

## Personal Equipment List for Girls for Hiking/Overnight

*Clothing should be appropriate to weather conditions. Cottons are comfortable in warm weather; however wool and synthetics will keep you warm and dry in cold/wet weather. Girls will need to carry the items that they bring with them so make sure that they are able to do so.*

### Day Trips

- T-shirt
- pants (especially if hiking on a trail)
- socks that cover the ankles
- shoes with closed heel and toe
- windbreaker, sweatshirt or light jacket
- winter jacket, hat, and gloves (for cold weather)
- bandana
- hat
- rain gear
- refillable water bottle
- sunscreen (if needed)
- insect repellent (if needed/non-aerosol type)
- permission slip
- other items appropriate to the activity

### Overnight Trips

- backpack or duffel bag (water resistant)
- sleeping bag or bed-roll
- pillow (optional)
- flashlight with extra batteries
- sit-upon
- mess-kit (dunk bag with unbreakable, cup, plate, bowl, knife, fork and spoon)
- additional change of clothing (t-shirt, pants, underwear, socks and shoes)
- rain gear
- sleepwear
- toothbrush and toothpaste
- slippers or clean shoes to wear indoors
- plastic bag for clothes
- hand towel, washcloth and soap
- tissues (if needed)

### Medications:

*Medication, including over-the-counter products, must never be dispensed without prior written permission from a girl's custodial parent or guardian—form in Volunteer Essentials: Administering Medication to a Minor. Some girls may need to carry and administer their own medications, such as bronchial inhalers, an Epi-Pen or diabetes medications. All medication should be in it's original container.*

### Optional Equipment:

- camera
- compass
- extra blanket
- extra pair of eyeglasses in hard case
- jack knife
- boots (if needed)
- nature guides
- Journeys and the Girl's Guide to Girl Scouting
- notebook and pencil or pen
- star chart
- sunglasses
- warm socks and hat (if needed)
- book
- flip-flops for pool or shower

### Items that are not permitted:

- aerosol sprays
- glass bottles or containers
- gum, candy, snacks or food of any kind
- hair dryers or other electrical appliances
- medication not in its original container
- personal radios or MP3 players
- sandals or other open-toed shoes
- suitcases
- umbrellas
- no tank tops
- spaghetti straps