



# 4-H Summer Camp

## Packing List

There's one rule to successful camping and that's BE PREPARED! To make your visit more enjoyable we have compiled a list of things to bring so you feel prepared for anything. Parents for generations have learned one thing that can help keep the lost and found items to a minimum: PUT YOUR NAME ON EVERYTHING! Upham Woods is not responsible for any property brought to camp that is lost or damaged during your stay.

### ***Clothing:***

- Rain gear
- Tennis shoes or hiking boots
- Extra pair of shoes
- Warm jacket
- Changes of outer clothing
- Changes of inner clothing
- Several pairs of socks
- Sandals for the beach

### ***Personal gear:***

- Sleeping bag and pillow
- Towel & personal hygiene items: toothbrush, toothpaste, soap, shampoo etc.
- Medications in original container with patient's name (if prescription) labeled, and given to first aid person
- Water bottle (with your name on it)
- Sun block (if applicable)
- Sunglasses
- Insect repellent (if applicable)
- Flashlight
- Camera (labeled)
- Swimsuit and beach towel
- Journal or diary
- Although not required, youth are permitted to bring a cell phone
- Money for camp store (no more than \$10)

### ***Do not bring to camp:***

- Alcohol or drugs
- Firearms or explosives
- Candy, chewing gum or other snacks (all food provided at camp)
- Non-recyclable containers
- Electronic games