

Packing for Camp

This Kit List outlines which items to pack and which to leave at home. It is important for your youth member to pack their own bags according to this list. At camp, the bus will drop off youth in the parking lot, and youth will then hike to the campsite, so efficient packing is essential. Duffle bags or backpacks are required—rolling bags are not allowed.

Learning to pack and carry their own gear is a valuable skill that will help youth as they advance in the program. For higher-level camps or camps outside the district, hiking into the site and following the kit list closely are crucial for success. Instilling these habits early will help youth succeed at future camps.

Remember to waterproof gear, using zip-top bags, plastic sheeting, or specialty bags. Avoid using garbage bags, as these may be mistaken for trash and thrown out.

For safety, some items on this list are listed as mandatory, and if not brought to camp, the youth member will be asked to leave and return with these items. This includes:

- Hat with a brim.
- Whistle on lanyard.
- Hair tie or hair elastic for long hair.
- Sunscreen

The following items are not allowed and will be taken away from youth; when possible, these items will be sent home with guardians or securely stored for the duration of camp:

- Gum, candy, or other snacks
- Tank tops (no sun protection)
- Sandals, flip-flops, CROCS (shoes must have closed toes to protect from insect bites, thorns, sticks)
- Cameras as iPads, iPods, Tablets, or other gadgets. Only plain-old cameras are allowed. This is a no-gadget weekend. Including cell phones & 2-way communicating smart watches.





Cirque du Caillet!



–Summer Overnight Camp

Reminders

- **Mark everything with a name and pack it in a backpack or duffel bag. No wheeled bags allowed at camp.**
- **Eat a healthy meal before arriving at camp.**
- **Please wait in your car until the bus load time. (This allows your Guiders to focus on preparing for transport)**

Clothing

- Uniform shirt for travel (no sash or scarf)
- 2 light-coloured t-shirts.
- 2 pair shorts.
- Pants (avoid jeans or cotton – they stay wet)
- Sweater or hoodie (fleece, wool or synthetic)
- Socks, 1 pair per day + 1 extra
- Warm socks for sleeping (1 per night, no cotton)
- Rain jacket (in your pack if it is nice weather)
- Rain pants (in your pack if it is nice weather)
- Runners or hiking shoes suitable for long walks
- Rain boots (according to the weather)
- Hat with brim (Mandatory)
- Toque or bunny hug/hoodie for sleeping.
- Warm two-piece PJs (No onesies)
- Underwear (1 per night +1)
- Swimsuit and beach towel
- Bag labeled “wet or dirty laundry.”

Bedroll- Properly tied.

- Warm sleeping bag
- Camp blanket
- Pillow with pillowcase.
- Bedtime friend (optional)
- Insulated sleeping pad.
- Ground sheet (Made of waterproof material)
- Rope for tying bedroll.

Other Items:

- Whistle on lanyard (Mandatory)
- Flashlight or headlamp (with extra batteries)
- Full leakproof plastic or metal water Bottle
- Book
- Sit-upon
- Sunscreen
- Sunglasses
- Insect repellent (non-aerosol)
- Inexpensive watch
- 6 clothes pegs to hang wet items.

Toiletries – contained in a Ziplock bag in a labelled ice cream bucket (mandatory)

- Personal tissue pack (or small roll of toilet paper)
- Hand sanitizer
- Hair tie or hair elastic for long hair (mandatory)
- Hairbrush or comb
- Toothbrush and toothpaste
- Soap in a container
- Lip balm with sunscreen.
- Washcloth and small towel
- Menstruation supplies (if necessary)
- Deodorant (if necessary)
- Case for eyeglasses/contacts or retainers.

Camp Dishes- Contained in a mesh bag with a carabiner.

- Plate
- Bowl
- Cup (for hot and cold drinks)
- Utensils (knife, fork, spoon)

Any required medication must be in the original containers, clearly labelled with the participant's name, and placed in a Ziplock bag with an H.3 form to be handed to the First Aider upon arrival.

How to make a bedroll

Background

The skill of tying bedding rolls has existed for generations, yet the knowledge is often not passed down and is instead relearned by each new group. While the military teaches this valuable skill to recruits, opportunities for civilians to learn it are rare.

When Lord Robert Baden-Powell wrote "Scouting for Boys" in 1908, he included camping techniques like these in his teachings. Lady Olave Baden-Powell later incorporated similar principles when founding the Guiding movement for youth.

Why is this important?

If you are wondering why tying a bedding roll matters, you probably haven't camped in the rain! A well-tied bedding roll keeps your bedding dry—even if it gets dropped in water. At camp, having dry bedding is essential for a good night's sleep.

What do you need?

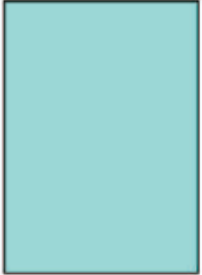
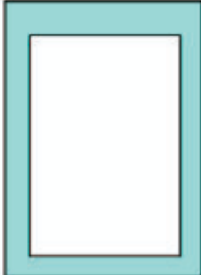
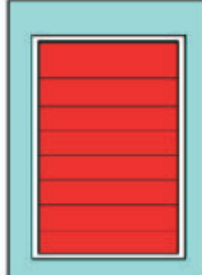

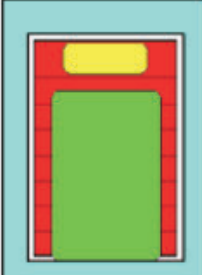
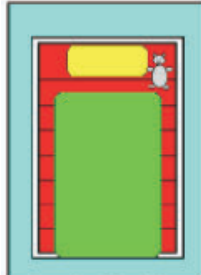


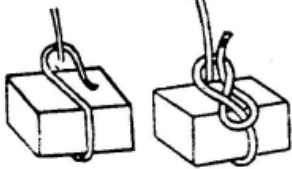


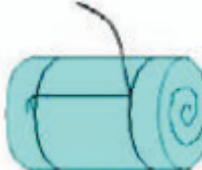

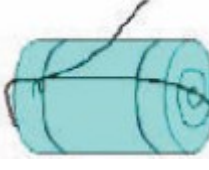

- ❑ **Groundsheet:** A waterproof material such as a poly sheet, tarp, or shower curtain.
- ❑ **Camping Mat:** For added comfort and insulation. No yoga mat or air mattresses.
- ❑ **Blanket:** Provides extra warmth.
- ❑ **Sleeping Bag (rated for the weather):** Avoid novelty "character" sleeping bags as they do not provide the warmth needed.
- ❑ **Pillow**
- ❑ **Strong Rope:** 3–4 metres (minimum 12'), at least ¼" thick—no string, bungee cords, or yellow polypropylene rope.
- ❑ **A Helper:** A friend can aid with assembling the roll.

More on Groundsheets

A groundsheet is any waterproof material that is readily available at most home stores. It should be large enough to extend beyond your zipped sleeping bag on all sides. It protects your sleeping bag, pad, and yourself from ground moisture. If you tie your bedroll correctly, everything will stay dry, even in rainy conditions or if accidentally dropped in water.

More on Camping Mats

While you can sleep right on the ground, using a camping mat provides added comfort and warmth. A foam pad offers insulation without much extra weight. Camping mats must be self-inflating and not use a pump.

<p>Supplies: Groundsheet Camping Mat Blanket Sleeping bag Pillow 12 ft non-slip rope</p>	 <p>Lay out the groundsheet.</p>	 <p>Place the camping mat on the groundsheet.</p>	 <p>Place the sleeping bag in the centre.</p>
 <p>Place a pillow on the sleeping bag.</p>	 <p>Place an extra blanket on the sleeping bag.</p>	 <p>Place a bedtime friend and a 2-piece pair of pajamas next to the pillow.</p>	 <p>Fold over the sides of the groundsheet.</p>
 <p>Fold ends like a "present" then roll tightly, tucking the ends inside the roll.</p>	 <p>Make a packer's knot in one end of the rope.</p>	 <p>Place the rope around the bedroll at one end & slip the rope through the knot. Pull tightly</p>	 <p>Hold the rope here and then wrap it around the end of the bedroll.</p>
 <p>Slip under the rope and pull tight.</p>	 <p>Wrap the bedroll end to end.</p>	 <p>Slip the rope under your original loop. Tie with a packer's knot.</p>	 <p>Extra rope can be wrapped from point 1 to 2 to form a handle.</p>