

Packing for Camp

What NOT to Pack

Valuable items often end up broken or missing at camp. Girl Scouts Nation's Capital is not responsible for damaged or missing items. **If these items end up in your camper's luggage, staff will confiscate them and return them to the camper on departure day.** Confiscated items will be stored in the camp office for safe keeping until the camper departs.

- 🍀 **Electronic gadgets** - **DO NOT** send cell phones, iPods, electronic games, tablets, Kindles, expensive cameras, smartwatches (with phone capabilities), etc. Staff are trained in dealing with home missing and other issues, and parents/guardians will be notified of any concerns.
- 🍀 **Glass containers**
- 🍀 **Pocket knives**
- 🍀 **Personal sport equipment** such as bows, lacrosse sticks, and climbing gear.
- 🍀 **Food or candy** - due to life-threatening food allergies, food brought to camp or sent in the mail will be discarded. It can also attract animals into your camper's cabin/tent.
- 🍀 **First Aid Kit**



E-cigarettes and vaporizers (regardless of the substance), alcohol, and illegal drugs are prohibited on camp. Any camper who brings an e-cigarette, vaporizer, alcohol, or illegal drugs to camp will be sent home immediately without a refund.

Lost and Found

If your camper leaves an item behind at camp, please contact the camp via phone or email within **two weeks** (see page 3 for camp contact information). If your camper's item is found, staff will arrange for pick up at Camp, the MD or VA Bus stops, or at one of the Girl Scouts Nation's Capital offices. **Lost items cannot be mailed home.** Items will only be held for **two weeks**. After this time, all unclaimed items will be donated. Girl Scouts Nation's Capital is not responsible for damaged or missing items.

Get ready for camp with waterproof personalized labels!

Label for everything clothes, shoes, toiletries and more.

- Personalized name stickers
- Iron on clothing labels
- Mini name stickers
- Custom shoes stickers
- Personalized bag tags
- Clothing labels and more

How to Order

Order online at camps.mabelslabels.com or call 1-866-30-MABEL (62235)

- **Select "Support a fundraiser"** at the top right corner of the page.
- **Choose Girl Scouts Nation's Capital (Washington)** from the "Select your Camp" drop-down. *This connects your order with our camps.*

All proceeds go towards camper programming



mabel's labels

General Packing Tips Checklist

- ❑ **Label ALL of the things that your camper is bringing to camp with their first and last name.**
- ❑ **Do not pack for your camper – instead, help your camper pack for camp.** Encourage them to pack their own bags and help them choose the right items. If they pack their own bags, it's more likely they will know where everything is and be able to describe it if it gets misplaced. Plus, they'll have an easier time re-packing at the end of their stay at camp, which they must be able to do on their own.
- ❑ Have your camper **pack enough clothing to last for their entire stay at camp.** Laundry facilities are limited and reserved for health center laundry only.
- ❑ Remember that camp life involves a lot of good, clean dirt. **Do NOT let your camper pack new clothes or items that can't get dirty.** Campers will spend time in open fields, wooded areas, and go hiking at camp.
- ❑ Be sure your camper **packs warm bedding, sweatshirts, and long pants**, as camp is often cool in the evenings, overnight, and in the morning.
- ❑ Be sure your camper packs clothes that are camp appropriate and avoid inappropriate topics/slogans.
- ❑ For safety reasons, **only stud earrings are allowed at camp.** Campers may be asked to remove other jewelry while participating in activities at camp.
- ❑ Make sure your camper's **first and last names are on all their belongings.**
- ❑ Make sure your camper **can move their own luggage short distances.**
- ❑ Have your camper **practice rolling up their sleeping bag.**
- ❑ Consider **packing each day's change of clothes in a clear (Ziploc) bag**, labeled with the day of the week. Campers can then pull out the clothes they need one day at a time and keep their dirty clothes separated.
- ❑ Please **do not let your camper pack clothes or loose items in a pillowcase or trash bag.** They are both very difficult to secure and easily misplaced.
- ❑ **Check the list of specialty gear** to see if your camper's program requires extra equipment (page 31).

Shoes at Camp

Camp is a natural environment and campers are very active, so appropriate footwear must always be worn. Staff have the right to determine what footwear is appropriate and can ask a camper to change at any time. If campers choose to bring only one pair of shoes, that pair should be closed toe tennis shoes.

- 🍀 **Closed toe shoes with socks** (tennis shoes or hiking boots), must be worn during all high adventure activities such as during challenge course, climbing, backpacking and target sports (sling shot, archery, tomahawk, knife throwing).
- 🍀 **Closed toe shoes sandals with a sturdy rubber sole and secure heel strap with socks** (such as Keens) or regular closed toe shoes with socks may be worn for all other land activities.
- 🍀 **Water shoes** or other closed toe shoes/sandals that can get wet are required for all campers participating in water activities like canoeing, kayaking and creeking.
- 🍀 **Flip flops** or other open toed sandals are only allowed in the pool area and shower house.

Packing List

CLOTHES

- Underwear (1 per day, 1-2 extra)
- socks that cover the ankle
(1 per day, 1-2 extra)
- shorts (1 per day, 1-2 extra)
- t-shirts (1 per day, 1-2 extra)
- jeans (1-2 pairs)
- 1 sweatshirt or sweater
- 2 swimsuits
- 1-2 pajamas
- 1 raincoat or poncho
- 2-3 sun hats or bandanas

BEDDING

- pillow in pillowcase
- sleeping bag and sheet or blanket
- sheet set—twin size (if your camper is prone to bedwetting, please pack sheets and a blanket since they are easier to launder)

NECESSARY EQUIPMENT

- flashlight or headlamp with batteries
- extra batteries for flashlight
- water bottle
- two towels
- mesh bag for wet clothes
- day pack/backpack to carry items around camp
- laundry bag

TOILETRIES

- liquid soap or bar soap in dish for shower
- shampoo and conditioner
- toothbrush and toothpaste
- comb/brush
- deodorant
- sunscreen
- bug spray (non-aerosol)
- sanitary napkins/tampons
- something to tie hair back (like multiple hair ties)

SHOES

- 2 pairs of sturdy closed-toed shoes (we recommend at least one pair that can get wet in the rain or for creaking or boating activities)
- pair of shower shoes (flip-flops)

OPTIONAL EQUIPMENT

- lantern with batteries
- camera (expensive digital cameras are NOT recommended)
- 2-layer face masks**
- pre-addressed/stamped stationery
- pencil/pen and notebook
- book to read
- a stuffed animal or pictures of family
- mess kit (unbreakable bowl, plate, and knife, fork, and spoon set for cookout – can be hard plastic)

Specialty Packing List

The programs below require specialty items. Some programs appear more than once on the list.

May Flather Programs

Action Adventure, Adrenaline Rush, Adventure Bound, Camp to Camp, Cave Crawlers, Epic Trekkers, H2O Venture, Off The Beaten Path, River Rush, Rocks & Ropes, Speleology, Thrilltastic, Trailblazers, Wild about Water

Potomac Woods Programs

Totally Tubular, Rock the River, Water Otters

Adventure Bound, & Off The Beaten Path

- Nylon long pants and shorts
- Fleece jacket
- 4-5 pairs wicking hiking socks/100% wool with wicking liners
- Sturdy hiking boots, broken in!
- Compact sleeping bag
- 2 wide mouth water bottles
- Small flashlight or headlamp with extra batteries
- Biodegradable soap

Trailblazers

- Sturdy hiking boots, broken in!
- 3-4 pairs wicking hiking socks/100% wool with wicking liners
- Compact sleeping bag
- Two water bottles

Totally Tubular, Rock the River, Water Otters, Adrenaline Rush, Adventure Bound, River Rush, H2O Venture, Wild about Water, Camp to Camp, Epic Trekkers

- Hat with a FULL brim
- Closed water shoes or closed-toed shoes that can get wet
- Sunscreen, SPF 30 or higher
- Croakies/straps (for glasses or sunglasses)
- Second swimsuit & extra towels
- Two water bottles

Action Adventure, Rocks & Ropes, Adventure Bound, Adrenaline Rush, Thrilltastic, Cave Crawlers, Speleology, Camp to Camp

- Old long pants, T-shirt, and sweatshirt - ****Caving is VERY MUDDY****
- Bandana
- Croakies/straps for glasses
- Work gloves or gardening gloves (optional)
- Extra pair of sturdy shoes and extra socks