

# 2023 PASCO North STAKE GIRLS CAMP

## Girls & Leaders Personal Equipment List

**\*\*PLEASE be sure and mark your things with your name\*\***

**\*\*Bring a sack lunch with drink on Tuesday\*\***

**Please be Prepared for Rain!!**

### **SLEEPING EQUIPMENT**

- \_\_\_ Sleeping bag and pillow
- \_\_\_ Extra blanket (just in case)
- \_\_\_ Foam pad, cot, or air mattress (A MUST!)

### **CLOTHING**

**Please bring only modest clothing. “For the Strength of Youth” says, “Avoid styles that emphasize or draw inappropriate attention to your physical body instead of who you are as a child of God with an eternal future.”**

- \_\_\_ Warm coat
- \_\_\_ Light jacket, sweater, or sweatshirt
- \_\_\_ Rain poncho or something similar like a garbage bag
- \_\_\_ Hat with brim\*
- \_\_\_ Two pairs of shoes, one suitable for hiking
- \_\_\_ Water socks or tennis shoes for creek.
- \_\_\_ Flip-flops for shower.
- \_\_\_ Long pants, at least 3 pair.
- \_\_\_ Modest shirts, several light ( at least 1 long-sleeved shirt. NO SLEEVELESS SHIRTS
- \_\_\_ Underwear
- \_\_\_ Socks, at least 4 pair
- \_\_\_ Warm pajamas
- \_\_\_ Modest swimsuit + beach towel
- \_\_\_ Thermal underwear\*
- \_\_\_ Plastic bag for dirty clothes

### **PERSONAL ITEMS**

- \_\_\_ Washcloth and towels
- \_\_\_ Soap (in a container)
- \_\_\_ Toothbrush and toothpaste
- \_\_\_ Deodorant and hand lotion
- \_\_\_ Brush and/or comb and hair ‘stuff’
- \_\_\_ Small mirror\*
- \_\_\_ Shampoo, hair care “stuff”
- \_\_\_ Make-up, etc.\*
- \_\_\_ Feminine hygiene needs
- \_\_\_ Medicines
- \_\_\_ Nail clippers and file
- \_\_\_ Lip balm with sun screen
- \_\_\_ Sunscreen
- \_\_\_ Mosquito repellent (a must!)
- \_\_\_ Mess kit (This is necessary if you want to eat!)

### **MISCELLANEOUS**

- \_\_\_ Flashlight and extra batteries
- \_\_\_ Camera\*
- \_\_\_ Camp stool or lawn chair
- \_\_\_ Musical instruments\*
- \_\_\_ Candy\* must be in seal container
- \_\_\_ Canteen or water bottle with carrier
- \_\_\_ Journal
- \_\_\_ Scriptures (Girls will have the opportunity to mark their favorite scripture in their friend’s books. Bring a Book of Mormon you are okay with marking.)
- \_\_\_ White or light-colored shirt you are okay with getting dirty (for the Chalk war)

\*Optional