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 sweatshirts 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.