

- Prescription medicines in original containers specifying dosage amounts
- Power bank or external battery for electronics (recommend one that will provide backup charge for 36 hours, outlets are limited)
- Day Pack
- Personal Tent and tarp (if not upgrading to other types of lodging at ACE); Note: Girls from Black Diamond Council who are registering for the Single Girl Package Option will be provided a tent.
- Mat strips of some sort to put in the front of the tent and just inside the tent for dirty and wet shoes
- Sleeping bag; or bedroll, sheet, and pillow
- Toiletries/shower bag; Towels, washcloth, shower shoes; beach towel for waterfront area
- Sunscreen and Aloe**
- Lip balm (with SPF protection)
- Non-aerosol insect repellent
- Changes of clothes appropriate for activity and changes in weather during the day/evening. (The event site is in the mountains; temperatures could range from the 40's-60's at night to the 90's in the day)
- One-piece bathing suits or tankinis
- Camp appropriate sleepwear
- Extra socks for every day of the event
- Jacket and/or sweatshirt
- Rain jacket or poncho (NO UMBRELLAS)
- Plastic garbage bag for wet/damp clothing and gallon-sized zip lock bags for keeping things dry.
- Comfortable walking shoes (No Flip Flops or Sandals.)
- Extra pair of comfortable walking shoes (NO Flip Flops or Sandals)
- Aquatic shoes (closed-toe kind only)
- Flashlight/Lantern/Headlamp (extra batteries)
- Refillable water bottle or canteen
- Hat or sun-visor (for sun and tick protection)
- Sunglasses
- Mask

Mud Obstacle Course Participants: Bring clothes/shoes that you are comfortable throwing away after the challenge.

Zip Line/Ropes/Climbing participants: Due to harness materials, please wear longer shorts or pants. Less flexible adults might want to bring knee pads for zip line landing.

Optional

- Air mattress/sleeping mat
- Alarm clock
- Thermal underwear or sweat suit
- GS Badge Sash/Vest (if you have one) for opening and closing ceremony
- Sit-Upon or camp chair
- Camera
- Watch
- Cell phone (ATT cell service is ideal at most locations at the Resort; Sprint and Verizon work mostly at the top of the hill where campgrounds are. There is some Wi-Fi service.)
- Snacks (placed a sealed container and kept in camp designated area or car; they cannot be kept in tents)
- Supplemental food for special dietary conditions (must be shelf-stable and labeled).
- Card or board games and other activities to do in your down time
- Pen and notebook
- Spending money for GS Shop and Trading Post
- S.W.A.P.S. (Optional tokens of friendship to share – Make as many as you wish to share.)

DO NOT BRING:

- Sandals or open-toed shoes
- Hair driers
- Alcohol products, illegal drugs, or tobacco products (if a minor) Note: Adults must smoke in designated areas and out of sight from the girls.
- Firearms or fireworks