

## Check List for Overnight

- \_\_\_\_\_ Sleeping bag
- \_\_\_\_\_ Extra bedding: Bring a sheet to sleep on or to use as a light-weight cover-up. If your sleeping bag is thin, bring an extra blanket to keep you warm.
- \_\_\_\_\_ Pillow
- \_\_\_\_\_ Sweater or sweatshirt: You will want to layer your clothing to help trap air and keep you warm. If you get too hot, you can always remove a layer.
- \_\_\_\_\_ Jacket: Unless it is very cold, you will be better off with a jacket as your outer layer.
- \_\_\_\_\_ Personal Care Items: towel and washcloth, soap in a ziplock bag, toothbrush and toothpaste, comb or brush
- \_\_\_\_\_ Extra socks: You need to keep your feet dry. Normal perspiration from just wearing shoes will cause your socks to be damp. This will cause your feet to feel cold. Also you will need a clean pair of socks to sleep in at night and another pair to wear during the day. If there is even a chance of rain, pack another two pair of socks.
- \_\_\_\_\_ Insect repellent: Buy the lotion, the wipe-on, or the roll-on variety.
- \_\_\_\_\_ Rain gear: Always pack this even if it does not look like rain. If you get cold, you can always put your rain gear on over everything else.
- \_\_\_\_\_ Change of Clothing: Remember the weather is changeable, so be on the safe side and pack at least one long-sleeve and one short-sleeve shirt.
- \_\_\_\_\_ Sleepwear: No nightgowns. The girls will be warmer in pajama pants, particularly if they have to get up to use the bathroom.
- \_\_\_\_\_ Flashlight and extra batteries: