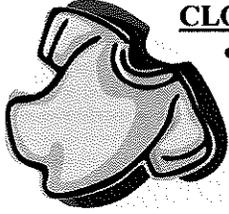


BASE CAMP "To Bring" List

PAPERWORK:

- Completed health form (health form must be signed by parent or guardian to be valid)
- Youth expectation form, signed by participant and parent or guardian
- Necessary medications and doctor's written instructions (**do not pack in suitcase**)

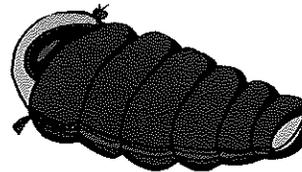


CLOTHING:

- 3-4 Sets of Clothing (Shirt, shorts and pants, socks, underwear)
- Warm Clothing: Sweater/Sweatshirt or Jacket - Nights may be cool!!
- Tennis shoes
- Hiking Boots – tennis shoes are not recommended in the rain
- Water shoes
- Sleep wear/ pajamas
- Sunglasses
- Swimsuit
- Towel and Washcloth
- Personal items/toiletries - soap/shampoo , toothpaste, toothbrush, deodorant, comb&brush
- Rain Gear. We will do outdoor activities - even if it rains.

NECESSARY EQUIPMENT: (Please note: Upham Woods is not responsible for lost or stolen property)

- Sleeping bag or sheets and 2-3 blankets. Pillow optional Beds are bunk type with mattresses. It can get cool at night.
- Labeled Water bottle
- Mosquito/Bug spray (**no aerosol spray**)
- Sunscreen/Sun Block Lotion
- Flash light and extra batteries
- Pencils
- Good Manners and Good Behavior
- A SMILE!!



OPTIONAL EQUIPMENT:

- Camera and Film
- Daypack/ Backpack



DO NOT BRING:

- Candy, gum, sodas, snacks (They attract rodents and bugs, and may also create a mess in cabins)
- Comic books
- Radios, music/video players, video games, **cell phones**, iPods
- Valuables, jewelry, expensive cameras
- Extra money
- FROWNS!

CAMP STORE:

The Camp Upham Woods Camp Store has a selection of souvenir items available that might be of interest to 4-H Campers. These include Camp Upham Woods T-Shirts, Sweatshirts (\$10-\$30) and miscellaneous items priced from .50-\$5.00.

Sending money to camp for these is optional