## Troop Camp at Camp Menzies Packing List

girl scouts

heart of central
california

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

Clothes	Toiletries
<ul> <li>Short sleeve shirts or t-shirts*         (shoulders should be covered)</li> <li>Long sleeve shirt</li> <li>Shorts*</li> <li>Jeans or long pants*         (required for horseback riding)</li> <li>Closed toe shoes (1 pair)</li> <li>Socks*</li> <li>Sweatshirt or hoodie</li> <li>1-2 pairs warm pajamas</li> <li>1 warm hat/beanie</li> <li>1 bathing suit</li> <li>1 hat with brim (i.e. ball cap)</li> <li>Underwear* (panties, bras, undershirts)</li> <li>1 warm jacket/coat</li> <li>1 raincoat with hood</li> <li>*Pack as many as needed for the duration of your trip and personal hygiene.</li> </ul>	<ul> <li>Toothbrush, floss, and toothpaste</li> <li>Hairbrush and comb</li> <li>Shampoo, conditioner, soap, lotion, and deodorant*</li> <li>Flip-flops or water shoes (for showering)</li> <li>1 beach towel</li> <li>Face washcloth and bath towel</li> <li>Pads and/or tampons</li> <li>Medications         <ul> <li>(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)</li> </ul> </li> <li>*We recommend bringing soap, shampoos, lotions, etc. that have a light scent. Products with heavy scents attract bugs.</li> </ul> Not Required, but Nice to Have
Additional Items	<ul><li>Book</li><li>Phone charger</li><li>Journal and Pens</li><li>Water/Wet Shoes</li></ul>
<ul> <li>Insect repellent (recommend 30%+ DEET)</li> <li>Lip balm</li> <li>Backpack or day pack</li> <li>Kleenex</li> <li>Reusable water bottle (recommend 12oz+)</li> <li>Flashlight or headlamp (fresh batteries)</li> <li>Sunscreen</li> <li>Troop paperwork         <ul> <li>(permission forms, health forms)</li> </ul> </li> </ul>	<ul> <li>Coloring book or activity book</li> <li>Friendship bracelet thread</li> <li>Situpons or camp chairs</li> <li>Laundry bag</li> <li>Wristwatch</li> <li>Troop shirt or sweatshirt/bandana/Uniform vest or sash</li> <li>Badgework or troop project</li> <li>Cash, card or checks for Trading Post</li> <li>SWAPS/SWAP making supplies</li> <li>Disposable camera</li> <li>Outdoor necessities (pocket knife, fanny pack, compass, etc.)</li> </ul>
Bedding	O Printed driving O Sunglasses directions
<ul> <li>Pillow</li> <li>Sleeping bag (not slumber bag)</li> <li>1-2 extra blankets</li> <li>Stuffie or comfort item (optional)</li> </ul>	O Portable battery pack  Mess kit or dish set (dollar store plastic plates, cups, and cutlery work great!)  Letter writing materials (self addressed envelopes with stamps)