscouteasternmass.org with any questions you have regarding packing for overnight trips.

Peaks and Paddles

- Hiking boots – sneakers ARE NOT hiking boots (Break in your boots before camp)
- 2-3 Pairs wool or synthetic socks (no cotton)
- Non-cotton/synthetic T-shirts
- Non-cotton/synthetic pants (rain pants/zip off are OK)
- 1 Box gallon size plastic freezer bags (i.e. Ziplocs)
- Fleece Jacket or 100% Wool Sweater
- Waterproof Rain Jacket AND Pants or Durable Poncho
- Warm Hat
- Warm Gloves or Mittens
- Non-cotton compact sleeping bag (optional – camp will supply if needed)
- 2 1-liter durable water bottles or bladder
- Larger backpack or frame backpack (optional – camp will supply if needed)
- Compact lightweight sleeping pad i.e. Thermarest (Optional) Water shoes or sport sandals
- Sunglasses (Optional)

River Runs Wild

- Water shoes or sport sandals
- Fleece Jacket or 100% Wool Sweater
- Waterproof Rain Jacket AND Pants or Durable Poncho
- Warm Hat
- Warm Gloves or Mittens
- 2 1-Liter water bottles or bladder
- 2-3 pairs wool or synthetic socks (No Cotton)
- Gallon size plastic bags i.e. Ziplocs
- Warm Hat
- Sunglasses (Optional)
- Compact lightweight sleeping pad i.e. Thermarest (Optional)
- Non-cotton compact sleeping bag (optional – camp will supply if needed)

Hike and Hut, Mountain Trekkers

- Hiking boots – sneakers ARE NOT hiking boots (Break in your boots before camp)
- 2-3 Pairs wool or synthetic socks (no cotton)
- Non-cotton/synthetic T-shirts
- Non-cotton/synthetic pants (rain pants/zip off are OK)
- 1 Box gallon size plastic freezer bags (i.e. Ziplocs)
- Fleece Jacket or 100% Wool Sweater
- Waterproof Rain Jacket AND Pants or Durable Poncho
- Warm Hat
- Warm Gloves or Mittens
- Non-cotton compact sleeping bag (optional – camp will supply if needed)
- 2 1-liter durable water bottles or bladder
- Larger backpack or frame backpack (optional – camp will supply if needed)
- Compact lightweight sleeping pad i.e. Thermarest (Optional)