
Equipment and Supplies – Gear Checklists

Planning outdoor activities involves making checklists of things to bring. There are 3 things to keep in mind:

Keep it lightweight. Chances are group and personal gear will need to be carried to and from a picnic shelter or other location. For a day outing, girls should have their personal gear in a backpack leaving their hands free to help carry group gear.

Keep it compact. Have the gear take up a minimum amount of room. Get rid of excess packaging; think small and efficient.

Keep it simple. Do not take gear to cover all the “what ifs”. Plan for the essentials and go from there. Do not be afraid to improvise.

The Ten Essentials:

Each person should have in her back pack:

- _____ Extra clothing that can serve as protection from cold, dampness or heat (socks, sweatshirt, poncho).
- _____ Filled water bottle in order to stay hydrated.
- _____ Snack such as GORP or a granola bar.
- _____ Sun protection including a hat with a brim and sunscreen. Sunglasses and lip protection might also be useful.

In addition, at least one adult should have:

- _____ Pocketknife sharp, and in good working condition.
- _____ Flashlight with extra batteries. Reverse one of the batteries in the flashlight. It won't get accidentally turned on in the pack, wearing the batteries down.
- _____ Matches and fire starter. Waterproof the matches by dipping the heads in nail polish or carry the matches in a waterproof container. An empty film canister works well.
- _____ Map of the area or site.
- _____ First aid kit with health history/emergency contact forms, also pen and paper.
- _____ Toilet paper.

Optional items depending on the activity and site:

- _____ Insect repellent
- _____ Notebook and pen/pencil
- _____ Camera
- _____ Binoculars
- _____ Field guides
- _____ Program supplies

With the girls, name a specific outing then list the items each person should bring;

Outing _____
Personal Gear: _____

Now list the group items needed and who will bring them _____

Personal Checklist for an Overnight

Not all of these items may be needed. The weather and time of year, the activities, and personal comfort should be taken into consideration.

Do not bring:

- Anything of value, sentimental or otherwise.
- Illegal drugs, alcoholic beverages.
- Weapons, explosives, sparklers.
- Radios, CD/DVD players, game boys, iPods or other electronic devices.
- Candy, gum, or snacks unless it is part of the group food.
- Minor age participants should not bring cell phones.

Girl Scouts of Ohio's Heartland Council is not responsible for lost or mis-placed items.

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|---------------------------------------|-----------------------------------|
| _____ sleeping bag, blanket, sheet | _____ mess kit OR |
| _____ pillow and pillow case | _____ boilable bowl, plate, cup |
| _____ towel and washcloth | _____ eating utensils |
| _____ face soap | _____ dip bag/mesh drawstring bag |
| _____ toothpaste and toothbrush | _____ sit-upon or stadium cushion |
| _____ bug repellent | _____ swimsuit and towel |
| _____ sunscreen | |
| _____ hairbrush/comb | |
| _____ flashlight with extra batteries | |
| _____ long pants/jeans | |
| _____ shorts | |
| _____ T-shirts | |
| _____ blouses with sleeves | |
| _____ sweatshirt/hoodie | |
| _____ jacket | |
| _____ raincoat/poncho (no umbrellas!) | |
| _____ work gloves | |
| _____ mittens, scarf, hat | |
| _____ underwear | |
| _____ socks | |
| _____ pajamas/nightshirt | |
| _____ hat with brim | |
| _____ snow/winter boots | |
| _____ boots for horseback riding | |
| _____ hiking/walking shoes | |
| _____ sneakers | |
| _____ old, tie-on shoes for creaking | |