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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 |

**Blue Wave 2025 – Kit List for Tenting (Guides)**