

USA GIRL SCOUTS (SINGAPORE) OVERNIGHT CAMP 2015
Mandatory Equipment List ("Camp Must Haves")

Packed for Camp (tick)	Item: **PLEASE LABEL GIRL'S NAME ON ALL BELONGINGS**	Packed for home (tick)
	Three changes of clothes: 1) One set you can get wet and muddy 2) One set for Saturday 3) One set for Sunday	
	One set of lightweight long pants and long-sleeved shirt to wear at the campfire and for night activities	
	Three changes of underwear	
	Three pair of socks	
	One pair of sturdy sneakers (for outdoor activities)	
	One pair of flip-flops (for shower ONLY). <i>Must not be worn outside.</i>	
	Pajamas	
	Swimsuit	
	Personal Items/Toiletries: shower soap & shampoo, toothbrush and toothpaste, hairbrush, comb & hair ties. If needed: deodorant, sanitary supplies, eyeglasses/contact lenses & supplies.	
	(2) towels for showering and washing faces/hands	
	Water bottle (preferably with a carry strap)	
	Flashlight/torch or headlamp (AND spare set of batteries)	
	Insect repellent	
	Sunscreen ("AfterSun" lotion optional)	
	Hat to protect you from the sun	
	Sit Upon (a small cushion/pad, preferably waterproof, to "sit upon" around the Camp Fire)	
	Bedding: sheets for a single bed & light blanket OR a sleeping bag/bedroll	
	Pillowcase & Pillow (optional). Pillows are provided OR you may bring your own.	
	Small soft toy for bedtime (optional or if needed)	
	(Optional) SWAPS (approximately 10-15 pieces) and a lanyard, cotton hat or small fabric bag on which to pin them.	
	3 plastic bags, or a waterproof laundry bag, for wet/dirty clothes	
	Duffel bag, backpack or small suitcase to carry everything; Girl Scout must be able to carry it by herself up to 500 meters.	
	A reading book and playing cards (both optional)	
	Prescription Medication: All medications need to be turned into the Camp Nurse in a zip-lock bag labeled with your child's name. If any prescription(s) or health information change before Overnight Camp begins on 06-March-2015, please email updated information to gsocamp@gmail.com immediately!	
	Special Diet Foods: If Girl Scout requires special/prescribed foods, please contact gsocamp@gmail.com as soon as possible to make special arrangements. Girl Scouts must not bring food of any type (including snacks or sweets!) to camp.	

DO NOT BRING:

- Food of any type (Ants! Ants! Everywhere!)
- Electronics (iPods/iPads, cell phones, radios, electronic games, etc.)
- Over-the-counter Medications (Antihistamines, Panadol, Tylenol, etc. These must be administered by the Nurse if required)