Family Camp at Camp Menzies Packing List

This is a suggested list, please modify to fit the needs of your family

girl scouts heart of central california

materials (self

with stamps)

addressed envelopes

(dollar store plastic

cutlery work great!)

plates, cups, and

Clothes	Toiletries
 ○ Short sleeve shirts or t-shirts* (shoulders should be covered) ○ Long sleeve shirt ○ Shorts* ○ Jeans or long pants* (required for horseback riding) ○ Closed toe shoes (1 pair) ○ Socks* ○ Sweatshirt or hoodie ○ 1-2 pairs warm pajamas ○ 1 warm hat/beanie ○ 1 bathing suit ○ 1 hat with brim (i.e. ball cap) ○ Underwear* (panties, bras, undershirts) ○ 1 warm jacket/coat ○ 1 raincoat with hood *Pack as many as needed for the duration of your trip and personal hygiene.	 Toothbrush, floss, and toothpaste Hairbrush and comb Shampoo, conditioner, soap, lotion, and deodorant* Flip-flops or water shoes (for showering) 1 beach towel Face washcloth and bath towel Pads and/or tampons Medications (Include all prescribed medication, please pack in a separate bag labeled with camper name, age and dates—can be stored in Patch N' Go, or under supervision of caregiver/adult/troop leader) *We recommend bringing soap, shampoos, lotions, etc. that have a light scent. Products with heavy scents attract bugs. Not Required, but Nice to Have
Additional Items Insect repellent (recommend 30%+ DEET) Lip balm Backpack or day pack Kleenex Reusable water bottle (recommend 12oz+) Flashlight or headlamp (fresh batteries) Sunscreen	 Book Journal and Pens Coloring book or activity book Friendship bracelet thread Situpons or camp chairs Phone charger Water/Wet Shoes Badgework or troop project Printed driving directions SWAPS/SWAP making supplies
	 Laundry bag Wristwatch Troop shirt or sweatshirt/bandana/Uniform vest or sash Baby wipes Disposable cameras Outdoor necessities (pocket knife, fanny pack, compass, etc.)
Bedding	O Printed driving directions O Cash, card or checks for Trading Post
PillowSleeping bag (not slumber bag)	Portable battery packSunglassesMess kit or dish setLetter writing

1-2 extra blankets

O Stuffie or comfort item (optional)