

KIT LIST FOR PARKOUR PALS GIRL GUIDE SLEEPOVERS AT ORIGINS PARKOUR - 2024

Kit List: Please label everything with names and bring belongings in one backpack or duffel bag. Youth should do their own packing (with age-appropriate adult support or supervision) at home, so they know exactly what they've brought, what those items look like if lost/found, and how to fit everything back into their bag themselves.

If this is a first Girl Guide sleepover or if bringing any new gear, please practice how to use gear (e.g. how to put a sleeping bag back into its stuff sack or inflate/deflate a mat and roll it back up) at home. The kids' volunteer Guiders will not be able to set up every child's bed or pack every child's bag with 1:1 support, due to available time and the desire to encourage independence. Youth are expected to build confidence in advance about how to use their gear so they're ready to do it themselves at the sleepover!

- ☐ **Please eat dinner before arriving - dinner is not provided. An evening "mug-up" snack and breakfast will be served during the event.**
- ☐ Girl Guide uniform shirt and pants/leggings to comfortably move/climb/jump in (*please wear to event*); do not wear a uniform scarf for safety reasons
- ☐ Clean shoes with rubber soles providing good grip to try parkour skills (*running shoes or other active shoes are recommended*)
- ☐ Water bottle (*filtered water refills are available but, to reduce waste, cups won't be provided*)
- ☐ Sleeping bag (*suitable for indoor use - the building is heated*)
- ☐ Sleeping pad (*single-sized foam mats or self-inflating pads; no queen/king mats or wide/tall "futon" or "guest bed" style mattresses requiring electric pumps please*)
- ☐ Small pillow
- ☐ Eye mask and/or ear plugs (*overhead lights will be off overnight, but some emergency lighting may remain on*)
- ☐ Pyjamas (*two piece PJs recommended instead of nightgowns or onesies*)
- ☐ Toiletries as required for your needs (e.g. toothbrush/toothpaste, face cloth, hairbrush/comb/ties)
- ☐ Change of clothing for the next morning
- ☐ Flashlight or headlamp
- ☐ Medications if required (*parents/caregivers must hand these in to their child's Guider upon arrival, in original packaging, with a H.3 Medication Form filled out; this form is always required by Girl Guides for any meds that your child is being sent with, including any common over-the-counter products like Tylenol, Advil, Gravol, etc, or prescription meds prescribed to your child like any pills, liquids, allergy injectors for anaphylaxis, inhalers, etc*)

Optional:

- ☐ A book to read or notebook to doodle in as a silent activity if up early
- ☐ A small stuffed animal for sleep time (*please do not bring items that make noise, light up, or would cause any disruptions to others' sleep, and any sleep "friend" must remain stored away in bags until bedtime*)

Please do not bring: Food, toys, electronics (including music players, phones, or tablets), valuables.