

WHAT TO BRING: Off Site Based

Down East Adventure Camp

Dear Campers,

During this 2-week program, you will be staying at a campsite in tents or a lean-to while at Camp. You will be staying at remote campsites along the trail or on a lake while on trips. Please be prepared for warm or cool weather as well as rain and wind. Sections of this program take place in remote areas with limited access, so preparation is important. Our clothing list reflects important "how to dress" knowledge. **Please put your name on everything you bring!**

*Note: Please leave all jewelry and other expensive belongings at home. Cell phones, iPods, electronic games and devices, hair dryers, knives, lighters, matches, and food (including candy and gum) are **not permitted at camp**. Our programs are designed to give you a chance to "unplug" and enjoy nature to its fullest! UMaine4HC is not responsible for damage or theft of these items.*

Necessary Items:

Hint: Synthetic clothing items such as "micro fleece" compress well and take up less space, so think of multipurpose layers. They also dry faster than cotton and wick away moisture.

- 1 internal or external frame backpack big enough to carry all your personal gear (we have packs you may borrow if you don't have one)
- Notebook or journal, pens or pencils
- 3-5 changes of shirts (at least one long sleeved)
- 2 pair of long pants (one should be quick drying, synthetic...not cotton)
- 1-2 pairs of shorts (one should be quick drying, synthetic)
- underwear for 1 week
- cloth or mesh laundry bag for dirty clothes
- 1 pair of synthetic thermal underwear, top and bottom
- 6-8 pairs of wool socks (Smart Wool or equivalent)
- 1 wool/fleece hat (most heat loss occurs from our heads!)
- 1-2 wool or synthetic fleece tops
- rain gear: top and bottom (no ponchos)
- 1 pair of hiking boots (break them in by wearing them for several weeks before camp starts)
- 1 pair closed-toed shoes (like sneakers or running shoes)
- 1 pair of "in camp" closed toed shoes that can get wet.
- Basic toiletries and 1 bath towel (remember, perfumed and scented products including soaps and cologne attract bugs!)
- sleeping bag (w/ cotton or flannel sheet for hot nights)
- sleeping pad-closed cell
- 2 wide-mouthed, one liter water bottles (we have water bottles for sale at the camp store)
- flashlight or headlamp (and extra batteries)
- swimsuit (camp appropriate)
- sunglasses (with strap)
- sun screen and hat with visor
- \$10.00 in quarters for laundry (done at the beginning of week 2)

Optional Items:

- book to read, stationery, stamps, pens, pencils
- bug repellent (non-aerosol, please!)
- water shoes or sandals
- spare glasses (if you wear them)
- bandana

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UMaine 4-H Camp and Learning Center Safety and Respect Policies

At Greenland Point, we are committed to providing a physically and emotionally safe learning environment where each individual is respected and valued. Bullying, fighting, aggressive behavior or lack of respect for any leader's safety instructions and procedures **will not be tolerated.**

Personal Conduct Expectations

We **expect** campers at UMaine 4-H Camp to:

- 1) Accept individual differences and refrain from offensive or threatening language
- 2) Encourage teamwork and creative problem solving
- 3) Seek help if he or she is the object of teasing or inappropriate behavior
- 4) Respect the property of others
- 5) Understand that physical contact is limited to organized activities
- 6) Listen to and abide by all safety instructions and activity procedures
- 7) Care for the Camp's property and equipment.
- 8) Leave weapons, knives, and other dangerous objects at home*
- 9) Refrain from the use of tobacco, alcohol, or controlled substances. All are prohibited at Camp.

* UMaine4HC provides and supervises the use of appropriate knives and tools for camp program activities.

Consequences: Counselors will notify a Director when a camper/student is violating safety and respect policies. We will speak with the camper and, when possible, attempt to create solutions that will lead to positive changes in behavior. If a child's actions compromise safety or the successful operation of camp programs, the camper may be asked to leave before the end of the program. We do not refund for early dismissals for behavioral reasons.

Other Policies

Telephones: Because we have a very active schedule and have many children at Camp, we have limited phone access. We do not have pay phones or separate phones for use by campers and cell phones are not permitted at camp. In general, we have found that campers adjust more successfully to life away from home if they avoid phone calls. In the event of an emergency or special situation, campers will have access to a phone.

Wildlife and Food: In order for us to maintain a safe and sanitary camp environment, please do not send any candy, food or drinks to camp with your child. The presence of food in bunkhouses and tents attracts unwanted wildlife such as mice, raccoons and skunks! In the event that something is brought to camp that should not have been, it will be removed and labeled and returned to parents at the end of the week.

If you have any questions regarding these policies, please feel free to contact our **Camp Director, Ronald Fournier at 207-665-2068.**