

## Troop Camp Packing List

*For “Troop Exploration” Camp Sessions at Camp Singing Hills or Camp Northwoods*

Use our packing lists as general suggestions of what to pack. The lists will help make sure you and/or your camper has everything they need for a safe and fun camp experience. Remember that camp is rustic—think dirt, dust, and humidity—so, clothes and shoes get dirty. **We do not have laundry facilities available for camper use, so pack enough for the entire stay.** If you have any questions about packing for camp, please contact Girl Scouts River Valleys.

As you pack, **label everything** with your camper’s first and last name.

### Clothing

- ☐ Underwear (enough for each day and at least one extra)
- ☐ Socks (enough for each day and at least one extra)
- ☐ T-shirts or tops (one for each day)
- ☐ Two sweatshirts or warm tops
- ☐ Shorts
- ☐ Long pants (jeans, yoga pants, sweatpants, etc.)
- ☐ Rain jacket, raincoat, or waterproof poncho
- ☐ Swimwear/swimsuit
- ☐ Sleepwear or pajamas (one pair)
- ☐ Sturdy walking shoes with cushion and support that do not expose toes or heels

### Equipment

- ☐ Backpack or over-the shoulder(s) bag for carrying items around camp
- ☐ Sleeping bag or twin-sized sheets and blankets
- ☐ Pillow and pillowcase
- ☐ Re-fillable water bottle

### Bathroom Items

- ☐ Medications, if applicable (pack separately to give to troop leader and/or adult volunteer)
  - **Please Note:** Troop leader(s) and parent(s)/guardian(s) are responsible for their campers' health forms and medications. Medications should be kept by the adult in a secure manner. Adults are responsible for giving the medication to the campers as needed. Visit **Camp.GirlScoutsRV.org/Packing-Lists** for medication packing instructions and more information.
- ☐ Deodorant
- ☐ Bug spray/insect repellent
- ☐ Menstruation products (pads, tampons, etc.)
- ☐ Shampoo, conditioner, soap, or body wash for showers
- ☐ Towels for swimming and showers
- ☐ Washcloth and hand towel
- ☐ Toothpaste and toothbrush
- ☐ Hairbrush or comb
- ☐ Sunscreen (SPF 15 or higher)
- ☐ Hat, beanie, bandana, or other preferred head covering
- ☐ Flashlight with charger or extra batteries
- ☐ Slip-on shoes or flip-flops for showers

### **Optional Items**

- ☐ Sunglasses
- ☐ Facial tissues
- ☐ Other lotion or moisturizer
- ☐ Lip moisturizer, balm, Chapstick, etc.
- ☐ Other bathroom items as needed (extra contacts, contact solution, glasses, etc.)
- ☐ Stuffed animal or another comfort item
- ☐ Camera that is not connected to a mobile device/cell phone
- ☐ Books to read
- ☐ Notebook/journal and pencil/pen

- ☐ Stationery or postcards and stamps (Remember to have addresses for people you want to write to.)
- ☐ Money for the Camp Store (pack separately to hand in at check in)
  - ***Please Note:*** The Camp Store accepts Cookie Credits and Juliette Program Credits.
- ☐ Something to tie-dye.
  - ***Please Note:*** Only some camp sessions include tie-dye activities. T-shirts can be purchased at the Camp Store, or campers can also bring a white clothing item from home to tie-dye.

### **“Troop Time” Activity Supplies**

- ☐ Your camp session will have “troop time” scheduled during your stay. This is your opportunity to hold activities just for your troop on your own. Plan ahead with your troop and coordinate supplies.
  - ***Examples:*** Art projects, supplies for working towards a badge or award, board, or card games
- ☐ Additional snacks or food
  - ***Please Note:*** Communicate with your troop leader and/or adult volunteers(s) about bringing additional snacks and food. Food should only be kept in kitchens or other secure locations to avoid attracting pests. We provide food storage space for any troop that needs it.

### **Items NOT to Bring to Camp**

- ⊗ Weapons
- ⊗ Pets
- ⊗ Tobacco
- ⊗ Alcohol
- ⊗ Personal sports equipment (unless approved by the Camp Director)
- ⊗ Electronic devices\*

\*Adults may have cell phones, but we ask that you do not use them during activities.