**Your Unit Guiders may have other items to add to this list!**

**BEDROLL**

* sleeping items – packed in a traditional bedroll wrapped in a small tarp/groundsheet so it is waterproof, or using any method of waterproofing that works for you
* cold weather sleeping bag, extra blanket / liner, pillow
* foam or self-inflating camping mattress (no pump-up air mattresses)

**CLOTHING**

* warm 2-pc pajamas or sweat shirt/pants to sleep in
* warm socks for sleeping, and if desired, a close-fitting knit hat (helps if cold!)
* undergarments and socks
* t-shirts
* long-sleeved shirts
* warm hooded sweatshirt or jacket (if possible, fleece is better than cotton)
* 2 pairs warm pants (not cotton or jeans)
* leggings for under the pants (layering!)
* THINK – layers, layers, layers!

**OUTDOOR WEAR -** REMEMBER: 12 hours outdoors in any weather!

* rainwear - jacket and pants
* rain boots - you may be walking in these if wet, but also good for around camp
* hiking boots or sturdy sneakers – no slip on footwear!
* warm fall/winter jacket, gloves & hat - to keep toasty on a chilly night or morning
* hat with brim - in case it is sunny (optional)
* IMPORTANT: no crocs or open toed footwear

**TOILETRIES**

* tooth care items – toothbrush, toothpaste, etc
* hair care items – brush, elastics, etc - if you have long hair you MUST have a way to tie it back if needed!
* sun screen
* bug spray
* hand sanitizer – you will need this after using outhouses and before you eat
* hand towel – for drying hands after washing in washroom
* wipes – for cleaning hands
* toilet paper
* personal care items – face cloth, soap, deodorant
* sanitary supplies (even if you don’t expect to need them)

**OTHER ITEMS**

* drinking water – 4L per girl, be prepared just in case!
* mess kit - mesh bag with mug (suitable for hot liquid), cup, plate, bowl, utensils
* camp chair
* flashlight/headlamp/lantern and extra batteries – always better to have extra!
* water bottle
* backpack (filled!) for your Quest (see next page)
* paper/pen
* camp blanket or camp hat – optional - we love to see these!
* medications (this includes anything with medicinal ingredients, including over the counter items like Advil, Tylenol, medicated cream, etc.). **IMPORTANT: All medications must be signed in with your Unit First Aider or Guider upon arrival.**

**DO NOT BRING**

* cell phones – your Guider may allow you to bring your phone to camp (that is a decision for your unit to make) but you may not have it with you on your Quest!
* flip flops or other open-toed footwear

**OTHER ITEMS YOUR GUIDER MAY WANT**

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**Your Quest Backpack**

A good sized backpack is needed – like a school bag, for instance (not a small day pack). You will carry this during your entire Quest on Saturday and it holds everything you need!   
  
In your backpack, you should pack:

* plastic bag liner to keep things DRY (a garbage bag works nicely)
* water bottle (filled)
* hot drink mug (preferably with lid)
* extra socks (for extra warmth or in case of getting wet)
* rain gear, gloves, hat (if you’re not already wearing them, but even if you are, if you take them off you’ll need a place to store them)
* sit upon (small one)
* bag for your personal garbage – gallon size ziplock is recommended - there are NO GARBAGE CANS available at Quest and teams are responsible for their own garbage
* flashlight/headlamp/lantern and extra batteries
* small knife – folding swiss army style is fine – if you are comfortable using knives
* toilet paper in a ziplock bag – there is NO TOILET PAPER available at Quest
* small first aid kit
* emergency whistle
* work gloves (may be needed at some Projects)
* compass (may be needed at some Projects)
* pen/pencil and paper (may be needed at some Projects)
* H1 Personal Health Form (must be carried in your nametag at all times) – get this from your Unit Guider
* hand-warmers (optional)
* glow bracelets (optional)
* watch (optional) – but it is very helpful if person on each team has a watch
* IN ADDITION (you’ll talk about this with your team):
* One person from each team will carry a 10’x12’ tarp
* One person from each team will carry 15’ of rope

**FOOD –**

* Lunch, dinner, snacks & drinks – you need to bring all the food you need for your Quest with you in your backpack.
* Trail mix is always popular but please keep in mind that this camp is peanut and nut free.
* Teams will prepare all meals during their Quest. Project staff will not, nor are Guiders permitted to, prepare or serve food during the Quest.
* Hot water will be available at many project sites that Pathfinders can ask to have for hot drinks or items like oatmeal, cup-a-soup, etc. You will not be able to use a pot/stove to prepare your food.

**Tips for Your Personal Gear**

* Clothing – stay away from cotton and denim. These fabrics attract water and do not stay warm (or dry quickly). Choose fabrics like polar fleece as it repels water.
* Dress in layers to trap warm air.
* Groundsheet – absolutely necessary under your bedroll to protect against dampness.
* Sleeping pad – a thinsulate pad (blue foam pad) or self-inflating camp mat are the best choices as they are properly insulated for cold weather. Air mattresses are not recommended at this time of year because they are very cold.
* Sleeping bag liner – Use a fleece blanket or a flannelette sheet to line the inside of your sleeping bag for extra warmth.
* Waterproof all personal gear / gear carried during Quest.

*Note: The Quest Core Crew is not responsible for any missing, damaged or   
otherwise altered equipment or gear.*