

# Wilderness Packing List

The Wilderness Program was created to help girls learn the fundamentals of primitive camping in a safe environment. Part of the program includes learning self-reliance and that means being responsible for their own gear. This packing list has the essentials for a week of hammock camping. Each girl will be required to carry in and out all of her own gear, so please pack accordingly. Staff will not be available to carry any gear for campers. It is recommended to pack all items in an internal or external frame backpack or duffle bag. There are a few packs available to borrow, please contact the Camp Director to reserve. Please make sure your camper can lift and carry the packed bag for at least 0.5 miles. All hammocks and rain tarps will be provided.

<input type="checkbox"/> Rain jacket or poncho	<input type="checkbox"/> Towel for bathing AND Swimsuit for any Free Swim activities	<input type="checkbox"/> Black Lawn Trash Bag
<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Toilet Tissue (at least 1 roll)	<input type="checkbox"/> Sunscreen
<input type="checkbox"/> Bug repellent (non-aerosol, please)	<input type="checkbox"/> Toiletries	<input type="checkbox"/> Pocket Knife (Swiss army or multi-tool style)
<input type="checkbox"/> Dunk Kit in a mesh bag. (Plastic or metal: plate, bowl, cup/mug, spoon, fork, knife)	<input type="checkbox"/> Foam sleeping pad or Thermarest-style sleeping pad	<input type="checkbox"/> 25 feet of Nylon parachute cord
<input type="checkbox"/> Flashlight or headlamp with extra batteries	<input type="checkbox"/> Whistle on a cord/lanyard	<input type="checkbox"/> Sleeping Bag (rated at least 40 degrees F)
<input type="checkbox"/> Mosquito Net - Square of netting that can be put over the hammock	<input type="checkbox"/> Hat/Visor	<input type="checkbox"/> <b>Hiking</b> boots or trail shoes
<input type="checkbox"/> Wool hiking socks (at least 2 pairs)	<input type="checkbox"/> Hiking liner socks (at least two pairs)	<input type="checkbox"/> 10 Ziploc bags, gallon size
<input type="checkbox"/> Closed-toed shoes for around camp. MUST have a heel strap. Sneakers are OK.	<input type="checkbox"/> Internal or External Frame Backpack  <input type="checkbox"/> Day Pack	<input type="checkbox"/> Clothes: <input type="checkbox"/> Jeans or Long Pants (2 pairs) <input type="checkbox"/> Shorts (modest length, no short-shorts) <input type="checkbox"/> T-shirts with sleeves (No tank-tops or sleeveless shirts) <input type="checkbox"/> Socks (pack extra pairs) <input type="checkbox"/> Undergarments <input type="checkbox"/> Pajamas <input type="checkbox"/> Sweater, Hoodie or Jacket <input type="checkbox"/> Bathing suit
<input type="checkbox"/> Personal Wet Wipes	<input type="checkbox"/> Bandana	<input type="checkbox"/> Water bottle

Optional items: Compass, camera, notebook/journal, pens.

Questions or to request backpack reservation, please email us at: [info@girlscoutcsa.org](mailto:info@girlscoutcsa.org).