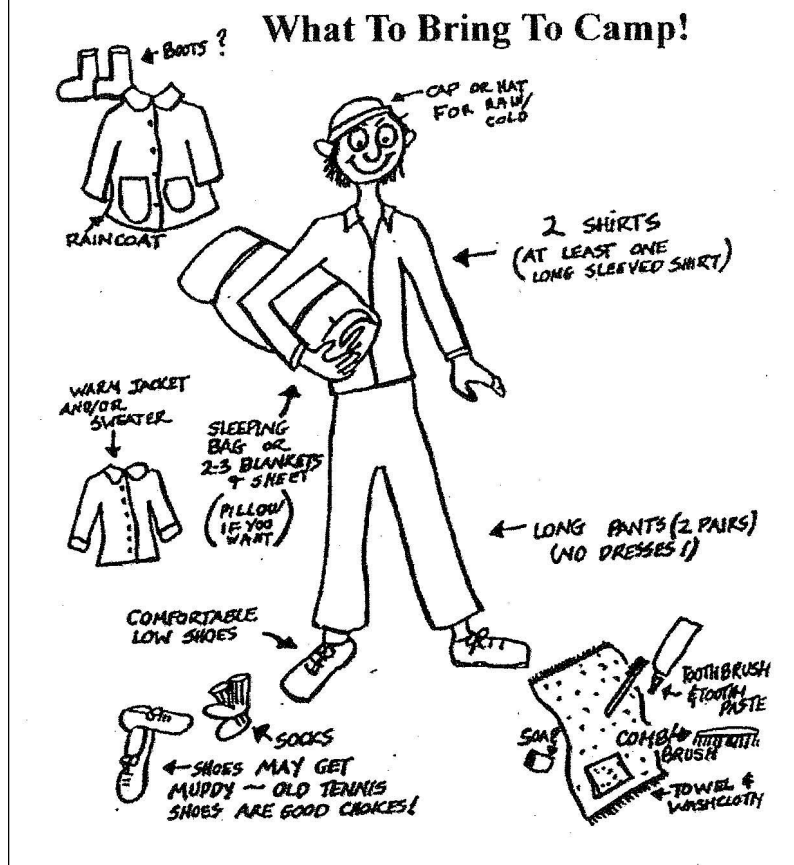


## Packing for 4-H Camp



- \* Keep packing simple and limited to what you feel a camper will absolutely need.
- \* There is no need to buy a special “camp” wardrobe. Clothes should be comfortable and durable.
- \* Shorts, tee shirts, and jeans are the staples for campers. Tennis shoes are a must. Sandals with straps are ok, but tennis shoes are safer and more secure for activities. Flip-flops are ok at the pool and bath house only—not for hikes or games.
- \* Use a permanent marker to label your child’s belongings.
- \* Be sure to pack long pants as well as shorts. This will provide added protection on hikes or cool evenings.

- \* A hat serves multiple purposes. It repels ticks during hikes, protects against sunburn and comes in handy during rainy weather.
- \* A poncho is a good idea for those rainy days.
- \* Other useful equipment—flashlight with extra batteries, camera with film, water bottle, lip balm, sunscreen and insect repellent.
- \* Mattresses are provided for the bunk beds. Your camper will need to bring a pillow, sheets and a blanket or sleeping bag.
- \* If your child takes medications, you must send the medicine in the original container along with dosage instructions. All medications will be given to the camp Health Care Provider (HCP) upon arrival. Medications will be dispensed according to the directions provided.
- \* There is a Country Store that offers snacks and souvenirs. Your child may bring spending money for this purpose.
- \* DO NOT BRING radios, televisions, cell phones, CD players, stereos, food, knives or guns, expensive clothing or jewelry.
- \* **PACK LOTS OF ENERGY FOR A FUN TIME AT CAMP!**