

# PACKING FOR YOUR OUTDOOR EXPERIENCE

## What to bring:

- Participants are responsible for their belongings. Parents, please pack with your participant(s) so she knows what she brought and where to find it.
- Pack everything in one bag if possible and **make sure the participant can carry it.**
  - Facilities have varying terrain and cabins are not always close to parking lots. Packing in a duffel bag is most appropriate. Rubbermaid bins or suitcases with wheels may not travel well on camp terrain.
- 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:** This packing list is a general guideline for all Outdoor Experiences taking place in the winter. Dressing for activities is best done by layering. Layers can be added/removed as participant's 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	Quantity	Additional information and recommendations
<b>Clothing</b>		
Long sleeve T-shirts	2-3	
Pants	1-2 pairs	Sweatpants recommended
Mid-layer	2	Sweatshirt or flannel shirt
Warm sweater	1	Fleece or wool sweater
Long-johns/leggings	1-2 pairs	Extra layer for warmth
Underwear	~3	
Socks	4-5 pairs	
Pajamas	1 pair	A light or warm pair, depending on the weather
Indoor Shoes	1	Rubber soled easy on and off for indoor activities; no Crocs
<b>Outerwear</b>		
Warm Toque	2	One lighter and one heavier that covers the ears
Winter Jacket	1	Insulated, waterproof and warm jacket, with hood
Snow Pants	1	Insulated, waterproof and warm
Scarf/neck tube	1-2	
Mittens/Gloves	2+ pair	Insulated and waterproof recommended (mittens are warmer than gloves)
Winter boots	1 pair	Removable liners recommended which can be dried overnight



Rain boots (optional)	1 pair	Optional – for wet weather days
Please note – bedding items can be packed in a bed roll or stuff sack		
Pillow in a pillowcase	1	
Sheet Set	1	Single fitted bed sheet to put on mattress
Sleeping Bag	1	Participant can choose to bring blankets instead of a sleeping bag, if they wish
Reusable Water Bottle	1	
Sit-Upon	1	A lightweight, waterproof, portable seat
<b>Personal Items</b>		
Epi Pen and/or asthma inhaler		Please pack any that your participant may need. We suggest she keep these items on her at all times.
Toiletry Kit		Toothbrush, tooth paste, deodorant, hair brush, hair ties etc
Feminine hygiene supplies		As needed
Hand towel	1	
Face cloth	1	
Sunscreen	1	Non-aerosol
Lip Balm	1	With SPF
<b>Optional Items</b>		
Camera (please see below for more details) and charger	1	Please label clearly (don't forget to bring a charger!). We suggest you send in a Ziploc or waterproof case. <b>Please note – neither GGC nor the facility are not responsible for lost or stolen items.</b>
Fanny pack or small backpack for day activities	1	to carry water bottle, asthma inhalers, EpiPens or other items
Flashlight with extra batteries	1	
Sunglasses	1 pair	
Stuffed Animal	1	
Book/quiet time activity	1	

### 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	Girl participants are not to bring food to the Outdoor Experience unless directly advised by their Unit Guider
Money	
Knives	



Flammable products	
Cigarettes or other smoking apparatuses	Please see the <a href="#">Terms and Conditions</a> for information regarding the smoking policy at Outdoor Experiences
Alcohol and/or illegal substances	
Products for pranks	
Heavily scented items	Such as, but not limited to, spray colognes and heavily scented body deodorants
Hair appliances	Blow dryers, hair straighteners, curling irons
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:

### Night time:

At night phones should be silenced so that ringers/alerts are not a distraction to anyone in the sleeping area.

It is up to the Unit Guider of the girls she is supervising to define the protocols for use and storage.

Adult members who wish to have a conversation on their phone while the girls are in their sleeping space should remove themselves from this area so that it is not a distraction to girls trying to sleep. However, they should ensure there is appropriate supervision of the girls before they relocate to another area.

### Sleeping, 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. This applies to girl and adult participants.

### Communication via Phone:



It is up to the Unit Guider to set parameters for a girl participant to be communicating via her 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!*

