

American Heritage Girls TX3444

Camp Out check list

Personal Equipment

- Appropriate clothes for 3 days (plus an extra set in case they get wet or dirty). Shorts and t-shirts are best
- Sleeping clothes
- Socks and tennis shoes (no sandals)
- Swim suite & crocks for water games
- Toiletries (toothbrush, paste, shampoo, soap, hair brush, hair rubber-bands, lip balm)
- Rain poncho
- *camera

Camping Gear

- Hat with a brim
- Sunglasses
- Towel
- Sunscreen
- Sleeping bag
- Pillow
- Flashlight (and extra batteries)
- *Insect repellent

*optional items, but something you may want.

Do NOT Bring: Battery Operated games, mp3 players, any other Electronic devices, Sandals, Unnecessary Jewelry.

In addition to the above list, Adults should bring the following:

- First aid kit/medications
- Cell phone
- lantern
- Tent and stakes (if you don't have a tent, let me know so we can get one for you)
- Air mattress, cot, or sleeping pad (if you would like to borrow a cot, let me know)
- *Pocket knife
- *Folding chair
- *Nylon chord/rope
- *Ground cloth (for your tent)
- *Tent broom
- *Long fork to roast marshmallows
- *book
- *coffee mug

Adult Leaders should also bring the following:

- AHG Handbook
- Any items needed to complete badge work to be done at camp.