

# BLUE WAVE 2025 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.

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

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