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| **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
 |
| * Sleeping bag and 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)
 | * Camp hat (on head)
* Water bottle
* Insect repellant & sun screen (no aerosols)
* Lip balm (to protect lips from the sun)
* Whistle (optional)
 |
| **Main Pack (ideal: back-pack)** |
| **GARMENTS** (includes what you wear to camp)* Socks and underwear
* 2 park long pants
* 1 pair shorts
* 2 short-sleeved t-shirts (no tank tops)
* 1 long sleeved shirt
* 1 sweatshirt or sweater
 | **OUTDOOR GARMENTS** (includes what you wear to camp)* Rain gear: raincoat or poncho & rain pants
* Rubber boots (morning dew)
* Running shoes (no open toe shoes)
* jacket
 |
| **DITTY BAG** (a mesh bag, not plastic, with drawstrings for hanging)* Dishes: plate, bowl, cup or mug (non-breakable but Saturday, no paper items)
* Cutlery: knife, fork, spoon
* Oven mitts (for cooking)
* 3 clothes pegs & tea towel (optional)
 | **TOILETRIES*** Toothbrush & toothpaste
* Wipes for morning “sponge bath” (optional)
* Deodorant
* Brush, comb & hair ties or elastics
* Camp towel & face cloth
 |
| **GEAR*** 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 and dry
 | **SPECIAL GEAR FOR THIS CAMP*** None
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**Blue Wave 2025 – Kit List for Tenting (Guides)**