

# PERSONAL EQUIPMENT FOR CAMPING



All items should be marked with participant's name. Bring a completed, signed permission slip (GSSJC F-204) and medical form (GSSJC F-185) to camp. Each girl must have these before leaving to go to camp and the parent or guardian must sign them. No exceptions.

## Sleeping Gear

- Sleeping bag or bedroll – If “slumber bags” are used for winter camping, they must be supplemented by extra, warm blankets.
- Pillow (small)

**Duffel bag** (optional) – A soft-sided bag is recommended to carry gear or a pillowcase with drawstring in the top is economical substitute (see next page for picture). No suitcases.

## Personal Gear

- Socks – 2 pair per day plus one extra pair\*
- Shoes – plus one extra pair\*
- Long pants (at least 1 pair)
- Shorts
- Shirts – at least one long sleeve
- Bandana
- Sleepwear - Pajamas or nightshirt
- Underwear/bra- 1 per day plus one extra
- Towel and washcloth
- Plastic Cup with handle
- Flashlight with extra bulb and batteries
- Jacket, sweater or sweatshirt
- Rain gear including raincoat or poncho and boots (Umbrellas are discouraged)
- Plastic bag for dirty or wet clothes

## Toilet Kit

- Soap (in container)
- Toothbrush & Toothpaste
- Shampoo, Comb and/or Brush
- Deodorant, unscented recommended
- Feminine hygiene supplies
- Ponytail holders or hair clips
- Any medications which must be taken – should be in original packaging & given to the leader

## Cold Weather Camping

- Leather shoes or boots are warmer
- Flannel or wool shirt
- Winter jacket, sweater or sweatshirt
- Knit ‘Stocking’ cap
- Mittens or gloves

## Warm Weather Camping

- Hat or cap with wide brim
- Swimsuit
- Extra towel, if swimming

## Optional

- Dunk Bag
- Fork, knife, spoon, unbreakable plate (if required)
- Protective Lip balm
- Insect repellent
- Sunscreen
- Small Pocketknife
- If camping in platform tent, mosquito netting and 4 (4') poles and rope, binders twine, long “twistees”, or pipe cleaners to fasten



A stuffed pal

## Nosebag Lunch

Sack lunch and canned/boxed drink (depending on how far you have to travel to get to camp and what you've planned for your first meal)

### Do Not Bring:

- Alcoholic beverages
- Weapons
- Illegal drugs (or drugs not in original containers)
- Pets

Please leave gum, electronic devices, halter-tops, sweet-smelling toiletries, and expensive irreplaceable jewelry at home.

Avoid suitcases due to space limits

**It is 10-20 degrees colder at camp north of Houston in the wintertime.**

\*Socks (that cover the ankle) and closed-toed, closed heel shoes are required at all times at all camps excluding Casa Mare & when attending meetings. At Casa Mare, socks and closed-toed shoes must be worn when walking in grassy areas. Sandals, boat shoes or athletic shoes are appropriate in buildings & on the boardwalk.

# CLOTHING IS IMPORTANT!

## General Tips

Clothing should be comfortable and provide protection from insects, sunburn and underbrush. Socks that cover the ankle and shoes that have enclosed toe and heel are recommended. Shirts should cover the shoulders and midriff.

**Layering** provides better comfort and mobility in all kinds of weather. It involves wearing a number of loose-fitting garments rather than one or two heavy garments. Layering creates warmth by trapping air between the layers of clothing. Campers can then take off or add layers as weather dictates. Layer types include:

- **Vapor or Skin Layer** (next to skin includes tights, long underwear, and pantyhose)
- **Insulation Layer** (middle layer) includes T-shirts, sweaters, sweatshirts, flannel shirts
- **Windbreak** (outer layer) includes jackets, windbreakers

## Staying Warm

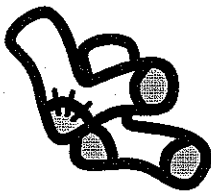
Wool provides warmth even when wet.

Synthetics are warm (polypropylene is very warm).

Dark colors absorb heat and tend to keep you warmer.

Change clothes, which have been worn all day, to dry ones before going to bed.

Sleep in knitted hat to keep head warm.



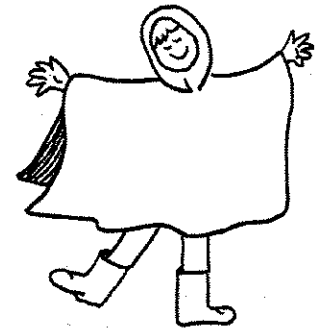
Wear thin, nylon sock under a thicker sock (wool is good); the thin sock "wicks" or pulls moisture away from foot onto second thicker sock. Socks also make good emergency gloves against the cold.

**REMEMBER!!** Be prepared for both cool and warm weather in the spring and fall.



## Staying Dry

Include rain poncho and rubber boots. Emergency rain gear may be made from a trash bag (inexpensive).



Create a "substitute" boot by placing a plastic bag over a dry-sock on your foot. Then put your foot in the shoe. Even if the shoe is wet, your foot will be dry. Heavier plastic is recommended.

## Staying Cool

Loose fitting clothes and cotton allow air circulation (a plus for staying cool).

Light colors are best in the heat because they reflect the sun's rays.



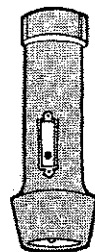
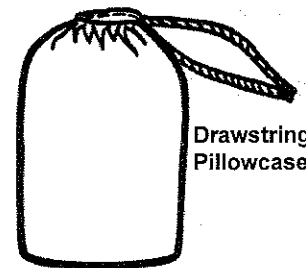
Hats that breathe & sit up off the head allow air ventilation. Brims keep the sun off face.

A wet bandana around neck and wrist (pulse points) keep you cool.

## Packing & Waterproofing Tips

Packing sets of clothes in plastic bags keeps them dry and organized. Bring extra plastic bags to take dirty and/or wet items home.

Pack light in soft bags (no suitcases). Line duffel bag or pillowcase with plastic garbage bag to waterproof.



"Tuck" flashlight, rain gear, sweater into side of bedroll or top of bag for easy access.

Vinyl tablecloths, shower curtains and plastic bags make good waterproofing materials for bedrolls and gear.

# SEASON TO SEASON

## SPRING

Flexible clothing. Weather could be wet, cool, warm.

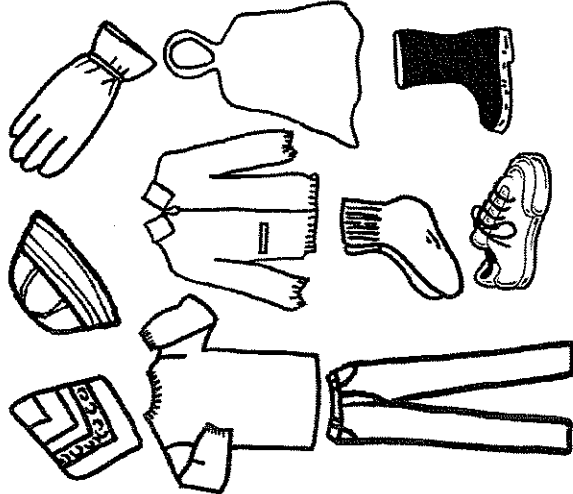
**HEAD:** Hat, bandana, rain hat

**HANDS:** Light gloves

**UPPER BODY:** Short & long sleeve T-shirt, sweater, windbreaker, light jacket, raincoat or poncho (all seasons)

**LOWER BODY:** Jeans and cotton pants

**FEET:** Closed shoes with socks that cover ankles, rain boots when needed



## SUMMER

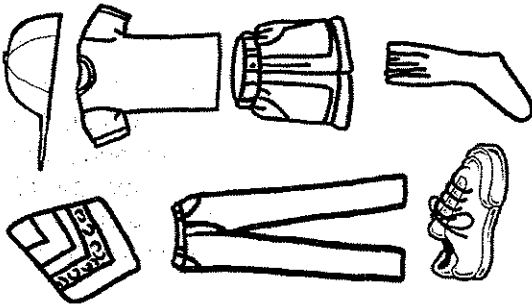
Loose cotton clothing that breathes

**HEAD:** Hat (air circulation) with brim, or visor, bandana (wet to stay cool)

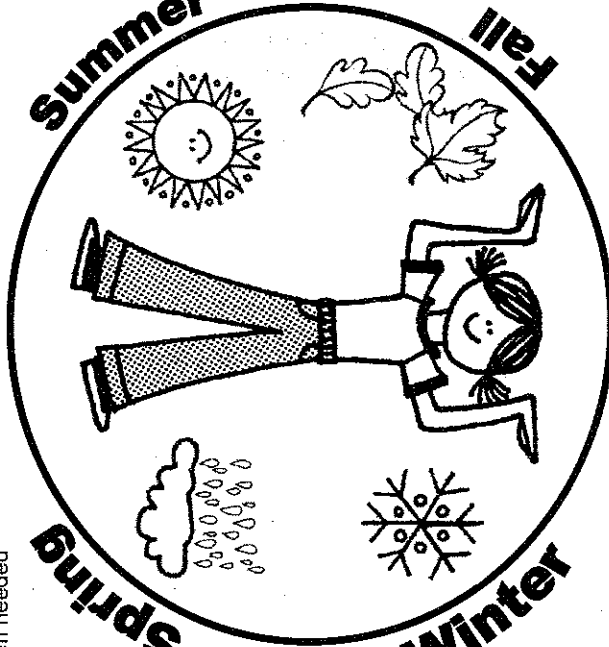
**UPPER BODY:** Cotton shirt or T-shirt

**LOWER BODY:** Cotton pants & shorts

**FEET:** Closed shoes with socks that cover ankles. Knee socks are always appropriate.



# Summer Spring Winter Fall



## WINTER

Multiple warm layers, wool and synthetic fabrics, avoid cotton

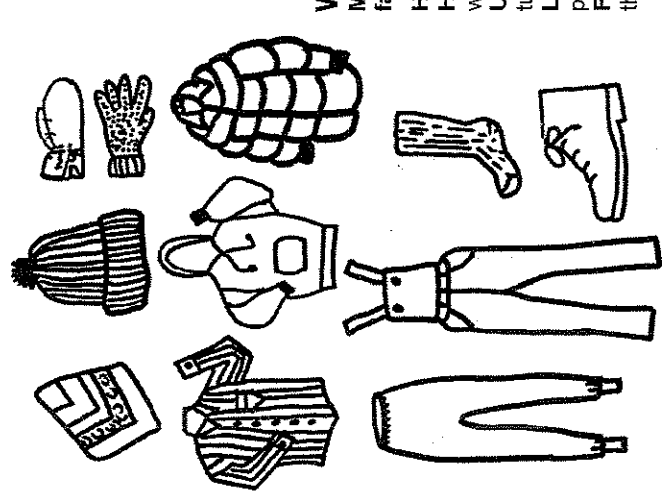
**HEAD:** Wool cap or hat

**HANDS:** Mittens (warmer than gloves) & wool gloves

**UPPER BODY:** Thermal shirt, flannel shirt, turtleneck, hooded sweatshirt, winter coat

**LOWER BODY:** Thermal long johns, wool pants, bib coveralls

**FEET:** Sturdy shoes, layer wool sock over thinner sock



## FALL

Light layers that can be added & removed.

Flexible clothing for weather changes.

**HEAD:** Hat sits closer to head, bandana (around neck to warm)

**HANDS:** Gloves

**UPPER BODY:** Long sleeve-shirts, sweats, sweater, light weight jacket, windbreaker

**LOWER BODY:** Jeans and cotton pants

**FEET:** Closed shoes with socks that cover ankles

