

## What to Bring: Sited-Based Overnight

Dear Campers,

During this program, you will be living in our cabins. Please be prepared for warm or cool weather as well as rain and wind. Several of our programs may go on field trips so being prepared is important. **Also: 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 the 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.*

Clothing: Campers should pack all gear in a backpack, large duffle or suitcase.

- 3-5 shirts (at least one long-sleeved)
- 1-2 pairs of long pants (one pair should be quick-drying, synthetic)
- 1-2 pairs of shorts (one should be quick-drying, synthetic)
- underwear (enough for 1 week)
- socks (enough for 1 week)
- 2 wool or synthetic fleece tops or sweatshirts (non-cotton items keep people warmer and retain heat when wet.)
- 1-2 pairs of sleepwear
- small day pack for water bottle and extra gear
- cloth or mesh laundry bag for dirty clothes
- Rain gear: jacket and pants (avoid gear with cotton lining and ponchos.)
- 2 pairs of sturdy footwear( sneakers,hikingboots).
- Personal Toiletries and 2 bath towels (remember perfume and scented products including body sprays attract bugs!
- bug repellent (non-aerosol, please)
- sunscreen
- sleeping bag (w/cotton sheet for hot nights)
- pillow
- water bottle (please label with camper’s name)
- flashlight or headlamp (and extra batteries)
- swimsuit (s) (camp appropriate) and beach towel

### **Optional Items**

- notebook or small journal
- Book to read
- Stationary, stamps, pens, pencils
- Water shoes or sandals (for showering or during waterfront activities)
- Spare glasses (if you wear them) with a strap
- Sunglasses (with strap)
- Hat with visor

**Fishing Camp: although we supply all of the gear, campers may bring their own rods and tackle if they desire.**

## **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 Directors Nicole Nelson or Eri Martin at 207-665-2068.**