

KIT LIST

Do Not Bring:

- A mattress with an electric plump or large sleeping mat, cots, or tarps.

Please:

- Label youth's items with their name and unit.

Overnight Pack:

- Each person will need to carry their packs for 800 meters. Units will have designated sleep zones, and will be required to fit within their zone.

Day Packs:

- Day packs will need to be carried all day.

Overnight Participants

IN LARGER OVERNIGHT BAG FOR FRIDAY NIGHT

- Sleeping mat (cannot exceed 72" x 24")
- Small pillow
- Sleeping bag
- PJs
- Small stuffed animal
- Toothbrush
- Toothpaste
- Flashlight
- Hairbrush and hair ties
- Pull-ups or period supplies, if required
- 1 shirt
- 1 pair of bottoms
- 1 pair of socks
- 1 set of underwear/bra/undershirt
- Closed-toe running shoes.
- Wash cloth, soap and a ziplock baggie for the wet stuff
- Earplugs / eye mask

IN SMALL BACKPACK/DAY PACK FOR SATURDAY

- Sunscreen
- Hat
- Labeled reusable water bottle. (not glass)
- Sweater
- Pen/pencil
- SWAPs/traders
- Hand sanitizer
- Coat (rain jacket or warm coat, weather dependent)
- OPTIONAL:** Period products or food item for service project

Day Participants

IN SMALL BACKPACK/DAY BAG FOR SATURDAY

- Sunscreen
- WEAR:** Shirt, bottoms, closed-toe running shoes
- Hat
- Jacket for weather (warm jacket or rain jacket)
- Labelled reusable water bottle (not glass)
- Sweater
- Pen/pencil
- SWAPs/traders
- Pull-ups or period supplies, if required.
- Hair ties
- Hand sanitizer
- OPTIONAL:** Period products or food item for service project

Unit Guider

- Small first aid kit
- Pen/pencil
- Extra battery for phones
- Snacks for transportation, if required.
- Activities for transportation, if required.
- Wet wipes
- Tissues
- Any unit medication and H3 forms, as required
- Updated Health Forms with coloured pictures of participants (*all Health Forms should be reviewed by guardians before coming to GirlJam*)
- SG.2s for all participants
- Plastic bag for trash
- Spare water bottle
- Extra pull-ups or period supplies if required.
- Extra hair ties
- Extra luggage tags
- OPTIONAL:** Printed unit items

Crew

- Overnight List or Day Kit List
- Health form
- Battery pack for phones
- Personal Medication

