

KIT LIST FOR PEDALS & PJS
GIRL GUIDE SLEEPOVERS AT NORTH SHORE BIKE PARK - 2024

Kit List: Please label everything with names and pack in one backpack or duffel bag.

- ☐ Please eat dinner before arriving or bring a bagged dinner to eat as soon as you arrive (between 5:45-6:00pm) - dinner is not provided. Only an evening mug-up snack and light continental breakfast will be served at the event.
- ☐ All participants must have submitted a signed North Shore Bike Park waiver and Girl Guide SG.2 Permission Form. No exceptions.
- ☐ Girl Guide uniform shirt (*please wear to event*)
- ☐ Fitted pants that knee pads can be worn with/over (*e.g. leggings, athletic pants, etc*)
- ☐ Comfortable, secure, lace-up shoes (*running shoes recommended*)
- ☐ Sleeping bag (*suitable for indoor use*)
- ☐ Sleeping pad (*single-sized foam mats or self-inflating pads; no queen/king mats or wide/tall mattresses requiring pumps to be plugged in please*)
- ☐ Small pillow
- ☐ Plastic ground sheet of your choosing for use under your bedding - a small tarp, heavy duty shower curtain, etc (*we will be sleeping in areas used for biking by day and the floor can get dirty - this will protect your gear from dust and dirt when you set up your sleep area*)
- ☐ Eye mask and/or ear plugs (*overhead lights will be off overnight, but some emergency lighting will remain on, and you'll have a more restful sleep with ear plugs*)
- ☐ Pyjamas (*two piece recommended*)
- ☐ Toiletries as required for your needs, e.g. toothbrush/toothpaste, face cloth, hairbrush/comb/ties, menstrual products
- ☐ Change of clothing for the next morning
- ☐ Reusable water bottle
- ☐ Flashlight or headlamp
- ☐ Medications if required (*parents/caregivers must hand these in to their Guider upon arrival, in original packaging, with a H.3 Medication Form filled out*)

Optional:

- ☐ A book to read or notebook to doodle in as a quiet activity if up early
- ☐ Hat crafts / crests / pins to trade with other participants.
- ☐ Full-face bike helmet with chin coverage (helmets will be provided to everyone at the event - and mandatory - but you're invited to bring your own, if available, for best fit)
- ☐ Knee and elbow pads (pads will be provided at the event - and mandatory - but you're invited to bring your own, if available, for best fit)

Please do not bring: Snacks, toys, electronics, valuables. **This is a phone-free event for youth regardless of age; please do not bring them.** Guiders will be asked to collect any youth's phone if brought to the event and we are not responsible for loss/damage/theft, so please leave them at home. Emergency contact with families can be facilitated by your Unit Guider as appropriate.

Other notes: Bikes/scooters are loaned to participants. Participants do not need to bring one.