

ZOO SLEEPOVER KITLIST

Clothing

1 Tshirt
1 Pair Undies
1 Pair Socks
1 pair pants
1 Sweater
Indoor Shoes
Snowpants/Coat
Hat, Mitts, Scarf

Toiletries

Washcloth &
Handtowl
Toothbrush
Toothpaste
Hair Brush

Everything Else

Sleeping Bag
Pillow
Flashlight
Water Bottle
Earplugs (opt)
Eye Mask (opt)
1 Sleeping Buddy

MEDICATIONS

All medications should be placed in a resealable bag (e.g., Ziploc) with the participant's name on the outside of the bag. Medications must be 1) in original packaging, 2) clearly labelled with the participant's name and 3) dosage instructions. Medications are to be selfadministered by the participant except in cases where supervisors may need to assist younger girls or when an Epi-pen needs to be used. **Medications are to be given to the first aider or designated Guider upon arrival at the activity.** The first aider or Guider will supervise participants when they are taking their medication.

NOTE:

Please pack into a small backpack.
Sleeping bag and pillow can be carried

