

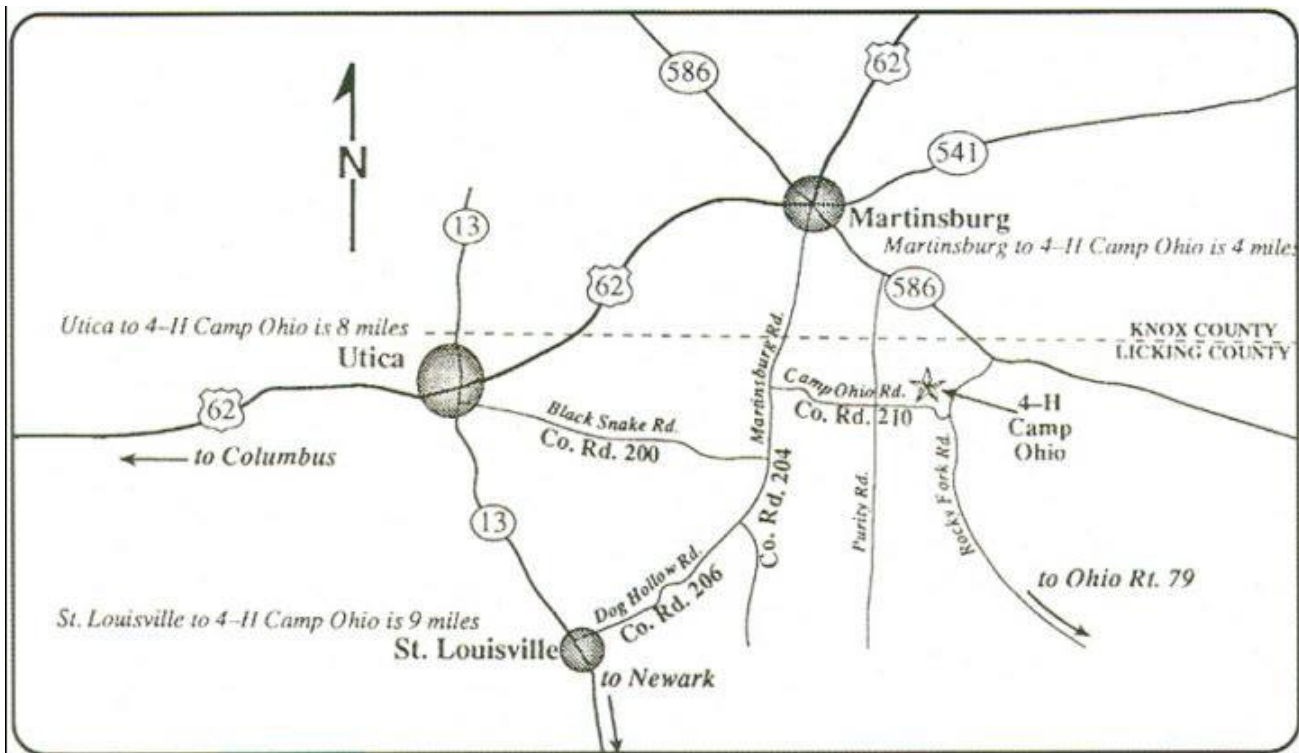
# Teen Camp Packing Checklist

## Items to Bring to Camp:

- Sleeping bag (best option for outpost) or blankets and sheets (beds & mattresses are furnished)
- Pillow
- Personal items (soap, shampoo, toothbrush, toothpaste, deodorant, comb, tissues, etc.)
- Washcloth and towels
- Clothes (shorts, t-shirts, underwear, pajamas for 5 days, with some extra in case they get wet, dirty, etc. No spaghetti straps on tops. Be sure to pack shirts with sleeves for dining hall (see rules). Shorts should have at least a 3" inseam.
- Jeans, sweatshirt or jacket in case of cool weather or chilly evenings
- Plenty of socks
- Laundry bag or mesh bag for dirty clothes
- Two pairs of comfortable shoes (in case one pair gets wet). One of these needs to be a tennis shoe or hiking shoe for walking up hills in woods. Flip flops break and are not appropriate camp shoes! Flip flops may only be used to/from shower and swimming.
- One pair of water shoes or old pair of tennis shoes for tubing trip
- Swimsuit (camp appropriate – one piece stay better for active pool games) and towel. Old t-shirt is required on the slip-n-slide.
- Sun screen
- Bug repellent (must be non-aerosol type)
- Lip Balm (such as Chapstick, Blistix, etc.)
- Refillable Water Bottle with your name on it (for use during sessions and activities – we will be passing out water bottle stickers as an incentive to drink adequate water during the day!)
- Rain gear
- Flashlight (not required)
- Remember to put your name on all articles to reduce the number of lost items.
- Medication in container with prescription label attached. Have this accessible to turn in at registration.
- Items allowed in the cabin include: hair dryers, curling irons, alarm clocks, portable fans and medical appliances. NO OTHER appliances are allowed.
- Camera (if using a disposable camera, write your name on it)
- Stationary, postcards, stamps (optional)
- White t-shirt for Tie Dye
- Optional: Clothing/items for themed days: Hawaiian/Luau themed clothing, Country/Western themed clothing, 80's workout themed clothing, Nice outfit for dress your best dance

## Do Not Bring to Camp:

- Candy & snacks (They attract raccoons, mice, skunks, etc. We provide a snack each night.)
- Money – the camp store will not be open during camp
- Electronic devices (cell phones, hand games, refrigerator, TV, radio, pagers, etc.)
  - Camp has a strict rule that cell phones are not allowed. If brought, they must be turned into the nurse's station for the duration of camp.
- Fireworks, alcohol, drugs, tobacco, firearms
- Anything that you would be upset if it got lost, damaged or dirty



Mailing Address:  
 CAMPER NAME – Delaware County Camp  
 4-H Camp Ohio  
 11461 Camp Ohio Road  
 St. Louisville, OH 43071

If you send mail, it is always best to send it BEFORE your camper leaves for camp so that it gets there.

Phone:  
 Cow Palace Phone (Nurse and Adult Staff): 740-745-3388  
 Please note we are not always in the room to receive calls. You may need to leave a message.

Camp's Business Phone (**DO NOT** use to leave messages for campers): 740-745-2194  
<http://4hcampohio.osu.edu/>

Note: If you take Black Snake Road, it is a very quick left after turning South on Rt. 13 in Utica.