



Personal Kit List

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

Sleeping

- warm sleeping bag
- sheet liner/warm blanket (optional)
- Ensolite/insulating mattress
- small pillow and pillowcase (optional)
- Sleep mask (optional) (due to long daylight hours)

Clothing

Please ensure that you have enough clothes for your week 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
- "Work shirt" for service
- Underwear/socks
- Pajamas
- Shorts
- Long pants
- Warm sweater / sweatshirt
- Rain suit/long raincoat (must include sturdy hood/poncho)
- Windbreaker/jacket (warm)
- Bathing suit & beach towel
- Toque & Mitts
- 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)
- plastic bag for dirty or wet clothes

Personal Hygiene / First Aid

- Health form: completed, up-to-date personal Health Form, including a recent photo, is to be printed TWICE from ePACT by each participant. **Place one in your nametag holder immediately upon arrival at camp. The second health form goes to your patrol first aider.**
- Facecloth & towel
- A bag containing all of the remaining items in this section
- Biodegradable laundry soap (in a container) & clothespins
- Biodegradable hand soap & shampoo
- Sanitary supplies (mandatory)
- Facial tissue (small package)
- Toothbrush / toothpaste
- Deodorant (non-aerosol)
- Comb/brush/hair ties
- Personal wipes & hand sanitizer
- Sunscreen/PABA film (SPF 45)
- Nose protection
- Lip balm (with SPF)
- Insect repellent (non-aerosol)

Miscellaneous

- tensor bandage 2 to 4-inch with pins
- notepad and pencil/pen
- flashlight w/ extra batteries & bulb
- waterproof sit-upon
- pocket knife (Swiss Army-style)
- lashing cord, spending money (Canadian funds only): there will be opportunities to buy at the camp shop and on your day trips
- sunglasses
- unbreakable dishes in a mesh bag: plate, bowl, mug, knife, fork and spoon
- Litterless lunch kit including a reusable drinking box, a plastic sandwich container big and deep enough for a bun, and a cloth napkin
- water bottle (one litre)—unbreakable and leak-proof
- spritzer bottle
- day pack
- moleskin (to be packed in day pack)
- personal medication (labelled—see Health in the [SOAR 2017 booklet](#) for instructions)
- items for Service Projects – Tenants Package or Transition House (see [soarbc.com](#) website)

Luggage

ALL LUGGAGE MUST BE LABELLED WITH YOUR NAME, SITE NUMBER AND SUB CAMP ON YOUR COLOUR-CODED LABEL.

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| Personal belongings that are loaded on the trucks are to be packed <u>in one piece of luggage (a duffel bag or backpack)</u> , plus a bedroll. | Both your bag and your bedroll are to be labelled with your name, site number and sub camp on your colour-coded label/tag. All personal belongings must be marked with participant's name! | CHECK WITH YOUR AREA regarding size of your gear – both personal and patrol! DO NOT PACK PERSONAL ITEMS IN GARBAGE BAG |
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Optional

swim goggles, campfire blanket, Girl Guide songbooks, personal electronics (at your own risk), camera (check batteries), book to read/ autograph book, traders, solar charger

Do NOT Bring

food, gum, candy, curling iron, aerosols, blow dryers, open-toed or slip-on footwear, Guiding pins and cords (pins for traders ok)

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

Sub-camp Colours

BR Teal Blue

CM Burgundy

HM Raspberry

MM Dark Green

KR Medium Brown