



## What to Bring to 4-H Camp

- Shorts, t-shirt, comfortable clothes
- Tennis shoes or other sturdy shoes for horseback riding. Flip flops should not be your only footwear. The trails are natural (not paved) and it has rocks and gravel.
- One pair of long pants – jeans, sweats, etc. for horseback riding, climbing wall, mountain bikes and for cool camp weather.
- Water Bottle – with your name on it. It's hot and humid at camp and staying well hydrated is important.
- Jacket – you never know when it might turn cool or rainy at camp.
- Sleeping bag or sheet/blanket and pillow. Plan for cool weather this year!!!
- Soap, shampoo, tooth brush, tooth paste, and other personal items
- Towel and washcloth.
- Towel to take to the pool
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- Modest Swim Suit – cut-offs are not allowed in the pool.
  - Sunscreen
  - Insect Repellent
  - Flashlight
  - Fan and extension cord – the cabins are not air-conditioned. (all of the other buildings – including the dining hall – are air-conditioned)
  - Inexpensive camera (optional).
- Current medications – in original container, placed in a zip lock bag with a copy of the med list from [www.CampDoc.com](http://www.CampDoc.com) These will be checked in with the nurse and administered by the nurse.
  - Some spending money for crafts/snack bar. (\$12-\$25 recommended)
  - A Great Attitude! Ready to have fun, try new things, and meet new 4-H friends!

## What to leave at home



- Cell phones. Camp is a time for 4-H members to enjoy nature, being outside, having fun. Texting and talking with friends/family after camp will be the time to share all the neat things that campers did. Rock Springs is in a valley so reception is poor. We also want the campers to focus on the camp activities and not what's happening back at home. We ask your help in working with us on cell phone usage. If your child needs to talk with you, the agents will call you.
- Computer games, DVD players and other technology. Those are great things to have at home, but not at camp. There isn't a secure place to lock up those types of things, so it's best not to bring them at all.
- Illegal drugs, alcohol, tobacco, weapons including pocket knives, water guns, shaving cream or other materials used for pranks. We want everyone to have a SAFE and FUN time.