

PACKING FOR YOUR DAY OUTDOOR EXPERIENCE

What to bring:

- Participants are responsible for their belongings. Parents and caregivers, please pack with your participant(s) so they know what they brought and where to find it.
- Pack everything in a backpack that isn't too heavy to carry. A school backpack is a great option.
- Don't forget to label everything! GGC and the facility are not responsible for lost or stolen items.
- **Uniforms are not required during your Outdoor Experience.**

Note: Dressing for activities is best done by layering. Layers can be added/removed as your temperature changes. Depending on current and predicted weather, the location and the length of the Outdoor Experience, you may need to make adjustments to your packed items.

What to Pack/Wear	Additional information and recommendations
Clothing	
Sun hat	
T-shirt	
Shorts/ pants (weather dependent)	Longer shorts are recommended if you are participating in high ropes/climbing wall activities
Long sleeved shirt	
Warm sweater	
Pants	Sweatpants/cotton recommended
Long-johns/legging	Weather dependent. Extra layer for warmth. The weather in late fall can be cold.
Underwear	
Socks	Pack 1 or 2 extra pairs
Outerwear	
Rain coat	
Rain pants/splash pants	
Warm hat	Weather dependent
Gloves/mittens	Weather dependent
Rain Boots	Weather dependent – if you wear rainboots to your experience, please bring running shoes with you.
Closed-toed shoes	Running shoes or hiking boots
Jacket	Level of warmth depends on current weather
Personal Items	
Epi Pen and/or asthma inhaler	Please pack any that your participant may need. We suggest they keep these items on them at all times.
Menstrual supplies	As needed
Sunscreen	Non-aerosol



Insect repellent	Non-aerosol
Reusable Water Bottle	Please label!
A peanut/nut-free lunch and snacks.	Please do not pack anything that requires heating or refrigeration as this is not provided. Remember that being outside can work up quite an appetite, please make sure to pack extra snacks!
Hand Sanitizer	A small personal bottle
Face mask	Please bring an extra mask in case one gets wet
Optional Items	
Camera (please see below for more details) and charger	Please label clearly (don't forget to bring a charger!). We suggest you send in a Ziploc or waterproof case. Please note – neither GGC nor the facility are not responsible for lost or stolen items.
Sunglasses	

What not to bring:

Electronics (please see below for further details regarding cell phones)	MP3 players, tablet computers, boom boxes, clock radios, CD players
Tank tops/sleeveless shirts	For sun safety we ask that participants have their shoulders covered
Flip Flops/Crocs	
Food containing nuts or peanuts	
Money	
Knives	
Flammable products	
Cigarettes or other smoking apparatuses	Please see the Terms and Conditions for information regarding the smoking policy at Outdoor Experiences
Alcohol, Cannabis and/or illegal substances	Please refer to Safe Guide for information for information regarding the Use of Tobacco, Cannabis and Alcohol (page 29)
Valuables	Clothing, jewelry, etc.
Inappropriate Clothing	Slogans or offensive comments - we reserve the right to define "inappropriate"

Cell Phone/Camera Policy:

All participants should respect that these activities are designed to be unplugged for the duration of participation. However, we respect that phones are used as cameras and participants wish to capture memories, therefore, phones/cameras are permitted on site with the following restrictions that girls and adults must respect:

Dressing and Washroom Areas

Phones/cameras are not permitted in any place where a participant's right to privacy might be



violated. Therefore the use of cameras, whether stand alone or on a phone, are not permitted to be used in any of these locations.

During Program Activities:

Phones are permitted only for the purpose of taking pictures during activities.

Communication via Phone:

It is up to the Unit Guider to set parameters for a girl participant to be communicating via their phone outside program times.

Adult participants must use discretion in their own communications and ensure that they remove themselves to a discreet location and do not interrupt any activities that may be underway. At no time should an adult member speak with someone external to the event when they are supervising girls attending the event.

Social Media:

No pictures of any participant should be posted without the express permission of those in the picture.



Happy Packing!

