

WILDERNESS CHALLENGE CAMP

Recommended Packing List

Packing tips:

- It may be July, but it can be very cool at night and in the mornings.
- You will get dirty at camp– 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.
- Once we arrive at camp, youth will be given a backpack and directions to re-pack for rafting and caving.
- Do not bring expensive jewelry or electronics. Cell phones will not work at the camp, and cell batteries die quickly searching for service. See the code of conduct for a specific list of prohibited items.
- You must carry your OWN luggage, and there is NOT a sidewalk. 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), and closed-toe shoes are highly recommended. Crocs must be worn with the back strap behind the heel, and may not be worn for the ropes course, caving, or rafting. Velcro sandals with a back strap are acceptable for around camp, 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/or jacket for caving. These will get *very dirty*.
 - Socks to wear and clean socks to sleep in
 - Sock hat
 - 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
- Shorts, t-shirts, socks & underwear for camp

- Sleepwear** (it is warm when you go to sleep and cool when you wake up)
- Belt**
- Swimsuit** (girls: modest one piece, or a tankini which meets in the middle and fits snugly)
- Bath towel & washcloths; additional towel** for rafting/swimming
- Hangers** for wet clothes
- Toiletries:** toothpaste, toothbrush, deodorant, hair brush, barrettes/bands, shampoo, soap, hair dryer, etc.
- Small basket and/or bag** to carry toiletries & clothes to the bathhouse
- Chapstick**
- Glasses, sunglasses, contacts, contact case, contact solution**
- Small flashlight**
- Insect repellent & anti-itch cream**
- Water bottle**
- Sun block & aloe**
- Band-Aids**
- Raincoat/poncho**
- Spare trash bags for dirty and wet clothes and large zip loc bags.**
- Alarm clock**
- Hat**
- Camera** (& Charger or film – bring expensive cameras at your own risk!)
- Twin Sheets** (for camp, optional) & **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!