

# How to Dress for the Outdoors

## SAFETY

*Remember that our weather changes quickly, especially in higher elevations, so packing extra layers and being prepared for any type of weather is always important.*



For a backyard campout, some of the clothing issues are simplified because, if weather gets really bad, you have the safety of a house to go to. But, it is good practice to have girls prepare for any sort of weather and have them experience their activities in every sort of weather. The better your troop is at dressing properly in the backyard, the more comfortable they will be camping further from home.

Clothing should be roomy and comfortable, allowing for a reasonable freedom of movement. If possible, it is also nice to have layers of clothing that are “compressible” so that when you take a layer off it will fit nicely in a backpack.

Dressing in layers is the key to keeping warm in the winter and to keep from overheating in the summer. To adjust to temperature changes and varying activity levels, you simply add or remove clothing accordingly.

- In order to reduce chilling, long underwear, and other undergarments are made of polyester type materials to remove moisture away from the skin.
- Fleece is a good second layer for trapping your body's warmth.
- Outer layers vary depending on weather conditions. Wind resistant & water resistant outer layers should provide convenience and ease of movement.
- **Always pack rain gear.** Rain gear should include a breathable rain coat with a hood and breathable rain pants that are big enough to fit over your other layers and to overlap your shoes to keep water from seeping into your

socks. Some rainy conditions will inevitably soak your shoes and socks, but if the rest of your body is warm and dry, you'll still be happy. Look for thick-soled hiking shoes made of water resistant or waterproof materials for the ultimate rain-resistant comfort.

- For maximum comfort and blister prevention, you should wear two layers of socks, a thin polyester sock liner with a thicker wool or synthetic outer sock. Make sure to change your socks if they get wet and also at night before going to bed. Wool socks may sound really hot for summer months, but combined with a thin sock liner, wool socks or a synthetic wool blend will provide the most dryness and comfort for your feet.
- Quality footwear is important for any activity. They provide stability, warmth and comfort. Make sure to waterproof your boots. If your feet hurt, you will not enjoy yourself. Period. Encourage girls to walk around in their new shoes before taking them on extended adventures.
- Hats are good for both warmth and sun protection. In cool weather, sleeping with a hat can provide the warmth you need. Up to 80% of your body heat can be lost through your head and neck.
- Gloves protect your hands. Exposing your hands to extreme cold can quickly cause frostbite. Even on warm days, it can be a good idea to have a lightweight pair of gloves in case a storm moves in.
- Sunglasses are a necessity. Even on a cloudy day or a winter day, bring sunglasses in case the sun comes out. Also, snow glare can cause significant pain and damage to the eyes. Protect your eyes in any snowy conditions. Ultraviolet rays from the sun can permanently damage eyes - never leave home without your shades!

### **Packing for Cooler Temperatures:**

When packing it is always important to check the weather and to make sure that everyone has packed accordingly. In higher altitudes, temperatures can drop very quickly, even in the warmest months, so it is important to always pack at least one extra warm-layer. During the fall through spring, it is important to add several extra items to your packing list.

#### **Warm Jacket**

- Consider fleece, wool, wind stopper, goose down, and synthetic materials. Stay away from cotton.

#### **Insulated Hat**

- Wool hats with fleece liners are nice and comfortable. Some people prefer hats with flaps to cover their ears. Consider comfort, but, more importantly, performance.

### **Ear Warmers/ Headband**

- These items should never replace a hat

### **Gloves/ Mittens**

- Again, stay away from cotton, and bring an extra pair if you can. Look for wool or synthetics and try to get gloves that are water resistant.

### **Thermal Underwear**

- Polyester and other synthetics are a must.

### **Hiking Socks/ Wool Socks**

- Bring extra wool or synthetic wool socks. In addition, bring extra thin liner socks made of polyester or silk.

### **Long-sleeved Shirt(s)**

- polyester, capilene, wool, but not cotton

### **Pants**

- Fleece, wool, and even down pants are good. Make sure they fit well but are roomy enough to layer over thermal underwear. Consider water resistant pants, too.

# **Supply Lists for Backyard & Simple Outdoor Overnights (Outdoor Training 1)**

### **Troop Supply List:**

- Portable Cooking Stove
- Fuel
- Charcoal (if necessary)
- Charcoal stack (if necessary)
- Pots and Pans
- Hand-washing Station (soap on a rope and a hands-free water dispenser like a large drinking water jug with a pull-spout)
- Hand sanitizer
- Toilet Paper

- Kapers Chart
- Tents
- First-aid Kit
- Cooler (for food storage)
- Lantern (propane, butane, kerosene, or gas)
- Emergency Plan
- Emergency Contact List
- Heavy Duty Garbage Bags
- Emergency Feminine Products
- Matches
- Lighter
- Potable Water (for drinking and cooking)
- Biodegradable Dishwashing Soap
- Pot Scrubber
- 3 Dish Pans (for dishwashing station)

- Can Opener (if necessary)
- Cutting Board (if necessary)
- Knives (if necessary)
- Long-handled Cooking Utensils (ladles, spoons, spatulas)
- Pot Holders
- Water Purification Method (if necessary)
- Food
- Camping Table (if necessary)
- Storage Container for Medication
- Bug spray and/or citronella candles (if necessary)
- Nylon Rope/ Cord – hanging line for towels and dunk kits
- Extra Batteries (optional)

### **Individual Packing List (Backyard Campout):**

- Sleeping Bag/ Bedroll
- Sleeping Pad
- Toiletries Kit
- Pillow
- Sweatshirt/ Light Jacket (see: *How to Dress for the Outdoors* section)
- Flashlight/ Headlamp
- Extra Batteries
- Backpack
- Water Bottle
- Closed-toed, closed-back Shoes
- T-Shirt/ Long-sleeved Shirt

- Shorts/ Pants
- Underwear
- 2 Pairs of Socks
- Rain Jacket/ Poncho
- Hat/ Bandana
- Sunglasses
- Bug Repellent
- Waterproof Sunscreen
- Medications (if necessary)
- Mess Kit/ Dunk Kit
- **Have parents label their girls' things!**

## What is a “Dunk Kit”?

A Dunk Kit is a large mesh bag that is used to hold dishes and utensils for each girl. This kit should include the following items:

- Plate
- Bowl (optional)
- Cup with Handle
- Fork
- Knife (“child safe”)
- Spoon

Then, once a meal is finished the dishes and dunk bag are washed, and then everything is placed into the dunk bag and hung on a line to dry. This helps to keep everyone’s dishes in order, as well as making sure that utensils are not lost of the first day.



## What to Pack in a Toiletries Bag:

No matter how long your trip may be it is important to encourage everyone to pack light. This will not only save on space, but it will also help to build good habits for longer trips in the future. You can help everyone to prepare for your trip ahead of time by using some troop meeting time to put together toiletries kits and by talking to the girls about the importance of packing light. Collecting travel-sized bottles is a good project for the girls to work on before their trip. It also helps to remind everyone one not to pack more than they can carry. Remember, if you have to carry everything to the camp site from the car you don’t want to make too many trips. Plus, you want to make sure that there is room in the tent for everyone.

## Toiletries Kit “Must Haves”:

- Toothbrush
- Toothpaste
- Washcloth
- Soap
- Hair Brush/ Comb

- Deodorant
- Extra Hair Tie

**\*\*Put all item in a Small Zippered or Drawstring Bag\*\***



### **Optional Toiletries Items:**

- Toothbrush Cover
- Wet Wipes
  - Can be used to clean up after meals, wiping off hands and faces before bed, and are great for feminine hygiene while camping/backpacking.
- Bandana
  - Bandanas are the great multi-purpose tool while camping. They can be a headband, wash cloth, towel, hankie, etc.
- Face Wash
  - Especially when camping with older girls, this becomes an important part of their daily regimen.
- Moisturizer
  - Same as the face wash for older girls.
- Lotion
  - If girls think that it is necessary for them to pack lotion in their toiletries kit **STRONGLY** encourage them to make sure that it is **UNSENTED** as perfume and fragrance's will attract bears and mosquitoes.
- Cloth Headband
  - If girls have longer hair, a headband or a bandana is necessary for cooking with open flames. They are also especially helpful to keep hair out of your face for the whole day.
- Feminine Hygiene products
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### **Things NOT To Pack In Toiletries Kits:**

- Perfume/Body Spray
  - They attract mosquitoes, insects, rodents, and bears.
- Aerosol Hair Spray
- Nail Polish
- Glitter

## **Things NOT To Pack:**

- **Firearms**
  - Girls under 12 ARE NOT allowed to use firearms at any Girl Scout event, and council permission must be obtained in order for ANY firearms to be present at a Girl Scout event.
- **Valuables**
  - Items that are brought camping are not covered under liability from GSUSA, GSMW, or troop liability. Remind the girls that if they are worried about losing something they might want to just leave it at home where they will know right where to find it when they get home.
- **Electronics**
  - It is helpful to remind the girls why they are camping. Also, laptops, portable DVD players, iPods, MP3 players, and so on are far more likely to become lost or broken while camping. The liability for these items is not covered by GSUSA or the troop. In other words, if something happens it all comes back to the girl's responsibility. Also, these electronics serve as a huge distraction while the girls are out, and with a well-planned trip there is little to no time to even remember that the girls brought these items.
- **Cell Phones**
  - Although cell phones are important for staying in contact and in case of emergency, they are often very distracting, not just to the person using them, but to everyone around them, especially in an outdoor setting. Also, in many camping areas, it is not possible to get a signal for cell phones.
- **Curling Irons & Hair Straighteners**
  - Electricity is not always an option, and sharing two outlets with 10 girls can be a problem.
- **Make-up**
  - Although this is an important part of many people's daily routines, not using make-up while camping is very important. This IS NOT because we want everyone to look slimy or because we want to be mean. It is actually because anything that is taken out camping can become contaminated since it is very hard, if not impossible, to maintain the same level of personal cleanliness while camping as when we are at home. This means that bacteria can be transferred into all of your make-up. These bacteria are especially dangerous with mascara as they are easily transferred into your eye, causing severe eye infections and even blindness.

# Additional Supply List for Longer, Rustic Overnights (Outdoor Training 2)

## Individual Supply list for a 2 to 3 Night Camping Trip:

- All the necessary Items from the list in Outdoor Training 1 adjusted for the number of days.
- Whistle
- Sturdy Shoes
- Sandals/ Flip-flops (optional – for shower)
- Towel (optional – for shower or swimming)
- 3-5 Pairs of Socks

## Troop Supplies for 2 to 3 Nights:

- All the necessary Items from the list in Outdoor Training 1 adjusted for the number of days.
- **A Safety Plan** – including emergency contact numbers; phone numbers for the local ranger, firehouse, hospital, and police stations; emergency evacuation routes; and emergency medical information for every child and adult on the trip.
- Copy of Campsite Reservation
- Weather Forecast *for the Entire Trip*
- Map of Camping Area with Exit Plan
- Charcoal (if necessary)
- Firewood (if necessary)
- Cast Iron Cookware – Dutch Oven (if necessary)
- Fire Starters
- Bear Spray
- Bear proof containers or means to construct a bear hang (see *Animal Aware* section) (if necessary)
- Two-way radios (if necessary)
- Cell phone

