

Northern Lights District Camp – Engstrom - May 23-25, 2025

Bedroll – *refer to Bed Roll Sheet.*

- Pillow
- Warm Sleeping Bag
- Blanket
- Self-inflating Sleep Pad or Foam. No air mattresses.
- Stuffy (*optional*) no bigger than your head
- Ground Sheet
- Strap/rope (labelled)

Clothes – packed in a duffle bag, no suitcases

- Pajamas – no night dresses or onesies
- 2 - T-shirts and 2- long sleeve shirts (no crop tops or tank tops)
- 2 pairs of pants (no jeans)
- Sweatshirt or hoodie
- 4 pairs of socks
- Undergarments
- Sneakers (no open toed footwear or crocs)
- Rain gear (boots, coat, pants)
- Coat, Toque & Mitts (for evening campfire)
- Bucket Hat (no baseball hats)
- Bag for dirty clothes
- Extra Toque & Socks for Tent Sleepers

Ditty (mesh) bag – dishes will hang in this bag to drip dry at camp. Bag is to be labelled.

- Plate, bowl, mug, cup. Individual fork, knife, and spoon (all labelled)
- FULL Refillable Water Bottle (spillproof)

Toiletries – packed in a deep Tupperware

Container/Ice Cream bucket. *The container will act as the girls' individual wash basin. Toiletries will be stored in the camp kitchen for the duration of the camp.*

- Facecloth (labelled)
- Hand Towel (labelled)
- Soap
- Toothbrush and Toothpaste
- Small water cup (for rinsing) (in addition to the ditty bag cup)
- Hairbrush and Elastics for long hair
- Deodorant
- Feminine Products (if applicable)
- Lip balm
- Kleenex
- Bug spray
- Sunscreen (not spray)

Misc items:

- 25 Liters of Drinking Water (please no individual water bottles)
- Flashlight with spare batteries
- Travel/personal first aid kits
- Sit-Up-On
- Small backpack or bag to carry items during the day (school bag is perfect)
- Bear bell or whistle
- Optional Items – notebook, pencil, reading material, cards, camping chair, sunglasses

Electronic devices and chargers may be packed, at discretion of parents. If brought, they are only to be used during free time. Guiders are not responsible for lost or damaged items.

No valuables. No food. No products with strong smells.

***** All medications placed in a labelled baggie with completed H.3, and given to the first aider at sign in. *****

ALL ITEMS ARE TO BE LABELED!!!