



# Hartford County 4-H CAMP

## PACKING LIST FOR CAMP

**FORMS** - These should already be in your acceptance packet. If misplaced, you may print a new copy from our webpage: <http://www.hartfordcounty4hcamp.com/>

- Medical form:** (page 1) We require a doctor's statement indicating the camper has had a physical examination by a physician/nurse practitioner within 36 months/3 years of the date of arrival to camp.
- Emergency treatment authorization:** (page 2)
- Over the counter (OTC) medication authorization:** (page 3) Allows camp nurse to administer over the counter medication that is kept in stock at camp. Includes permission for child to self-administer sunscreen and insect repellent. (Required by state regulations)
- Code of conduct agreement & photo release exclusion:** (page 4) The camper must sign the code of conduct agreement. If parents/guardians do NOT want their child's photo taken while at camp, the parent/guardian must sign the photo release exclusion.
- Authorization for the administration of medication:** (insert) **ALL** medications (prescribed or over the counter) that the camper will take while at camp must be kept in infirmary. **EACH** medication needs a form signed by an authorized prescriber, even if it is an over the counter medication. **No** medications or supplements can be kept in the cabin area.

### MONEY (all collected at registration)

- Any outstanding fees (*Balance due will be noted on your acceptance letter*)
- Spending money for the camp store and some camp program activities

### STUFF

- Mattress cover and/or twin fitted sheet
- Sleeping bag or sheet and blankets
- Pillow and case
- Toothbrush, toothpaste, floss, etc.
- Shower gear (shampoo, conditioner, soap, shower sandals)
- Comb/brush
- Towels for bath and beach
- Everyday clothing (plenty of extras!)
- Pajamas
- Sandals
- Socks and sneakers
- Spirit dress up clothing
- Dressy clothes for dinner on Friday
- Sweatshirt for the evening
- Raincoat (just in case!)
- Flashlight
- Camera
- Fishing gear, if you wish
- If taking **Horseback Riding** - boots, long pants, and helmet (if you have one)
- Tarp/ground cloth for All-Camp Sleep-Out
- REUSABLE** water bottle
- Swim suit

### PLEASE LEAVE AT HOME!!

Cell phone, iPads, iPods, or other internet devices  
Fans/Extension cords (prohibited by state regs)  
Cases of water or other beverages  
Snacks for your child  
Expensive clothing and jewelry (that may get lost)

Please **do not** send care packages with food. Our small woodland friends get into the food. We also want camp to be a safe environment for those with food allergies and sensitivities.

### Campers love mail!

Your camper's name, c/o Hartford County 4-H Camp, 247 South Rd, Marlborough, CT 06447

**Possession of weapons, alcohol, drugs, or tobacco products will mean immediate dismissal from camp.**