



# Backpacking Trip Packing List

Please label ALL items with your camper's first and last name.

## FOOTWEAR

- Hiking boots with ankle support - 1 pair
- Tennis shoes - 1 pair
- Water shoes/sandals - 1 pair
  - o must have an ankle strap and attach to your foot
- Tall socks (wool or polypropylene) - 3-4 pairs
- Sports socks - 2-4 pairs

## HEADWEAR

- Sunglasses with strap - 1 pair
- Hat with brim for sun protection - 1
- Wool or fleece winter hat - 1
- Bandanas - 1-3

## TRAIL CLOTHING

- Shorts (light, durable, fast drying) - 1-2 pairs
- Spandex shorts (optional, to prevent chaffing) - 1-3 pairs
- Long pants (light, durable, fast drying) - 1 pair
  - o no jeans or sweatpants
- T-shirts - 2-4
- Moisture-wicking shirts (optional) - 1-2
- Bras & Underwear
- Rain gear (waterproof jacket and pants)
  - o no ponchos or thin plastic gear
- Long underwear top/bottom (polypropylene, capilene)
- Swimsuits (one-piece or tankini) - 1-2
- Long-sleeve swim top/sun shirt
  - o UPF shirts (optional, for sun protection)
- Heavy wool or fleece sweater (no cotton) - 1-2
- Wool or fleece gloves
- Jacket - puffy synthetic/down, or thick fleece (optional)

## IN-CAMP CLOTHING/ITEMS (these will not be brought on trail)

- Long pants - 1 pair
- Long-sleeve shirts or sweatshirts - 2
- Shorts - 1-2 pair
- T-Shirts - 2-4
- Socks - 3 pair
- Bras & Underwear
- Pajamas
- Shower towel - 1, Swim towel - 1
- Shower shoes (flip-flops)
- Soap/body wash, shampoo, conditioner
- Deodorant
- Brush or comb, hair ties or headbands
- Laundry bag
- Backpack or drawstring bag
- Nice outfit for Thursday dinner
- Tie-Dye (t-shirt, socks, pillowcase)
  - o some trips don't have time to tie-dye during camp
- Denim shorts and plain white t-shirt \*Level Five Trippers

## PERSONAL HYGIENE ITEMS & TOILETRIES

- Toothbrush & toothpaste
- Lotion
- Sunscreen (minimum SPF 15)
- Chapstick (with SPF)
- Insect repellent (30% DEET or Picaridin recommended)
- 32 oz water bottles (Nalgene recommended) - 2
- Feminine hygiene products (bring extras)
- Small fabric bag with ziplock inside for feminine products
- Prescription glasses or contacts
- Biodegradable soap (optional)
  - o Dr. Bronner's or Sierra Dawn Campsuds

## BEDDING

- Sleeping bag (3-season synthetic style, 20-40° rating)
- Stuff sack/[compression sack](#) for sleeping bag
- [Thermarest/closed cell foam sleeping pad](#)
- Compactor trash bags to waterproof sleeping bag - 1-2

## MISCELLANEOUS ITEMS

- Headlamp/flashlight (with extra batteries)
- Camera (with waterproof case) - NO PHONES
- Knife (jackknife or multitool) - optional
- Mess kit - [Sierra cup](#) & spoon or Tupperware (1-2 pint) type [bowl with lid](#) and Lexan plastic spoon and small insulated [mug with lid](#)
- Ziploc plastic bags (gallon and half-gallon sizes) - 10+
  - o for packing clothes
- Hand sanitizer (personal size)
- Journal for writing - optional
- Cards, travel games, book - optional
- Crazy Creek chair - optional
- Small inflatable/stuffable [camp pillow](#) - optional

GSNWGL provides group equipment and trip first aid kits. We have some packable sleeping bags, Nalgene water bottles, mess kits, and sleeping pads for campers to borrow. Items linked on the packing list are suggestions/examples.

## DO NOT BRING

- Food, snacks, drinks
- Phones, smart watches, radios, electronic devices, electronic games, appliances
- Makeup, dangle/hoop earrings
- Pets
- Weapons, tobacco, or alcohol

*Council policy states that campers and adults may not use weapons, alcoholic beverages, non-prescribed drugs, or tobacco products (including e-cigarettes and vaporizers) at Girl Scout functions or on Girl Scout property.*

## FIRST-DAY CHECK-IN

- Pack all medications in their **original containers** in a zip-lock bag with your camper's name on it. It is required that medications be turned in in their original containers at check-in.
- Trading Post Money: Cookie Dough, Fall Bucks, cash, credit cards, and checks are accepted. Put the camper's money in an envelope with their name and amount on the outside. Cookie Dough or Fall Bucks certificates must be printed to be redeemed at camp. *\*Online Cookie Dough and Fall Bucks CAN NOT be used at the Trading Post.*
- Campers should wear their swimsuit, towel, and water shoes to check-in.
  - o Have a change of clothes packed at the top of your luggage for first-day swim checks.
  - o Saturday arrivals do not need to wear their swimsuit for arrival.

Work with your camper to ensure everything gets packed and they know what they are bringing to camp. To keep their extra items together (like pillows, stuffed animals and sleeping bags), send an extra laundry bag or a sturdy garbage bag with their name on it so items can be packed in the bag for pick-up. Campers should only need one bag for clothing, please do not send multiple bags or extra-large luggage.