

## Trip/Activity Individual Packing List

Modify based upon trip destination and activities\*

### Clothing:

- ☐ Pants
- ☐ Shorts
- ☐ Skirts
- ☐ Shirts/T-Shirts
- ☐ Sweater, sweatshirt or jacket
- ☐ Underwear
- ☐ Socks
- ☐ Swim suit, cover-up
- ☐ Hat
- ☐ Winter hats, gloves, long underwear
- ☐ Rain gear
- ☐ Walking shoes, sandals, boots
- ☐ Girl Scout uniform
- ☐ Pajamas

### Other:

- ☐ Glasses and/or contacts with solution
- ☐ Phone/Camera
- ☐ Phone charger
- ☐ Travel alarm clock
- ☐ Clothes packed in zip lock bags by day
- ☐ Small flashlight
- ☐ Sunscreen, sunburn relief lotion
- ☐ Sunglasses
- ☐ Bug spray
- ☐ Camping Gear (if camping on trip)
- ☐ Sleeping bag or bed roll (if needed)
- ☐
- ☐

### Toiletries:

- ☐ Shampoo and conditioner
- ☐ Soap
- ☐ Deodorant
- ☐ Toothbrush, toothpaste, dental floss
- ☐ Cotton balls/Q-tips
- ☐ Brush/comb
- ☐ Hair ties
- ☐ Feminine hygiene products
- ☐
- ☐
- ☐

### Medical:

- ☐ Medications
- ☐ Dietary snacks
- ☐ Epi Pen
- ☐ Inhaler
- ☐
- ☐

Tip: Ask girls to pack their own bag so they know what all is included and where everything is. Parents of younger girls may want to check behind to be sure nothing is forgotten as well as ensure everything is LABELED. Also be sure girls are able to carry their own bag throughout the trip.