

# 4-H Connect Retreat Packing List

## WHAT TO BRING

### Bedding

- 1 pillow/pillowcase
- 1 set of twin bed sheets and a blanket, or sleeping bag
- 1 laundry bag for soiled clothes

### Clothing

- Pajamas/sleepwear
- 1 pair of jeans/sweatpants
- 1 sweatshirt or a jacket for evenings
- 2 pairs of shoes:
  - tennis/athletic shoes for camp activities and hikes
  - flip flops only for the shower
- Adequate shorts/pants for the length of stay
- Enough t-shirts or other comfortable shirts for the length of stay
- 3-4 pairs of socks

### Toiletries

- 1 towel
- Comb or hairbrush
- Soap/shampoo/ deodorant
- Toothbrush/toothpaste
- Sunscreen
- Insect repellent with DEET**
- Other needed personal hygiene products

### Optional

- Books or travel size games for cabin time
- Inexpensive camera marked with full name
- Hat/bandanna/sunglasses
- Flashlight

**Medication:** If participants have medication to be administered during the length of their stay please follow the following instructions, this includes all inhalers, pills and/or vitamins. We need all medication to be held and administered by our designated health care staff. Even if your child administers the medication on their own, we need to store it in a secure location for safety purposes of all participants.

- Bring the medication in original container, which includes the label.
- Place the medication container in a Ziploc Bag, labeled with the following information
  - Youth's first & last name
  - Dosage
  - When to take
- At check-in, provide the medication to staff at the registration process.
- Unused medication will be returned to the participants at check-out.

### WHAT NOT TO BRING:

- Do not bring knives, fireworks, expensive jewelry or cameras, markers of any kind, food, gum, spray cans (including shaving cream and silly string), pocket cash, or pets to the retreat.
- Please do not send expensive clothing. We prefer comfortable, casual clothes because activities may cause stains.
- Alcohol, tobacco, drugs, and firearms are prohibited and will result in the participant's immediate dismissal from the retreat.
- The retreat is in a natural environment, designed for young people to get a break from the pressures of the world. Please help us enforce the policy of no electronics--hand held video games, radios, MP3 players, iPods, cellular phones, pagers, DVD players, etc. Cell phone reception and access to wireless internet can be spotty at times.
- Please make sure that all items sent to retreat are free of offensive logos, illegal substances or inappropriate messages.
- Please call to obtain permission before bringing any personal sports equipment.

Iowa 4-H, Iowa State University Extension and Outreach and Clover Woods Camping Center will **not** assume liability for lost, stolen, or damaged personal property. All clothing and personal items should be clearly marked with the participant's full name.