

Mother/Daughter Overnight Equipment Checklist



Girl Scouts of NE Kansas & NW Missouri
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CLOTHES

1 pair of comfortable, sturdy shoes (lace-up, closed toe and heel) no clogs, flip-flops, crocs or sandals	Sweater/jacket/sweatshirt
Pajamas	Underwear
Swimming suit & towel	Socks
Raincoat and hat or waterproof poncho	Hat/Bandana

HEALTH SUPPLIES

Insect Repellant	Sanitary supplies
Sun Screen	Soap in a plastic case or liquid soap
Comb and Hairbrush	Kleenex
Toothpaste and toothbrush	

BEDDING

OUTDOOR SUPPLIES/EQUIPMENT

Pillow and pillowcase	Flashlight – extra batteries and bulb
Sleeping bag or bedroll that includes two blankets	Water bottle- easy to carry
Sheets	
Washcloths and towels	

LEAVE AT HOME

Halter tops, midriff, & spaghetti strap tops	I-Pods, MP3 players, CD's & players
Flip flops, thongs, dress or fashion sandals	*Food, candy, gum
Radios, TVs, pagers, and cell phones	Electrical, butane, or battery operated equipment
Jewelry & other valuables	Weapons of any kind including pepper spray or mace

NOTE: If you think you will want to shower you will also need to bring shower shoes and other necessary items. Showers in units are cold water!

REMINDER: *Eating in your unit and permatent attracts raccoons, skunks, and other critters; therefore please leave candy and food at home.