

KIT LIST FOR GIRL GUIDE SLEEPOVERS AT SCIENCE WORLD - 2025



Please **label everything with names** and bring **one backpack or duffel bag with a name tag on it**.

Youth should do their own packing (with age-appropriate adult support or supervision) at home, so they know what they've brought, what those items look like if lost/found, and how everything fits back. Keep in mind that this sleepover is one night only. Follow the kit list, pack the basics, and make sure any Girl Guide can carry their own bag.

If this is a first Girl Guide sleepover or if bringing any new/unfamiliar gear, please practice at home (e.g. how to put a sleeping bag back into its stuff sack or inflate/deflate a mat and roll it back up). The kids' volunteer Guiders won't have enough time to set up every child's bed or re-pack every child's bag for them, and Girl Guides is a program that promotes preparedness and independence at all ages. 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 hot buffet breakfast will be served during the event.**

- ☐ Girl Guide uniform and comfortable shoes (*please wear to event*)
- ☐ Rain/winter jacket for any time waiting or gathering outdoors
- ☐ Water bottle (*filtered water refills are available but, to reduce waste, cups won't be provided*)
- ☐ Small pillow with pillowcase
- ☐ Warm sleeping bag
- ☐ Camp blanket or poncho if desired
- ☐ Sleeping pad (*twin/single-sized foam mats or self-inflating pads; do not bring queen/king mats, no wide/tall beds, no "futon" or "guest bed" mattresses, none requiring electric pumps whether battery-powered or plugged in, etc*)

YES: Examples of suitable mattresses.	NO: Examples of UNSUITABLE mattresses - do not bring.
	

- ☐ Eye mask and ear plugs highly encouraged (*main overhead lights will be off overnight, but some emergency lighting and exhibit lighting remains on; ear plugs also help with a more restful sleep in a shared sleeping space*)
- ☐ 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 your child is being sent with, including all over-the-counter products like Tylenol, Advil, Graval, etc, or prescription meds for your child like pills, liquids, creams, allergy injectors for anaphylaxis, inhalers, etc*)
- ☐ A book to read or notebook to doodle in as a silent activity if awake early (*youth are expected to remain silently in bed until the 'wake up call' if they are up before that time*)
- ☐ 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; any sleep friend must remain stored away in a bag until bedtime*)

Please do not bring: Food, toys, electronics (including music players, tablets, etc), other valuables. No smartphones or devices with wifi/cell service may be brought by youth of any age. If any situation arises during the sleepover that requires contact with those not at the event, e.g. a parent, a participant must speak with their Unit Guiders. Guiders will be asked to take away any devices brought to the event despite this instruction and return them at the end, but Girl Guides is not responsible for any loss, damage, or theft, so please simply leave them at home.