

BLUE WAVE 2024 KIT LIST FOR TENTING GIRL GUIDES

MEDICATION: Any medication must be in the original container with dosage instructions and the name of the girl. It is given to the unit's first aider upon arrival.

Bedroll - all items bundled & waterproofed in a tarp or in a stuff sack	Small Day Pack - to carry to sessions
<ul style="list-style-type: none"> • sleeping bag & mat • small pillow (optional) • extra blanket • small sleeping buddy (optional) • PJ's (no nightgowns) • tarp & rope (for wrapping and more) • mitts, toque & socks (it can get cold at night) 	<ul style="list-style-type: none"> • camp hat (on head) • water bottle • insect repellent & sun screen (no aerosols) • lip balm (to protect lips from the sun) • whistle (optional)

Main Pack (ideal: back-pack)	
<u>GARMENTS</u> (includes what you wear to camp) <ul style="list-style-type: none"> • socks and underwear • 2 pr. Long pants • 1 pr. shorts • 2 short-sleeved t-shirts (no tank tops) • 1 long sleeved shirt • 1 sweatshirt or sweater 	<u>OUTDOOR GARMENTS</u> (includes what you wear to camp) <ul style="list-style-type: none"> • rain gear: raincoat or poncho & rain pants • rubber boots (morning dew) • running shoes (no open toe shoes) • jacket
<u>DITTY BAG</u> (a mesh bag, not plastic, with drawstrings for hanging) <ul style="list-style-type: none"> • dishes: plate, bowl, cup or mug (non-breakable but sturdy, no paper items) • cutlery: knife, fork, spoon • oven mitts (for cooking) • 3 clothes pegs & tea towel (optional) 	<u>TOILETRIES</u> <ul style="list-style-type: none"> - toothbrush & toothpaste - wipes for morning "sponge bath" (optional) - deodorant - brush, comb & hair ties or elastics - camp towel & face cloth
<u>GEAR</u> <ul style="list-style-type: none"> • flashlight with extra batteries • book for quiet time (optional) • ashes for campfire (optional) • fire kit (if you have one) • zip-lock bags to keep things nice & dry 	<u>SPECIAL GEAR FOR THIS CAMP</u> none