



Core Staff Personal Kit List

The following are suggested items for each core staff camper. Please keep in mind that weather conditions can vary at any camp.

Sleeping / Living

- Sleeping bag/Small pillow
- Camp chair
- Sleep mask, optional (due to long daylight hours)
- Ensolite/insulating mattress
- Folding cot (if needed)
- Small tent/larger tent if sharing

Clothing

Please ensure that you have enough clothes for your time at camp. The only guaranteed laundry facilities will be your own washbasin.

- Guiding Uniform
- Short-sleeved tops (NO tank, spaghetti, halter or crop style tops due to sun & bug exposure)
- Long-sleeved shirt - lightweight for sun protection
- Underwear/socks
- Pajamas
- Shorts
- Long pants
- Warm sweater / sweatshirt
- Rain gear (hood / poncho)
- Windbreaker/jacket
- Toque & Mitts
- Bathing suit & beach towel
- Waterproof rubber footwear
- Lightweight shoes / water shoes for waterfront activities
- Sturdy shoes/runners –“KEEN” style of sturdy sandals are acceptable (opened toed/heeled sandals or “CROC” style are not permitted)

Dining Gear

Core staff are fed in a core staff cafeteria. You will be washing your own dishes.

- Mesh bag with carabineer to hang bag up, containing: dishes & cutlery, cloth napkin, reusable juice box, mug
- Cafeteria seating will be picnic tables. You may want to bring a stadium seat

Personal Hygiene / First Aid

- Plastic bag for dirty/wet clothes
- 4-litre plastic container with lid (similar to a large plastic ice cream tub) – to be used for washing up & personal laundry
- Biodegradable laundry soap
- Clothespins
- Band-Aids & moleskin
- Tensor bandage (2” or 4” & pins)
- An up-to-date personal H2 Health Form, including a recent photo. **Place this in your nametag holder immediately upon arrival at camp.**
- Biodegradable soap & shampoo
- Facecloth & towel
- Sanitary supplies
- Toothbrush / toothpaste
- Deodorant (non-aerosol)
- Solar shower
- Comb/brush/hair ties
- Personal wipes & hand sanitizer
- Facial tissue
- Sunscreen
- Lip balm (with SPF)
- Insect repellent (non-aerosol)

Please bring along a supply of medications for yourself that you can use if needed. For example: Tylenol, Advil, Gravol, Cold medication, allergy pills...Remember to include your regular daily medications.
LABEL ALL MEDICATIONS

Miscellaneous

sunglasses, reading material, day pack, flashlight with spare batteries, lashing cord, Camera (batteries/solar charger), notepad & pen, pocket knife, spritzer bottle, swimming goggles, camp blanket, songbook, traders...

Luggage

Label your luggage in our grey colour, with your name, “Hudson Bay Mountain” and your department. Limit your personal gear – backpack, bedroll, your tent and a chair.

Electronics Charging

Charging your electronics will be possible by donation to CFFF and only available through Administration. You may want to bring your own solar charger as we expect this to be a very busy station!

BC Girl Guides takes no responsibility for lost, damaged or stolen personal equipment of any kind.