

# 4-H CAMP LUGGAGE PACKING GUIDE

## **Label everything**

- Mark all clothing, shoes and other items with the camper's name using a waterproof marker.
- Label luggage
- Label bags used for medication with the camper's name and county (give to adult leader on Monday)
- Label trash bags used for dirty clothes with colorful duct tape and the camper's name and county.  
(Trash bags with dirty clothing can be confused with trash and thrown away, so label the bags well.)

## **Choosing the right kinds of clothes**

- Do not pack clothing that violates the dress code (Information is available from the 4-H office).
- Be aware of requirements in the dress code regarding swimsuits. (Girls: one piece or tankini. Tankini must cover the belly. Boys: actual swimwear, no cutoffs)
- Underwear should be worn at all times and should not be visible.
- Campers are rough on clothes. We recommend older clothes that can get wet or muddy.
- Pack more socks and underwear than you would normally need for 5 days and 4 nights.
- Plan to wear shorts that extend at least to the mid-thigh on the high-ropes course (cheerleading shorts are not long enough to wear on the high-ropes course).
- Shoes to keep dry (tennis shoes for running around, hiking, climbing, and other times)
- Shoes to get wet (old shoes that can be thrown away, water shoes or sandals (must have a heel strap).
- Extra socks (explain to children that wearing wet socks, shoes or sandals all day causes blisters).

## **What to pack**

- Sleeping bag – strongly recommended. Twin-size sheets will work (No linens or blankets are provided)
- Pillow
- Towels & washcloths
- Soap & toiletries (shampoo, soap, deodorant, toothbrush, toothpaste, etc.)
- Basket or bag to carry bath supplies
- Shower shoes (flip flops allowed in showers, but not around camp)
- Daily change of clothes and underwear (pack clothes that can get dirty)
- Tennis shoes & extra socks (no flip flops; sandals must have a heel strap)
- Swimsuits or swim trunks
- Jacket or sweatshirt (for cool mornings and nights)
- Rain jacket
- Insect repellent
- Water bottle
- Waterproof sunscreen
- Laundry bag or labeled trash bag (for wet and dirty clothes)  
Flashlights (extra batteries)

## **Optional items**

- Paper, stamps & envelopes if you plan to write home (these items are not sold at camp)
- Camera (preferably disposable and/or waterproof)
- Money for canteen
  - Canteen Price List
    - Popcorn & candy: \$1.50-\$2.00
    - All drinks (machines): \$1.50-\$3.00
    - Non-T-Shirt Souvenirs: \$1.00-\$15.00
    - T-Shirts: \$12.00 & Up

## **What not to pack**

- Knives, firearms, fireworks or any other violation of the 4-H Code of Conduct
- Electronic devices such as video games, music players, digital cameras or cell phones
- Medications – Give them to an adult leader at the county office before departure
- Jewelry, large amounts of money or other items of value

*\*The Georgia 4-H Program and Rock Eagle 4-H Center are not responsible for items lost or stolen\**