



## Sample Packing List

All valuables should be left at home.

If traveling in uniform, all travelers should have and wear them correctly. Adults and Girl Scouts should be in uniform at World Centers and other Girl Scout/Girl Guide activities. Uniform is not required for travel and in some cases (such as international cities) it may be advisable to wear matching colors to better keep the group together, but without identifying the group specifically as Girl Scouts.

Special equipment required (tents, bicycles, and so on) is checked and ready well before the departure date.

- Health History Form
- Participant and parent agreement forms
- Pajamas
- Socks and underwear
- Shorts
- Long pants
- Lightweight tops
- Long sleeve shirts
- Sweater/sweatshirt
- Jacket
- Sturdy, comfortable shoes appropriate for activities
- One nice outfit (casual, to go out to eat)
- Girl Scout uniform piece, if appropriate
- Swimming suit and towel
- Sunscreen, sunglasses
- Plastic bag for wet suit
- Soap, shampoo, conditioner
- Deodorant
- Toothbrush and toothpaste
- Comb or hairbrush
- Extra pair of glasses/contacts and supplies
- Other personal toiletries
- Camera
- Water bottle
- Snacks
- Books, pocket games, other entertainment
- Insect repellent (non-aerosol)
- Spending money/loaded credit card, no traveler's checks, no huge amounts of money
- Prescription drugs in their original containers (if needed)
- Identification, passport
- Label everything, including suitcase and backpack

**🍀 Remember, you'll have to carry whatever you pack!**