

## Essential Items to Bring to 4-H Camp:

Sleeping bag or blanket and sheet	Pillow
Wash cloth and towel	Swimming towel(s)
Two pairs of <b>tennis shoes</b> (not flip flops)	Swimsuit
Jacket and/or sweatshirt	Flashlight
Long pants	Insect repellent
Clothes for five days	<b>Sunscreen</b>
Toothbrush and toothpaste	Soap and shampoo
Comb and brush	<b>Water bottle (very important)</b>
Water shoes for creeking (closed toe/closed heel)	<b>Pistol Form</b>
Daily or emergency medication	<b>Health/Adventure Form</b>
<b>Ohio shaped nametag from last year if you have it – gets you a free treat at the store!!</b>	

## Optional Items for Camp:

Laundry bag to keep clothes	Flip flops ( <b>only</b> for shower and pool)
Raincoat	Pencils/paper
Disposable camera	Stamps/envelopes
Hair dryer/curling iron	

- The counselors dress up for the banquet on the last night. Campers may bring dress clothes if they wish. This year many are dressing in “decade” themes – 50’s, 60’s, 70’s, 80’s, etc.
- Please send a reusable water bottle with your child. It is usually very warm at camp and this way the kids can take water with them to all of their activities.
- It is helpful to write your child’s name on clothing items and towels, especially new items. This helps to reduce our pile of lost and found!

**Please do not bring any food** – counselors will have treats for their cabins and we have snacks every day.

## DO NOT BRING:

Radios	Cell Phones	CD’s/MP3 players/Ipods	Electronics of any kind
Food	Money	Expensive Jewelry	Knives/firestarters
Fans (counselors will supply for their cabin)			Smart watches

**Any cell phones and other internet accessible devices brought to camp by counselors or campers will be collected and held by the director throughout the camp.**

### Prohibited items at Ohio 4-H Camps

*Ohio 4-H places priority on taking necessary and reasonable actions to safeguard the overall safety and well-being of all program participants.*

*Prohibited items that are never allowed at any Ohio 4-H program where minor participants are present include alcohol, tobacco products in any form, illegal drugs, pornography, discriminatory iconography and/or messaging, and weapons (including knives) not included in an approved 4-H shooting sports program.*

*Additionally, youth participants (campers and counselors) may not possess cell phones or other internet capable devices during 4-H camp. The State 4-H Office recommends a zero tolerance approach which will be followed: If an individual is found with a prohibited item, they will be sent home at the family’s expense.*