

# Sample Kit List

This kit list is for Girl Guides of Canada's Nationally-Sponsored Trip participants. This is a guide to be used at your discretion, however please consider that there may be cultural expectations around dress that may be different from home.

## Travel uniform

To be worn on flights and other official occasions. You can find the items marked with an asterisk (\*) available from the [Girl Guides of Canada Online Store](#). Remember, you can also borrow uniform items from past trip participants.

- Domestic trips: Guiding uniform shirt\*
- International trips: Red international polo shirt\* (will be provided)
- International scarf\* (will be provided)
- GGC shoulder flashes\* (will be provided)
- Cargo pants\* OR navy/black pants/capris that are comfortable and tidy
- International jacket\* OR navy/red sweater/hooded sweatshirt
- Navy socks
- Sturdy and comfortable shoes

## Carry-on bag

We suggest you bring a school sized backpack. Your carry-on bag must be regulation sized according to your airline – please double check this before packing. Remember: no sharp objects or liquids in your carry-on!

- Passport and travel documents (notarized documents, proof of required vaccines, etc.)
- Spending money
- Prescription medications (must be in original, labelled container to avoid problems with customs officials)
- Camera and/or phone and chargers
- Sunglasses
- Personal items (e.g., book, journal, pen, cards, earphones)
- Essential toiletries (no liquids over 100ml)
- 2 shirts
- 1 sweater
- 1 pair of bottoms
- 2 extra pairs of underwear
- Reusable water bottle



# Checked Baggage

You must be able to carry your own luggage (checked bag and carry-on) throughout the trip. We suggest you bring a 45-65 litre backpack. A typical weight allowance on flights is 50 lbs. – please double check this before packing. Don't forget to leave space in your luggage to bring souvenirs back with you!

## Clothing

- 4-6 Guiding (or appropriate non-Guiding) shirts
- 1-2 pairs of pants or capris
- 1-2 pairs of walking shorts
- 1 warm sweater
- 1 light rain jacket with hood
- Pajamas/sleepwear
- Undergarments (for the length of the trip)
- Socks (for the length of the trip)

## Toiletries

- Toothbrush, toothpaste and floss
- Hairbrush/comb
- Hair elastics
- Lip balm (with SPF is best)
- Deodorant
- Moisturizer or lotion
- Tissue
- Hand sanitizer
- Sunscreen (high SPF) and aloe vera cream or gel
- Shampoo, conditioner and soap
- Travel towel and face cloth
- Feminine products

*★ TIP for liquids, gels or creams: unscrew the lid, place plastic wrap over the opening and then screw the lid back on. Alternatively, you can place these products in plastic ziplocked bags. This will help prevent leakage during travel.*

## Other necessary items

- Hat with a brim (e.g., baseball cap)
- Backpack/day bag (big enough to fit a packed lunch)
- Flip flops or sandals (for showers and accommodations)

## Other recommended and optional items

- Headlamp or small flashlight (bring extra batteries)
- Watch or phone with alarm functions
- Small container of laundry detergent
- Nut-free snacks
- Travel pillow
- Ear plugs
- Gum (for airplane take-off and landing)
- Personal mini first aid kit
- Personal mini sewing kit
- Money belt or neck wallet
- Bag for dirty or wet clothes
- Swaps (some will be provided)





## Provided in-country on trip

Filtered water or safe tap water to fill your water bottle

## What not to bring

- ✗ Tank tops, low-cut tops, or crop tops
- ✗ Clothing with any sayings that may be culturally inappropriate
- ✗ Jewelry
- ✗ Valuables
- ✗ Knives or weapons of any kind (including Swiss army knives)

## Some additional items may be required or suggested for certain trips, such as:

- 1 pair of warm pants (e.g., sweatpants)
- 1 swimsuit (for water activities or hotel pools)
- Biodegradable, non-scented products (soap, shampoo, etc.)
- Casual sportswear (for activities like hiking)
- Insect repellent with DEET
- Mess kit (knife, fork, spoon, plate, bowl, serviette, etc.)
- Quick-dry or sweat-wicking clothing
- Sleeping bag and small pillow
- Small binoculars
- Sturdy shoes for hiking (runners or hiking boots)
- Toque/gloves/scarf (for warmth)
- Travel adapter and converter
- Warm jacket
- Wet wipes

