

Spin-off 2019 Packing List (please label everything):

- Water bottle - full of water
- Backpack for all gear
- Sleeping bag (rated at least to 25°F)
- Twin sheet or large towel for between the sleeping bag and foam sleeping pad (latter provided by the camp)
- Flashlight with extra batteries
- Personal toiletries in a Ziplock bag
- Heavy jacket and (hooded) sweatshirt, extra socks
- Gloves and hat
- Sleeping clothes, including warm socks and slip on shoes
- Clothes for Saturday
- Rain gear - **watch the weather report and pack accordingly!!!**
- **Insect repellent**
- Plastic bag for wet and dirty clothes

Optional:

- Small pillow
- **Small** stuffed animal (limit to 1)
- book

Do Not Bring:

- Food (including any candy, gum or cough drops, unless listed on the medication sheet and handled by the first aider in your troop)
- Medications (all medications must be given to your troop first aider along with written instructions and permission slip to administer medications to the child)
- Radios, CD or MP3 players
- Any electronic games/no phones
- Air mattress for kids (adults can)

Each girl is required to carry **all** gear she brings to Spin-off in a backpack and in her Sit-Up-on bucket. Please have her pack wisely so she can carry both her backpack and packed Sit-Up-on in one trip.