

Your Unit Guiders may have other items to add to this list!

BEDROLL

- sleeping items – packed in a traditional bedroll wrapped in a small tarp/groundsheet so it is waterproof, or using any method of waterproofing that works for you
- cold weather sleeping bag, extra blanket / liner, pillow
- foam or self-inflating camping mattress (no pump-up air mattresses)

CLOTHING

- warm 2-pc pajamas or sweat shirt/pants to sleep in
- warm socks for sleeping, and if desired, a close-fitting knit hat (helps if cold!)
- undergarments and socks
- t-shirts
- long-sleeved shirts
- warm hooded sweatshirt or jacket (if possible, fleece is better than cotton)
- 2 pairs warm pants (not cotton or jeans)
- leggings for under the pants (layering!)
- THINK – layers, layers, layers!

OUTDOOR WEAR - REMEMBER: 12 hours outdoors in any weather!

- rainwear - jacket and pants
- rain boots - you may be walking in these if wet, but also good for around camp
- hiking boots or sturdy sneakers – no slip on footwear!
- warm fall/winter jacket, gloves & hat - to keep toasty on a chilly night or morning
- hat with brim - in case it is sunny (optional)

TOILETRIES

- tooth care items – toothbrush, toothpaste, etc
- hair care items – brush, elastics, etc - if you have long hair you **MUST** have a way to tie it back if needed!
- sun screen
- bug spray
- hand sanitizer – you will need this after using outhouses and before you eat
- hand towel – for drying hands after washing in washroom
- wipes – for cleaning hands
- toilet paper
- personal care items – face cloth, soap, deodorant
- sanitary supplies (even if you don't expect to need them)

OTHER ITEMS

- drinking water – 4L per girl, be prepared just in case!
- mess kit - mesh bag with mug (suitable for hot liquid), cup, plate, bowl, utensils
- camp chair
- flashlight/headlamp/lantern and extra batteries – always better to have extra!
- water bottle
- backpack (filled!) for your Quest (see next page)
- paper/pen
- camp blanket or camp hat – optional - we love to see these!
- medications (this includes anything with medicinal ingredients, including over the counter items like Advil, Tylenol, medicated cream, etc.). **IMPORTANT: All medications must be signed in with your Unit First Aider or Guider upon arrival.**

DO NOT BRING

- cell phones – your Guider may allow you to bring your phone to camp (that is a decision for your unit to make) but you may not have it with you on your Quest!
- flip flops or other open-toed footwear

OTHER ITEMS YOUR GUIDER MAY WANT

- _____
- _____
- _____
- _____
- _____
- _____

Your Quest Backpack

A good sized backpack is needed – like a school bag, for instance (not a small day pack). You will carry this during your entire Quest on Saturday and it holds everything you need!

In your backpack, you should pack:

- plastic bag liner to keep things DRY (a garbage bag works nicely)
- water bottle (filled)
- hot drink mug (preferably with lid)
- extra socks (for extra warmth or in case of getting wet)
- rain gear, gloves, hat (if you're not already wearing them, but even if you are, if you take them off you'll need a place to store them)
- sit upon (small one)
- bag for your personal garbage – gallon size ziplock is recommended - there are NO GARBAGE CANS available at Quest and teams are responsible for their own garbage
- flashlight/headlamp/lantern and extra batteries
- small knife – folding swiss army style is fine – if you are comfortable using knives
- toilet paper in a ziplock bag – there is NO TOILET PAPER available at Quest
- small first aid kit
- emergency whistle
- work gloves (may be needed at some Projects)
- compass (may be needed at some Projects)
- pen/pencil and paper (may be needed at some Projects)
- H1 Personal Health Form (must be carried in your nametag at all times) – get this from your Unit Guider
- hand-warmers (optional)
- glow bracelets (optional)
- watch (optional) – but it is very helpful if person on each team has a watch
- IN ADDITION (you'll talk about this with your team):
 - One person from each team will carry a 10'x12' tarp
 - One person from each team will carry 15' of rope

FOOD –

- Lunch, dinner, snacks & drinks – you need to bring all the food you need for your Quest with you in your backpack.
- Trail mix is always popular but please keep in mind that this camp is nut free.
- Teams will prepare all meals during their Quest. Project staff will not, nor are Guiders permitted to, prepare or serve food during the Quest.
- Hot water will be available at many project sites that Pathfinders can ask to have for hot drinks or items like oatmeal, cup-a-soup, etc. You will not be able to use a pot/stove to prepare your food.

Tips for Your Personal Gear

- Clothing – stay away from cotton and denim. These fabrics attract water and do not stay warm (or dry quickly). Choose fabrics like polar fleece as it repels water.
- Dress in layers to trap warm air.
- Groundsheet – absolutely necessary under your bedroll to protect against dampness.
- Sleeping pad – a Thinsulate pad (blue foam pad) or self-inflating camp mat are the best choices as they are properly insulated for cold weather. Air mattresses are not recommended at this time of year because they are very cold.
- Sleeping bag liner – Use a fleece blanket or a flannelette sheet to line the inside of your sleeping bag for extra warmth.
- Waterproof all personal gear / gear carried during Quest.

Note: The Quest Core Crew is not responsible for any missing, damaged or otherwise altered equipment or gear.