

## SUGGESTED PACKING LIST

1 Duffel bag, suitcase, or backpack	Personal Hygiene Items
1 Day pack (to carry items around)	- Soap
1 Pillow	- Towel
1 Bedroll or Sleeping Bag	- Toothpaste, toothbrush
Sit Upon	- Deodorant
Rain Poncho	- Shampoo
Closed Toe Shoes (no flip flops or sandals)	- Washcloth
Non-aerosol Sunscreen	- Comb/Brush
Non-aerosol Bug Spray (extra)	Underwear (1 per day plus an extra)
Bandana	Socks (1 per day plus an extra)
Mess Kit (items should be non-breakable)	Shirts (short and long sleeve)
Knife, spoon, fork, plate, bowl, cup with handle	Shorts
Dunk bag/dip bag (mesh bag with drawstring)	Jacket, coat, or sweatshirt
Reusable Water Bottle	Sleepwear
Hat (not a visor)	Modest Swim suit (if swimming)
Extra plastic bags (for wet items)	Swim Towel (if swimming)
<b>Flashlight</b> (open air cabins and tents do not have electricity)	

\*\*Additional clothing depending on weather and activities planned

Helpful information when packing:

Dress in layers so you can remove clothing as the day may warm up.

Light colors are best in the heat because they reflect the sun's rays

Halter tops/spaghetti straps should not be worn; shoulders will burn.

Wearing a hat keeps the girls' heads cool while protecting against sunburn

Even in the lightest drizzle, girls should wear rain gear in order to keep coats and clothing dry.