



Eastern 4-H Summer Camp "What to Pack Checklist"



Clothing

- comfortable shorts & shirts for 6 days
- underclothing for 6 days
- socks for 6 days (required when not at the pool or waterfront)
- 2 pairs of comfortable closed-toe shoes (required when not at the pool or waterfront)
- 1 pair "water" shoes or sandals
- 1 pair of long pants, jeans or sweat pants
- sweater or sweatshirt for cool evenings
- rain gear or jacket
- swimsuits (please bring more than one) NO BIKINIS
- sleepwear suitable to walk around in front of people in

Bedding

- single bed sheets or sleeping bag
- pillow with pillowcase
- light blanket

Hygiene

- toiletries (soap, shampoo, toothpaste & brush, deodorant, comb or brush & hair dryer)
- 2 bath towels and washcloths
- 1 pool/waterfront towel

Additional Items Needed

- flashlight and batteries
- insect repellent
- sunscreen
- Pony-tail holders to tie back long hair

TIPS: Put your name on clothes and gear with permanent marker.

Remember that campers are responsible for carrying their own luggage to their cabins.

Optional things to bring

- paper, pen, envelopes and stamps for letters home
- disposable camera with your name in permanent ink
- Every camper will have \$15.00 to spend at the camp store and will receive a camp t-shirt. This was included in the cost of camp. Camp store money can be used during the camp week to purchase snacks, souvenirs, T-shirts, etc. Spending of camp store money will be tracked using a store card system for each camper.

Medications

- All prescribed medications must be given to the camp nurse in its original container stating the camper's name and the dosage requirements. All medications should be packaged in original container with label instructions and in a plastic bag labeled with the camper's name.

What NOT to bring

- ✓ Radios, CD players, mp3 player, or other musical electronics
- ✓ Game Boys/Playstations
- ✓ Cell phones
- ✓ Expensive items, especially jewelry
- ✓ Weapons or controlled substances of any kind

The Center cannot be responsible for campers' personal items.

