

4-H Camp Overlook- OVERNIGHT CAMP FAMILY GUIDE- 2026

PACKING FOR CAMP

EXPECTATIONS: Expect that your camper will be active outside in possibly hot, cool, and rainy weather throughout the day (early morning into early evening). They will be in the grass, the woods, near the water, possibly jumping in puddles and rolling in the grass. Please have them bring/wear clothing that is comfortable, durable, and can get dirty. Camp is not responsible for lost, misplaced or damaged personal items.

Your camper should be able to dress and take care of their basic hygiene needs for themselves independently.

SUGGESTED 6 DAY PACKING LIST (Send less for a shorter stay.) Pack in an easy-to-carry duffel bag or suitcase that will fit under the camper bunks. Do not pack in plastic tubs or crates.

Clothing

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| ☐ 4 pairs of shorts | ☐ 6 t-shirts |
| ☐ 8 pairs of underwear | ☐ 8 pairs of socks |
| ☐ 2 pairs of jeans | ☐ 1 pair of warm pajamas |
| ☐ 1-2 bathing suits/trunks | ☐ 1 heavier sweater or jacket |
| ☐ 2 long sleeve shirts or sweatshirts | ☐ Raincoat |
| ☐ 2 pairs of sneakers | |

Absolute Musts

- ☐ Small backpack or day pack to carry during the day
- ☐ Laundry bag for dirty clothes
- ☐ Unbreakable water bottle (or 2!)
- ☐ Flashlight and batteries
- ☐ Postcards with stamps & pens
- ☐ Toothbrush and toothpaste
- ☐ Soap, shampoo, conditioner, misc hair products
- ☐ Deodorant (non aerosol, please)
- ☐ Hair brush/comb
- ☐ 2 towels (pool & shower)- lightweight ones dry faster
- ☐ 1 washcloth (optional)
- ☐ Shower shoes/flips-flops for shower
- ☐ Female hygiene products



☐ *Insect repellent - pump spray rather than aerosol, please.

☐ *Sunscreen

**Parent permission to have and use these is required and was included in the online registration questions.*

Bedding

- | | |
|---|---------------------------------------|
| ☐ sleeping bag or blankets | ☐ 1 pillowcase |
| ☐ sheets (twin size) | ☐ 1 pillow |
| ☐ light-weight blanket | |

Optional Items

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|---|--|
| ☐ Disposable/Non-screen Camera | ☐ Writing supplies (paper, postcards, stamps) |
| ☐ Deck of Cards | ☐ Sunglasses (optional) |
| ☐ Reading book/comic | ☐ Wide brimmed hat |
| ☐ Stuffed animal | ☐ A couple face masks (if choose to wear) |

⋮ Campers should bring enough clothing for their entire stay. Laundry facilities are not available, except in cases of bed-wetting or illness. If campers are staying multiple weeks, we can make a space available for them to keep items until their return, if they choose.

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ADDITIONAL CLOTHING GUIDANCE:

These policies have been established for safety and to help all our campers and staff feel more comfortable during their stay at camp.

1. **Tops:** All attire should be casual or athletic. Shirts should cover the shoulders to provide the best protection from the sun- please avoid tanks, spaghetti straps, or mid-rise tops.
2. **Swimwear:** Campers are very active in the lake swimming and on the water boating. One piece bathing suits, and board shorts/trunks are preferred.
3. **Jewelry:** Jewelry is discouraged at camp, and can be dangerous during some activities; wearing any dangling, hanging or loose jewelry, such as necklaces or bracelets is not allowed. Piercings should be studs or very small hoops only. Camp is not responsible for misplaced or damaged personal items.
4. **Footwear:** To prevent injuries, all staff and campers are required to wear **closed toed shoes** (gym shoes, for example) at all times, except when in the lake, changing, showering or in their cabins. **Socks** should be worn as well to help prevent blisters. Flip flops/shower shoes/crocs are only permitted to be worn inside cabins, inside the shower house, or in the lake.
5. **Label everything!** Camp assumes no responsibility for lost, missing, or damaged items and/or personal property brought to camp. Lost & Found items not claimed within a week will be donated to charity.

If for financial reasons your camper does not have all of the necessary gear relevant to their programming at camp, please Camp in advance of the camp session, as we may be able to help provide the items needed while your camper is in attendance.

PLEASE DO NOT BRING:

To ensure a successful week, the following items distract from the mission and goals of camp and are not permitted. If present, these items will be collected and held by the Camp Director until departure, parents may be notified, and in extreme situations parents may be requested to pick their camper up.

- Electronics/ Technology devices of any type- to include, but not limited to cell phones, smart watches, laptops, portable video game systems, music players, video recording devices;
- If it uses an internet connect (data or wifi) or has a plug, please don't bring it;
- Food, gum, candy or beverages (no snacks, please);
- Trading cards or toys;
- Personal sporting equipment (including bows, fishing poles, climbing gear, sports equipment;
- Weapons- Zero Tolerance
 - o Knives, hatchets (including pocket and Swiss Army)
 - o Firearms or ammunition
- Flammables
 - o Candles, lanterns, matches, lighters
 - o Fireworks, flares, sparklers
- Alcohol, Tobacco, and/or drugs- Zero Tolerance (All medications (prescription & non-prescription), including vitamins & sleep aides must be checked into the Health Center;) this includes vapes & vaping products
- Pets
- Pornography or other suggestive material;
- Clothing that has inappropriate sayings or logos.
- Money or other expensive items (clothes, jewelry, expensive shoes or watches)

Confiscated items will remain in the camp office until turned over to a camper's parent/guardian at pick-up. Camp is not responsible for these items or their storage. Bringing contraband items listed above may impact the ability of a camper to continue through the summer.

SAVE THE DATE!

We hope that you can come and join us at camp throughout the year. Keep an eye out on our web page, Facebook Page and Instagram for events.

Some events on the schedule include: