

WILDERNESS CHALLENGE CAMP

Recommended Packing List

Packing tips:

- It may be June, but it can be very cool at night and in the mornings.
- You will get dirty at camp, so don't bring new clothes and do bring a few extra changes.
- As a general guideline, don't bring clothes which break school dress codes.
- Undergarments must be worn but not seen. Pajamas are not pants. No mid-drifts showing.
- Do not bring expensive jewelry or electronics. Cell phones will not work at the camp, and cell batteries die quickly searching for service. 4-H is not responsible for lost or broken items.
- Space is limited in the cabin. Please pack accordingly.

Check list of what to pack:

- 4-H Code of Conduct**
- 4-H Medical Information & Release / Over the Counter & Prescription Medication Summary** (If it isn't written on the form, we can only give your child soap & band aids. Please be specific.)
- Ziploc bag labeled with child's name and county containing any prescription AND over-the-counter medication** your child might need during the week. (Consider Tylenol, Midol, Roloids, allergy medication, etc.)
- Shoes**
 - Flip flops for the showers ONLY.
 - All other shoes must have a back strap (no flip flops)
 - Closed-toe shoes are required for the ropes course.
 - Crocs may be worn with the back strap behind the heel, and may not be worn for the ropes course, caving, or rafting.
 - Sandals with a back strap are acceptable for around camp, wading in the creek, and rafting.
 - At least one pair of tennis shoes for the ropes course & caving. If you have an old pair of tennis shoes nearly ready for the garbage, bring these for caving because it is very muddy.
- Special list for caving. You will need:**
 - At least one pair of **jeans and a long-sleeve shirt** and a jacket or hoodie for caving. These will get *very dirty and may never come clean*.
 - **Socks** to wear and clean socks to sleep in
 - **Sock hat** to sleep in overnight in the cold cave.
 - **Sweatpants** and **sweatshirt** to sleep in
 - **One large, thick garbage bag** to put under sleeping bag in cave.
 - **Sleeping bag**
 - **Tennis shoes** – ones ready for the garbage are great
 - **Baby wipes** to clean off after caving

- Shorts, t-shirts, socks & underwear** for camp
- Sleepwear** (it is warm when you go to sleep and cool when you wake up)
- Belt**, if needed.
- Swimsuit** (girls: modest one piece, or a tankini *which meets in the middle* and fits snugly)
- Bath towel & washcloths; additional towel** for rafting and swimming
- Hangers** for wet clothes
- Toiletries:** toothpaste, toothbrush, deodorant, hair brush, barrettes and bands, shampoo, soap, hair dryer, etc.
- Small basket or toiletries bag** to carry toiletries or clothes to the bathhouse and to put dry clothes in for rafting
- Chapstick**
- Glasses, sunglasses, contacts, contact case, contact solution**
- Small flashlight**
- Insect repellent & anti-itch cream**
- Water bottle**
- Sun block & aloe**
- Band-Aids**
- Raincoat or poncho**
- Spare trash bags for dirty and wet clothes.**
- Alarm clock**
- Hat**
- Camera** (Bring expensive cameras at your own risk!)
- Twin fitted sheet for camp bed**
- Sleeping bag** (mandatory! You will have to carry this into the cave, so the lighter the better)
- Pillow** (small travel pillow means you have less to carry)

Double-check your list!
It's going to be a great week of camp!