

Healthy Actions

(Print on Card Stock, one for each girl)

<p>Food and Nutrition</p>	<p>Cleanliness and Sanitation</p>
<p>Clothing, Footwear and anything related</p>	<p>Positive Attitude and Self-Regulation</p>

(Responses - Add as necessary to what the girls identify; cut out one set for each girl)

Food and Nutrition

Eat at every meal - it may not look like what you get at home, but it is healthy and your body needs it	Minimize junk food
Choose wisely - Canada Food Guide	Hydrate - always bring a water bottle and at drink at least 1 litre a day
Salt is needed - rehydration salts if you are dehydrated	Thirst is the first sign of dehydration

Cleanliness

Brush teeth twice a day	Wash or shower regularly
Use deodorant	Baby wipes are useful - dispose in garbage
Wash or sanitize hands before every meal	Wash or sanitize hands after using toilet
Keep your tent/gear tidy	Disposal of sanitary pads and tampons
Comb or brush hair daily	Baby powder to keep feet dry and clean

Footwear and Clothing

Flip flops and open toed shoes are not suitable	Sneakers, hiking boots/shoes, etc.
Socks with shoes to prevent blisters	No tank tops - shoulders to be covered
Always wear your hat	Sunscreen and insect repellent

Positive Attitude and Self-Regulation

Get to know your patrol ahead of time so you can live with them for a week	Know the patrol ground rules
Talk out problems with someone who can help	Get enough sleep - note for girls east of Manitoba, the sunset is an hour later
Learn to be responsible for yourself - keep track of where you have to be	Respect yourself and others
Smile	Plan for success

This is What I Pack

(Print one page for each girl)

In my toiletry kit, I pack:

In my first aid kit, I pack:

In my daypack at camp, I pack:

This is What I Pack

(Answers, do not print; add to answers as you see fit)

In my toiletry kit, I pack:

Soap, toothbrush and paste, comb/brush, hair elastics or barrettes, shampoo (dry and regular), deodorant, sanitary supplies

In my first aid kit, I pack:

After bite, rehydration salts, sunburn cream, Polysporin or similar, bandaids, gauze and tape, alcohol wipes

Note – any medications with parent permission only. Tylenol, Pepto Bismol, Tums, Gravol, and any other medications are kept by your Patrol First Aider, and only distributed with a signed H.7

In my daypack at camp, I pack:

Hand sanitizer, tissues, sunscreen, insect repellent, water bottle, lip balm, EpiPen, rain jacket, sweater

Note – help the girls know the difference between packing their daypack to travel, and packing their daypack for a day at camp. To travel they should be including a complete change of clothing, a book, and any money they will carry.

Yes/No Questions

(Do not print; add questions as you see fit)

Even though I'm so tired, I will take the time to brush my teeth before bed.

I'm not going to bother putting my clothes back into my pack. They can stay on the floor of the tent.

I don't like the look of the food for lunch today, so I won't eat anything.

I want to stay awake tonight and chat with my new friends.

I really want to try a new activity at camp.

I make sure to wrap my sanitary pad and put it in the disposal bin.

I sanitize my hands before eating.

I plan to wear halter tops all week at GM.

I'm not having a good time, so I tell my patrol Guider.

I'm not going to bother with a water bottle; it's too heavy to carry.

I plan to put on sun screen every morning.

Flip flops are great footwear for camp.

I don't want to go with my patrol to trade swaps, so I just walk away without telling anyone.

I will wash myself thoroughly every day.

This camp is going to be great fun!

Cards for Pack Your Gear Relay

Kit List - Clothing

- ★ Long pants
- ★ T-shirt
- ★ Shorts
- ★ Long sleeved shirt
- ★ Sweater
- ★ Rain coat or poncho
- ★ Socks & underwear
- ★ Sleepwear
- ★ Bathing suit

(Not official GM2016 Kit List)

Kit List - Personal Gear

- ★ Flashlight & batteries
- ★ Sit-upon
- ★ Book
- ★ Tent repair kit
- ★ First aid kit
- ★ Smart Phone & charger
- ★ Solar charger
- ★ Sewing kit
- ★ Trader bag for swaps

(Not official GM2016 Kit List)

Kit List - Day Pack

- ★ Camp hat
- ★ Water bottle
- ★ Insect repellent (no aerosols)
- ★ Lip balm
- ★ Sunscreen (no aerosols)
- ★ Whistle
- ★ Carabiners
- ★ Hand sanitizer

(Not official GM2016 Kit List)

Kit List - Toiletries

- ★ Toothbrush & tooth paste
- ★ Soap
- ★ Deodorant
- ★ Dry shampoo
- ★ Brush or comb
- ★ Hair ties
- ★ Hand towel
- ★ Face cloth
- ★ Nail clippers

(Not official GM2016 Kit List)