



# **Girl Scout Travel: Road Trips with your troop**





## Road Trips: A long distance journey on the road

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VCC Conference and Celebration 2016

# OVERVIEW

## **Why travel by car?**

Top reasons to hit the road with your troop of Girl Scouts

## **Purpose of Trip**

How is a troop trip different from a family vacation

## **Where to go from San Diego**

Ideas and Itineraries of places to go with your troop of Girl Scouts

## **Who can go?**

What is the appropriate level to go on a road trip. How to determine readiness

## **Girl Planning and Road Trips**

How to incorporate girl planning, learn by doing and cooperative learning into the planning process

## **Spending the Night**

What are the best lodging choices for your trip with girls of various ages and levels of travel experience

## **Pit Stops and eating in the road**

Snacks, allergies, budgeting, picnics, How often to stop, where to stop

## **Budget**

How much does a road trip cost? How to save money. Best fundraiser ideas

## **Car Games**

Some ideas to avoid boredom while on the road

## **Vehicles and Girl Scouts Rules of the Road**

Transportation options including family cars, renting large vans, renting a bus. How long you can drive in a day and drive without a break, how many adults in a car, paperwork in the car, caravanning and more.

## **Choosing Chaperones**

Who goes on the trip, how to choose chaperones, how to avoid hurting anybody's feelings

## **Issues & problems**

Drama and interpersonal conflicts, sickness, compromises, boredom, multiple potty stops, car breakdowns, accidents, getting lost

## **Training and Paperwork**

What training is required before hitting the road with your troop. Planning timeline. Paperwork required

## **WHY TRAVEL BY CAR?**

- Learn life skills -budgeting, map reading, cooperative leadership, self-reliance, meeting new people
- Travel more often (no plane tickets involved in most cases)
- Flexible and Spontaneous (no schedules to follow)
- Spend quality time together
- Girl Leadership Experience
- Girls can choose own adventure
- Unique experiences
- Keep girls interested in Scouting

## **PURPOSE OF TRIP**

Why do we want to go?

Girls' passions and interests define the trip purpose or mission. What are they "into" ... Adventure? Sports? Art? Nature? Academics? Drama? Water? Mountains? Culture? Food? Peace? College exploration? GS achievement (badges, Journeys, awards)? See the separate handout, Questions and Prompts for Traveling Girls (and Adults!) to dig deeper.

Where can they get what they want to achieve? Would that place be a good turnaround point or key destination?

Is this going to be a VALUABLE trip? How? Be ready to articulate this so you can advocate for the girls with their parents, or to your AC. Help your girls find those same words so they can explain their goals to parents, friends, and potential supporters, like cookie patrons.

**FUN is not enough.** If you're going to do this, make it a quality experience!

Girl planning is a huge part of becoming an independent troop. Troop travel is very different from family trips!

On a family trip parents plan and finance the trip, figure out the route or flights, plan where to go and what to see, they may even pack for the kids and help carry their bags.

Girl Scout troop travel is girl planned and girl led. Girls dream about where to go, set goals and learn how to earn money. Girls buddy up and watch out for and help each other. Girls make lists and choices and mistakes and evaluate and learn. They discover, connect and take action! Each time they try something new on their own they grow, become more confident and learn new skills. It also takes tons more time to have girl planning! A simple weekend to San Francisco might take YOU one month to plan but the trip to San Francisco to Bridge across the Golden Gate Bridge will take a typical junior troop a full year to plan if you do it the right way.

## **WHERE TO GO FROM SAN DIEGO?**

Road trips from San Diego can vary from weekend getaways close to home to longer trips lasting a few nights where farther distance can be covered.

Los Angeles- with so many sub-destinations: Santa Monica, art exploring trip, garment district, history, theme parks.

Coastal CA- As close as San Clemente or as far as Mendocino, Santa Barbara, Big Sur

Inland CA - Tahoe, Yosemite, Sequoia, Gold Country, Big Bear, Mammoth, Kern

Desert – Joshua Tree, Palm Springs, Needles/Park Moabi (canoe), Trona

Out of state – AZ: Sedona, Tombstone, Grand Canyon; Utah: Bryce, Zion, St George,

Plane then Road Trip- Fly to El Paso, TX, then explore New Mexico, Carlsbad Caverns, Sand dunes.  
Fly to Portland, OR, then visit Columbia River Gorge and the Oregon Coast

## **DETERMINE READINESS**

Who can go?

As a general rule Juniors and up. Juniors have a little more stamina than younger girls to be in car longer, emotionally may be ready to be away from home for extended periods. Road trips can be tailored to the troop level and readiness. While a troop of Juniors may pick a destination close to home, a troop of Senior or Ambassadors may be road tripping through Europe. While planning with a troop of younger girls is possible most troops of Brownies haven't had the opportunity to practice many of the skills necessary for a successful road trip. Progression towards a multiple nights road trip may include a day train trip to Los Angeles, a weekend camping in a State Park.

Girls need:

- Field trips in the local area
- Campouts where they're in charge
- Ability to manage their own gear
- Some long (successful) rides in the car

Adults need:

- To be sure they want to go
- Solid driving ability
- Time away from home and work
- Patience and positivity
- To be able to let their girls go (parents)

Group needs:

- Reliable, appropriate transportation
- Gear to make life easier
- Practice together

## **GIRL PLANNING AND ROAD TRIPS**

In all things Girl Scout: Discover, Connect and Take Action

Incorporating girl planning is the easiest and at the same time the hardest part of the trip. The initial stage of the road trip planning may include reading maps (how long will it take to get to our destination? where will we stop? where will we eat? what are we going to do in the car for that long?

It may also be a great opportunity to research some Apps (what apps girls like and how much can we rely on phones?, what are we going to do if we don't have cell phone service or wi-fi?

This is where the fun starts, when girls are involved in the planning, they completely understand what the plan is, they know the details and they accept that sometimes things change.

## **SPENDING THE NIGHT**

Where to spend the night is the one thing that can't be left unplanned; even though one of the advantages of road trips is the flexibility when we travel with girls that is the one thing we should have figured out in advance.

To even further differentiate a Girl Scouts trip from a family vacation we have a variety of accommodations to choose from.

**Girl Scout Program Centers:** Girl Scout councils around the country open their facilities to traveling troops at a minimum cost. Call to see what facilities are available, how much they cost, what equipment is there, etc. Our council office has a directory of addresses and phone numbers. Be aware that such facilities are in top demand at spring break and summer. Make reservations well in advance.

**Other Youth Facilities:** Boy Scouts, Campfire, etc. Google the community you'll visit.

**Colleges, Universities and Conference Centers:** Many offer dormitories at a very reasonable rate during vacation times when students are not in residence. Call one near your destination to see what they have that you might use. This is a great way to explore universities and sample campus food.

**Military Bases:** Many military facilities will allow camping on base, even if public camping is not offered. You'll need a military sponsor. If you have a military troop member, enlist their assistance but keep in mind that most facilities require military member to be present.

**Public Campgrounds:** While these are usually available at a low cost, you must take everything; this usually requires more vehicles. Remember, any tent camping requires Let's Tent training.

**Private Campgrounds:** Many private campgrounds have rental cabins available at nominal cost. Taking coolers with food for breakfast and lunch, eating out and only taking bedding, towels and clothing might work for your group.

**Hostels:** Inexpensive and safe housing for traveling groups. Most include a simple breakfast with the nightly fee and most have kitchen facilities that guest can use

**Hotels and/or Motels:** Many hotels will allow children, up to a certain age, to stay free in a room with adults. Some will also provide roll-away beds at a minimal cost. Some hotels are chain-owned; others are chain-affiliated privately-owned. Make sure you are familiar with Girl Scouts rule regarding adults in room with girls and plan accordingly.

**Rental Condominiums or Cabins:** If your destination is a resort area, there are probably rental units available for weekend use. Check [homeaway.com](http://homeaway.com), [vacationrentals.com](http://vacationrentals.com) or [vrbo.com](http://vrbo.com)

### **Hints for Lodging:**

- Do not make non-refundable deposits for lodging until your trip has been approved.
- Mistakes happen. Keep your reservation confirmation number, check stub, etc., in case you arrive and there's no record of your reservation.
- Find out phone numbers and contact names at your destination. In case of an emergency at home, the in-town contact and/or your family should be able to reach you at all times.
- In case the trip is canceled, keep your cancellation numbers. Just as reservations can get lost, so can cancellations. If there is no record of your cancellation and you lose the number, you could still be liable for the cost.
- Consider travel insurance (separate from Girl Scout additional insurance) available from travel vendors. This can cover trip cancellation, emergency evacuation and other urgent, costly expenses.
- Ask your troop parents if they are eligible for discounts and what rules apply. Military personnel may be eligible for discounts if the reservations are made in their name, they go on the outing and they have their ID with them, etc.
- Decide on supervision ahead of time and make a plan for checking on each room, etc.
- If rooms have telephones, decide on some rules about phone use: prank calls, calls home, calls to leader's room, calls to other girls' rooms, room service, etc.
- Discuss rules for leaving the room.
- Girl Scouts requires that enough space be reserved so that each girl has her own bed (or get prior permission from parents for girls to share a bed—but never with an adult).
- Discuss rules for lights out, then no talking and respect for others if you wake up early.
- Make sure all parents (the ones going on the trip and the ones staying) understand and are in agreement with the sleeping arrangements.

### **PIT STOPS AND EATING ON THE ROAD**

Girl Scouts rules for driving require that there is a relief of driver after 6 hours in the road, plan accordingly.

Make sure everybody uses the bathroom at the same time to avoid having to stop too many times but be sensitive to the needs of all in your trip. There will be times when a girl (or adult!) will need to stop shortly after a planned stop.

Girls should also discuss how often to stop, where to stop (look for unique features, parks.... Denis the Menace park in Monterey) and how long to spend at every stop.

Eating in the road can be expensive and lead to resorting to fast food if not planned in advance. Girls can research healthy options along the roads you will be traveling or can help plan on items to bring to have a picnic lunch.

### **6 tips to avoid the fast food overload.**

#### *1. Eat breakfast before you leave*

Making sure you eat a full breakfast before you leave makes a huge difference in your travel day. Not eating breakfast before a long day in the car is a mistake. Girls can bring a nutritious breakfast if



departure time is too early, just make sure everybody is on the same page, otherwise some girls will end up hungry much sooner than others.

### *2. Bring snacks*

Snacks can help the driver stay focused and alert, but it is important to plan on healthy snacks. Fruit, granola bars, crackers, and trail mix are some good choices. Bringing a jar of peanut butter and a spoon is also a great way to quickly eat some protein.

### *3. Eat small portions often*

A big meal can leave the driver feeling sleep and sluggish. Therefore is better to eat smaller, protein packed snacks throughout the drive.

### *4. Plan food stops ahead of time*

This is a big one. If you do choose to stop and eat while you're on the road, make sure you know your food options ahead of time. If you don't, then you may just end up eating wherever is most convenient which

### *5. Avoid coffee*

### *6. Eat smart*

If you do end up eating at a fast food restaurant, make sure that you try to choose the healthier options on the menu.

To further help keep food costs down, bring a cooler so you can keep sandwich meats , cheese and even some milk. Keep in mind allergies in your troop, some severe allergies require more planning than others.

## **BUDGET**

*This section is from Travel Bugs, but it's a good reminder, even for older girls...*



Budgeting Money (we have this much...what can we afford to do? Explain the cost of things in terms of # of boxes they have to sell. Difference between wants and needs.)

Saving (When you're budgeting, put aside money for a future activity (not too far in the future for young girls)...talk about adding to your savings, talk about how it's growing, celebrate finally using the money you've saved. Perfect during cookie goal setting. Make a trip one of your goals!)

***Important: Know the financial guidelines, and follow them.***

## **CAR GAMES**

A car trip is a great opportunity to play some old favorites and let the girls make their own!

(minister's cat, license plates, singing song, Is it more like a Pancake or more like a Waffle?)

Do ahead- Help girls "own" their trip and feel confident about what's coming. Make a folder for each girl that includes itinerary and map, plus some car games to play. Consider having each girl make a sheet for the folder—they can use the puzzlemaker on [discoveryeducation.com](http://discoveryeducation.com), or make up a scavenger hunt, or write down parts of badge work that can be done in the car. Include a pen or pencil, sticky notes, etc.

Have girls decide on periods of time to be "me" time. Quiet time to give driver a break, let girls take naps, listen to music.

By all means avoid electronics! the last thing you want is to have every girl "plugged in" to her own device. Or at the very least designate times to use them.

## **VEHICLES AND STAYING SAFE IN THE ROAD**

One of the key elements of a road trip is of course the vehicle that will be used to transport girls. It is important to talk ahead of time with the adults in the troop about the trip and find out what parents will be willing to drive, and keeping the appropriate number of alternate drivers without ending out with an excessive number of adults.

If utilizing parents vehicles make sure everybody is in agreement regarding car rules. All parents should be involved with the troop when discussing what food/drinks will be acceptable in the car, how loud music can be playing, who will seat in the front passenger seat. There will be times when renting a vehicle is a better option for a road trip. Cost can be included in the budget and covered by all, there is no wear and tear on personal vehicles, rental cars are usually kept in good shape, thus reducing the chance of having to deal with a mechanical problem. If renting a vehicle make sure to follow Council's guidelines.

If renting a bus, make sure you understand all the terms, understand if you are paying for a driver, if you need to cover driver's accommodations and make sure not to sign any agreements over \$500 until you have had them reviewed by Council.

***Super fun activity: Let the girls decorate the mini-van windows! people all over will wave at them.***

## **Safety on the Road**

Read Transporting Girls in Volunteer Essentials, and share the Checklist for Drivers with your chaperones. Here are some points specific to road trips:

- Drivers – must be 21+, background checked, Girl Scout members, who you feel good about driving
- Route Selection – plan routes no more than 6 hours of driving per day, unless you have relief drivers. No all-night driving. Take breaks every 2 hours and check other drivers to see how you're doing. Stop if necessary. An unscheduled motel stay is FAR less expensive than an accident.

- Cars – insured, registered, in good repair. Help girls learn about car care when the driver checks the car. Everyone gets a proper seat belt, even if you use an RV. No 12 or 15-passenger vans allowed. Load vehicles appropriately. You must have special council permission to charter or borrow a vehicle. Rental cars or small vans are ok in the driver's name.
- Insurance – adequate liability and medical payment coverage (this is different from GS trip insurance)
- Caravans – don't do it!! This is when one car follows closely behind another, and it's deadly. Make sure everyone has directions, a map, and participant paperwork. Plan catch-up stops so following drivers don't get nervous about losing the lead car.
- Emergency Response – ideally, have a first aider in each car, and a first aid kit and flares. Consider roadside assistance.



### **CHOOSING CHAPERONES**

How many chaperones go on a road trip varies from troop to troop. Definitely need to follow safety wise rules (2 adults for up to 16 girls). For a road trip the driving arrangements will help determine how many adults/vehicles will be part of the trip.

One of the keys to independence is to keep communicating with parents so that they understand what you're doing as a troop on a regular basis. Communication will help them understand if you need help and what they can do. Regular communication will also help them begin to see where you're going with the program and to trust that with your leadership the girls are getting there. It's essential that parents trust you and know that the girls are safe as they are stretching their wings. Parents will be willing to leave you alone and let you go further and further with the girls as long as you are taking baby steps together and building on your experiences and coping well with any issues that arise.

Some ideas for times when more than safety wise adults want to join the troop could be: leader and co-leader get a spot, rest of parents interested take turns joining the troop. Parents with special training get to go (ei. Lifeguards, let's camp, let's tent, troop tripping, first aider). Parents going on trip should be willing to join the troop through the whole planning process.

Always resist the temptation to bring along too many parents; instead make sure all families get invited to a "Welcome Home" party where girls can share as a troop the experiences from the trip or a "Bon Voyage" where parents could bring small items for the troop pantry or the first aid kit.

## ISSUES & PROBLEMS

It is important to work with drama and interpersonal conflicts - who gets the window? why do I have to go in that car?, sickness - close quarters & motion, electronics, compromises, boredom, potty stops, car breakdowns, accidents, getting lost.

Discuss things like rotating seats. Nobody wants to sit in the center seat all the time, and even your best buddy will wear on you after a few days. Make a plan so that everyone gets a prime seat sometime, a fresh buddy now and then. Maybe you rotate counter-clockwise every time you stop for gas, or you draw buddy names every morning, or whatever. The girls should decide on these random or scheduled rotations so that everything is clear. Include a chance for each girl to be in charge of the route, reporting back to the others how far you've gone/how much longer to go/gas economy so far, etc.

What will you do if one girl gets sick and it's unable to join the day activities? this is one instance where an extra parent can come in handy.

## TRAINING AND PAPERWORK

Get training before you begin to plan...use the skills and games to teach your girls! At least one person needs:

Basic training, like Intro to Girl Scouts, of course!

Troop Tripping for 3+ nights, out of state travel, or air travel

First Aid/CPR for any trips

Wilderness First Aid for any trips 30+ minutes from EMS

Let's Camp (any troop overnight), Let's Cook (outdoor cooking), Let's Tent (tent camping)

**Paperwork** (see Activity Approval for when to use each form!)

Permission Slip (collect from parents, attach to Activity Approval)

Permission to Give Over-the-Counter Medication form (collect from parents)

Transporting Girl Scouts section of Volunteer Essentials (read, distribute to drivers)

In-Town Contact List of Emergency Numbers (give to in-town contact and retain a copy)

Accident/Incident Report Form (keep blanks in first aid kit, submit quickly after accidents or incidents)

Activity Approval (Send with sample permission slip, itinerary, and any other supporting docs. Don't wait until a month out. Consult early and before you make any non-refundable deposits or promises to the girls.)

Safety Management Plan (complete with girls' help, keep with you, give to AC if asked)

Girl & Adult Health History (collect from participants, keep private, keep in cars/first aid kit)

Additional Insurance-Plan 3P for extended events (enroll 2 weeks before trip)

**Tip: Get your own lifeguard.** If someone has the ability, get lifeguard certification so you can use those unstaffed pools. There is an affordable class at Outdoor Skills Weekend.

## SAMPLE SAN DIEGO TO BIG SUR ITINERARY

Sunday	6:00am 1:00pm	Leave San Diego Arrive at San Luis Obispo. Tour Cal-Poly San Luis Obispo Spend night at San Luis Obispo Hostel
Monday	7:00am 8:00am  3:00pm  4:00pm 5:30pm	Breakfast at Hostel/Sack Lunches Drive to Pfeiffer Big Sur State Park (group campground) stop to see the sea lions at San Simeon, Limelkin State Park. Arrive at camp. Free time, go over rules and kapers, determine carpools for activities Leave No Trace Introduction Dinner at Camp
Tuesday	8:00am 9:15am 10:00am  1-2pm 4:00pm 5:30pm	Breakfast/Sack Lunches Manuel Peak Trail (10.8 miles) Oak Grove Trail (3.2 miles) Girls to choose what hike they will like to go on Meet at campsite to go out and explore river or hike Pfeiffer Falls Trail Journals, Photography workshop Dinner at Camp
Wednesday	8:00am 9:00am 10am-1:00pm 2:00pm  4:00pm 5:30pm	Breakfast/Sack Lunches Drive to Point Lobos (42 minutes) Point Lobos. South Shore, Bird Island, South Plateau & Pine Ridge Trail Pfeiffer Beach (LNT) (bring Frisbees, other activities to do at the Beach) McWay Falls Dinner at Camp
Thursday	7:00am 7:30am 9-11:00am 12:00pm 5:15pm 6:30pm	Breakfast at camp/Sack Lunches Drive to Monterey. Arrive at 8:30 to Monterey Bay Kayaks Kayaking Monterrey Aquarium Pizza Dinner in Monterrey Drive back to camp
Friday	8:00am 9:00am 10:00am 2:00pm 5:00pm 6:30pm	Breakfast at camp/Sack Lunches Drive to Andrew Molera State Park. Panoramic Trail Hike (8.4mi) Shorter hike for part of group Swimming at Big Sur Lodge. Free afternoon at camp Dinner at camp Break down camp kitchen as much as possible.
Saturday	7:30am 9:00am  11:20am 2:00pm	Cold Breakfast at Camp/Sack Lunches Finish Breaking down camp. Drive to San Simeon. Leave no later than 9:15am Hearst Castle Tour (be there 11am) Drive Home

*This is a sample itinerary, not all activities are listed. Every night there will be a campfire or night program after dinner.*

## COLLEGE ROAD TRIP – TROOP 5389

### SUNDAY, July 10th

5:30am Meet at Albertson's Parking lot  
5:45am Depart - No late arrivals  
6:00PM Four Points By Sheraton San Jose - Silicon Valley  
7:00PM Dinner

### MONDAY, July 11th

7:45am Check out from Hotel - Drive to Stanford  
9:45am Stanford Tour - Check-in location: Stanford Visitor Center  
4:30pm Dinner in Chinatown San Francisco.  
7:00 pm Check into hotel, Clarion Hotel, Concord, CA 94520 (Free breakfast and parking.)

### TUESDAY, July 12th

7:45am Check out from hotel, depart for UC Berkeley  
8:45am UCB Tour. Ends 11:30AM  
11:30am Depart to USF  
2:00 pm USF Tour  
4:00pm Drive to Santa Cruz (2.5 hrs)  
6:30pm Dinner on the go. Costco Pizza  
7:45pm Check in Comfort Inn, Santa Cruz, CA (Free breakfast and parking)

### WEDNESDAY, July 13th

7:30am Breakfast at Hotel  
9:30 am UCSC Tour  
11:30am Drive to San Luis Obispo. Explore Monterrey Bay and San Luis Obispo (2.5 hr. drive).  
4:30 pm Hotel Check in Americas Best Value Inn 950 Olive Street, San Luis Obispo, CA 93405  
6:00pm Dinner

### THURSDAY, July 14th

10:15am Check out from hotel. Drive to Cal Poly (5 minute drive).  
11:00am Cal Poly SLO Tour  
4:00pm UCSB  
6:00pm Dinner at UCSB  
7:00pm Drive to LA, Check into Half Moon Motel Los Angeles, CA 90230 (2 hr drive)  
9:00pm Hotel Check in

### FRIDAY, July 15th

9:00am Breakfast at Live Right Acai  
9:45am Drive to USC 3607 Trousdale Parkway Los Angeles, California (30 minute drive)  
11:00am USC Tour  
1:00pm Drive to UCLA. Lunch on the go.  
2:15pm UCLA Tour  
4:30pm Tour End – Dinner near UCLA paid by the troop  
6:00pm Drive to Best Western Country Inn, Anaheim, CA 92802 (1.5 hr drive)  
8:00pm Check in at Best Western.

### SATURDAY, July 16th

8:45Aam Breakfast at hotel  
9:45am Check out from Hotel. Drive to Chapman University. Chapman University  
10:30am Chapman Tour  
12:30pm Tour End – Drive to San Diego. Lunch on the go.  
3:30-4:00pm Arrive in Chula Vista. CA. Albertson's Parking Lot.

**SAMPLE PERSONAL Gear List**

California Coast Trip, (dates)

Remember to:	<input type="checkbox"/> CHECK 1ST AID SUPPLIES <input type="checkbox"/> CHECK FLASHLIGHT <input type="checkbox"/> CLEAN CAMP GEAR	<input type="checkbox"/> BUY NEW BATTERIES <input type="checkbox"/> WASH CAMP CLOTHING <input type="checkbox"/> LEAVE YOUR PLAN WITH FAMILY
On Your Body:	<input type="checkbox"/> TRIP T-SHIRT <input type="checkbox"/> TENNIS SHOES <input type="checkbox"/> WATCH	<input type="checkbox"/> SHORTS OR LONG PANTS <input type="checkbox"/> SOCKS & UNDERWEAR <input type="checkbox"/> WHISTLE
In a Day Pack:	<input type="checkbox"/> SACK LUNCH (DISPOSABLE CONT) <input type="checkbox"/> SUN HAT <input type="checkbox"/> EMERGENCY FOOD (TRAIL MIX OR POWER BAR) <input type="checkbox"/> REFILLABLE WATER BOTTLE <input type="checkbox"/> CAMERA & FILM (OPTIONAL) <input type="checkbox"/> WARM FLEECE JACKET/PULLOVER <input type="checkbox"/> HYGIENE SUPPLIES (SM TISSUE PACK, TOWELETTES, FEMININE SUPPLIES, EXTRA PANTIES) <input type="checkbox"/> BANDANNA <input type="checkbox"/> MAP (WILL BE PROVIDED) <input type="checkbox"/> WATERPROOF SUNSCREEN <input type="checkbox"/> FLASHLIGHT W/EXTRA BATTERIES <input type="checkbox"/> WATERPROOF MATCHES <input type="checkbox"/> FIRST AID KIT <input type="checkbox"/> UNIFORM SASH OR VEST	<input type="checkbox"/> HAIR BANDS/BARRETTES <input type="checkbox"/> SUNGLASSES <input type="checkbox"/> LIP BALM W/SPF <input type="checkbox"/> ID & SPENDING MONEY <input type="checkbox"/> COMPASS <input type="checkbox"/> RAIN PONCHO <input type="checkbox"/> 2 LARGE TRASH BAGS <input type="checkbox"/> 2 LARGE (1 OR 2 GALLON) ZIPLOC BAGS <input type="checkbox"/> FIRE STARTER <input type="checkbox"/> POCKET KNIFE (IF TRAINED) <input type="checkbox"/> PHONE & CAR OR USB CHARGER
In a Water-Safe Bag:	<input type="checkbox"/> SWIMSUITS (2 or 3) <input type="checkbox"/> WATER SHOES (WATER MOCS—NO SANDALS OR FLIP FLOPS) <input type="checkbox"/> WETSUIT (OPTIONAL)	<input type="checkbox"/> BEACH TOWELS (2)
In a Duffel Bag:	<input type="checkbox"/> LONG PANTS (1 NON-COTTON) <input type="checkbox"/> TOPS (1 NON-COTTON) <input type="checkbox"/> UNDERWEAR (6 PR) <input type="checkbox"/> BRAS AS NEEDED <input type="checkbox"/> BOOTS WITH ½" HEEL FOR RIDING	<input type="checkbox"/> SHORTS (1 NON-COTTON) <input type="checkbox"/> WARM JACKET OR SWEATER <input type="checkbox"/> SOCKS (6 PR) <input type="checkbox"/> WARM HAT & GLOVES (OPTIONAL) <input type="checkbox"/> LAUNDRY BAG (OLD PILLOWCASE OR SIMILAR)
In a Ziploc Bag: (place in duffel bag)	<input type="checkbox"/> TOOTHBRUSH AND PASTE <input type="checkbox"/> DEODORANT <input type="checkbox"/> WASHCLOTH & SOAP <input type="checkbox"/> SHAMPOO /CONDITIONER <input type="checkbox"/> 6-8 QUARTERS FOR SHOWERS	<input type="checkbox"/> HAND LOTION <input type="checkbox"/> COMB/BRUSH <input type="checkbox"/> FEMININE SUPPLIES
In a Stuff Sack:	<input type="checkbox"/> SLEEPING BAG RATED <25 DEG. <input type="checkbox"/> PJ'S/SWEATS (PREFER NON-COTTON) <input type="checkbox"/> SLEEPING PAD (CLOSED-CELL FOAM OR THERMAREST-TYPE—NO AIR MATTRESSES)	<input type="checkbox"/> SMALL PILLOW <input type="checkbox"/> SMALL COMFORT ITEM/BOOK

Note: Clothes must be neat and clean (at least to start!) Tank tops, shirts with inappropriate designs or slogans, cut-offs, sagging pants, or short shorts are not acceptable.

**YOU SHOULD HAVE AT LEAST ONE SET OF CLOTHES (PANTS, TOP, SOCKS, PULLOVER/SWEATSHIRT) THAT IS NON-COTTON. IT DOESN'T MATTER IF THE PANTS ARE IN YOUR DUFFEL, THE TOP IS ON YOUR BODY, THE PULLOVER IS IN YOUR DAY PACK, AND THE SOCKS ARE DIRTY. THE IMPORTANT THING IS THAT YOU'LL HAVE SOMETHING WARM AND EASY-TO-DRY IF NEEDED**

