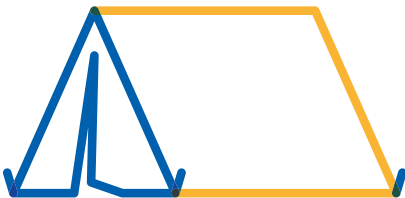


Camping Kit List

We love camping! A little preparation will make your adventure that much more fun. So collect everything you need using this kit list. It is best to do this a week before you go to camp so you have time to buy or find missing things before you go!

Practicing how to set up your bed and making a period kit, if you need one, is always a great idea. 'Being Prepared' is what Girl Guides do!

Remember you don't need thousands of outfits just enough for each day you are away! Check what activities you might be doing and pack for that, For example, long sleeves and pants for hiking or swimwear for canoeing etc.



CLOTHES

- Guide Shirt
- Shorts
- Long pants / jeans
- T-shirts
- Socks
- Underwear
- Warm jacket
- Warm jumper / hoodie
- Swimsuit / rash vest / swimming goggles
- Pyjamas
- Sun hat
- Beanie and gloves
- Raincoat
- Two pairs of sneakers (one will get wet/dirty)
- Thongs for the showers

SLEEPING GEAR

- Self-inflating mattress
- Sleeping bag
- Sleeping mat
- Travel pillow
- Blanket

MEDICATION

- Talk to your Leader about any prescription medication you need, and any pain relief you may use for periods, and pack it.

TOILETRIES

- Toothpaste & toothbrush
- Soap / body wash
- Shampoo and conditioner
- Hair brush & hair ties
- Deodorant
- Hand sanitiser
- Towel
- Face washer
- Sunblock

PERIOD KIT

- A closable bag
- Your preferred period products (pack some extras)
- A toilet roll
- Zip lock bags (or nappy bags)
- Packet of wipes
- Hot water bottle or heat-proof drinking bottle
- Extra pairs of undies

BITS AND PIECES

- Torch with fresh batteries
- Day Pack for activities like bushwalks
- Large plastic bag for dirty/wet laundry,
- Drink bottle
- Mess Kit: including plastic plate, mug, knife, fork and spoon.

**Well done, you're ready!
Have a great adventure!**