



Girl Scout Council of the Southern Appalachians, Inc.

1567 Downtown West Boulevard

Knoxville, TN 37919

800/474-1912 or 865/688-9440

Fax 865/689-9835 ♦ www.tanasi.org

WHAT TO BRING ON YOUR TROOP CAMPING WEEKEND

- A great attitude
- Completed health history form
- Signed permission slip
- 1-2 complete changes of clothing
- 1 pair of comfortable walking shoes & socks
- 1 pair of long pants
- Warm jacket or sweater
- Hat & gloves
- Raincoat or poncho
- Pajamas
- Towel and washcloth
- Toiletry items (soap, comb, toothpaste, toothbrush, deodorant)
- Flashlight & extra batteries
- Dunk bag & mess kit
- Sunscreen & lipbalm
- Barrettes or rubber bands
- Insect repellent
- Sleeping bag or bedroll
- Pillow
- Water bottle
- Day pack or waist pack
- Sit-upon or camp chair
- Compass
- Whistle
- Notebook & Pencil
- Pocketknife (optional)
- Money (if needed)
- If your event specifically includes boating, bring: 1 pair of old shoes to wear boating
- For climbing and rappelling clinics, participants are required to wear long pants and tie back long hair
- Prescription medication (and dosage instructions)
- _____
- _____
- _____
- _____

Please leave at home: radios, TV's, electronic games, portable phones, pagers, pets, stereos, tape recorders, hair dryers, curling irons, electric clocks, lamps, fans, etc. Girls should not bring any extra food, candy, or gum.

The council will not be responsible for lost, stolen, or damaged personal belongings of campers or staff.