



[Example] SLEEPOVER KIT LIST

Girlguiding uniform is to be worn on Saturday. We may be outdoors for some of the event, so please pack warm clothing. Own clothes can be worn on Sunday.

A packed lunch is needed for Saturday, the first provided meal will be dinner on Saturday evening.

Please bring:

- Either: Camp bed, or single blow up bed + an old blanket for between the floor and bed.
(Please note sun lounge will not be accepted and if a Rainbow event, parents are asked to set up their daughter's bed before leaving)
- Sleeping Bag/Quilt + blanket and pillow, and cuddly toy (if needed!)
- Pyjamas / Dressing Gown and Slippers
- Set of clean underwear
- Change of day clothes, including warm jumper
- Warm coat, outdoor shoes.
- Wet weather clothing - (not an umbrella)
- Hairbrush/hair accessories (if required)
- Hand Towel/Flannel/Soap/Toothbrush/Toothpaste
- Plate, bowl, mug and cutlery (unless provided by the venue), in a drawstring bag
- A book or quiet game may be brought for rest time
- **YOUR DAUGHTER'S SIGNED HEALTH FORM and FIRST AID BOX CONSENT**

PLEASE ENSURE THAT ALL YOUR DAUGHTER'S KIT IS NAMED - THIS SAVES LOTS OF PROBLEMS WHEN PACKING AWAY!

Please don't send electrical items or mobile phones. A leaders' phone number for use in emergencies is supplied.