

Girl Scouts Heart of Central California
CAMP MENZIES STAFF EQUIPMENT LIST

This is a suggested equipment list provided as a guide, not a requirement. Please adjust to your needs. Due to limited baggage space, unit staff are limited to what they can move from unit to unit and what fits in their car. Keep in mind that the average night temperature at Camp Menzies is between 32-45° F. The weather at camp can be quite changeable so be sure to bring lightweight clothing as well as warm layers.

*** ITEMS ARE ESSENTIALS:** (minimum number)

TO CAMP

FROM CAMP

*** CLOTHING**

- Short sleeve shirts or t-shirts (shoulders must be covered) -----
- Long sleeve shirt
- Shorts
- 2 pair closed toe shoes (1 sturdy for hiking; 1 canvas type pair).....
- 1-3 sweaters or sweatshirts.....
- 1 pair warm pajamas
- 1 warm jacket/coat - A MUST.....
- Warm hat or beanie
- 1 bathing suit
- 1 hat with brim (for hiking)
- Jeans or long pants
- Underwear (panties, bras, undershirts)
- 1 plastic poncho or raincoat with hood - must be waterproof
- 1 pair of Khaki or tan shorts or pants for uniform days.....
- Socks.....

*** TOILETRIES**

- Toothbrush and toothpaste.....
- Hairbrush and comb
- Shampoo, conditioner, soap, lotion and deodorant *.....
- Flip-flops for **showering only**
- 1 beach towel
- Washcloth and bath towel, and/or large hand towels.....
- Sanitary napkins and/or tampons

***Try to bring soap, shampoos, lotions, etc. that have a light scent. Products with heavy scents may attract bugs and other critters.**

*** OTHER**

- NON-AEROSOL** insect repellent
- Lip balm ("Chapstick")
- Wristwatch.....
- Pre-paid phone card.....
- Backpack or Daypack.....
- Kleenex.....
- Canteen or labeled water bottle.....
- Sunscreen
- Mess kit OR 1 each: Unbreakable plate, bowl, and cup (NO GLASS ITEMS)*
- 1 dunk bag (directions enclosed)*
- 1 each: fork, knife, and spoon
- Flashlight with extra batteries and bulb

***For Unit Cookouts and Overnight Trips**

*** BEDDING**

- 1 small pillow
- Sleeping bag (not slumber bag) with 1-2 extra blankets OR Bedroll (5 warm blankets) securely tied.....

NICE EXTRAS TO HAVE BUT NOT ESSENTIAL

- Inexpensive camera, film.....
- Sunglasses.....
- Alarm Clock.....
- Laundry bag.....
- Book for quiet times.....
- Stationery/postcards/stamps.....
- Musical Instrument.....
- Pocket Knife.....
- Dress-up clothes and/or Funny Pajamas for PJ Breakfasts.....
- Resource Books (i.e. songbooks, game books, etc.).....
- Stuffed animal.....
- Clipboard.....
- Pencils, Pens, Sharpie or other permanent marker.....
- Large bandanna.....
- Water socks or water shoes (for waterfront/river wading).....
- Lightweight tent.....
- Waterproof ground cover/tarp (4' x 6' or larger).....
- Thin foam pad, or exercise mat.....
- CD Player with Headphones (for use in Staff Lounge only).....
- Personal CD's (Well Labeled).....
- Laundry Detergent (if planning on washing clothes at camp).....



PLEASE DO NOT BRING:

- Spray Cans
- Expensive cameras
- Pets
- Halter, sleeveless, or tank tops
- Sandals or backless shoes
- Valuable jewelry, watches, rings, or necklaces

The staff lounge is for everyone to use, each unit staff and kitchen staff member will have a box in the staff lounge to keep their food items and other personal belongings. There is a staff refrigerator to keep perishable items in. Campers cannot have candy, gum, soda and other snacks so staff are asked to only partake of these items in the staff lounge or out of site of the campers. All food must be stored in the staff house to prevent bears and other critters from getting it. In addition each staff member will have a locker in the staff bathroom to keep toiletries. The lockers are short so shampoo and conditioner that could be on its side might be a good idea. All medications will be kept in the infirmary; this is Federal and State Law. You will need to bring any prescription medications that you take but we have most over-the-counter medications available in the infirmary should you need something.