



Making Memories at 4-H Camp

4-H camp provides a unique opportunity for all youth to develop life skills. It helps youth build confidence and meet new people in a safe, supportive environment! Camp is meant for everyone, and campers come from all walks of life. Camps can be offered overnight, as day camps, or have a project focus. 4-H staff are committed to making accommodations to ensure that all youth have a chance to learn, grow, and have fun at summer camp!

Why is camp **important**?

Campers and youth counselors both have a lot to gain from camp! For some youth, this is their first time away from home. For others, it is an opportunity to get back together with friends. 4-H camp gives youth the opportunity to develop independence, build self-confidence, and master new skills. Youth make new friends and get to spark new interests through camp programs. Camp counselors serve as role models and develop valuable leadership skills that will be useful for a lifetime!



Credit: Heidi Vanderloop
Benson

Each camp provides a **unique** experience.

Most camp programs are based on a specific theme each year. Campers are divided into small groups to create a positive learning environment during the program. They participate in a wide variety of activities. Typical activities at camp include: learning sessions taught by counselors or adult volunteers, swimming, canoeing, hiking, campfires, arts and crafts, and more!

We've done this for awhile. **Trust** us!

4-H camps rely on years of youth development experience using research and best practices from across the nation. 4-H educators use these best practices to develop camp programming alongside their youth counselors and adult volunteers. Making camp a safe place, both physically and socially, for youth, is a priority. All youth and adult leaders receive training and educational resources to help youth work through their new experiences away from home—whether it be the campers' first time or their tenth time!



Credit: Kelsey Dralle

If you're still not sure how camp may be a fit for your youth member or if you need to know about special accommodations, please reach out to your local 4-H educator!





Go Pack!

Going to summer camp means you need to pack your bags for a fun time! The items below are important items to bring. Before you leave for camp, make sure you have everything you need. See if you can track down all of the items and practice getting packed for your big adventure.

Sleeping Bag

Pillow

Pajamas

Sweatshirt for nighttime

3 pairs shorts/pants & t-shirts

Underwear

Swimsuit

Water Bottle

Closed toe shoes (tennis shoes)

Waterfront shoes (footwear that can get wet)

Toothbrush/Toothpaste

Shampoo/Conditioner

Towel

Sunscreen

Sunglasses

Hat

What did we miss?

Were there some items that you think should be on the list? List them here, and then try and get everything packed to make sure you can carry it all! Remember, you can't bring everything!



Every camp is different!

Some camps require that you bring certain items. Make sure you also check with the camp you're attending to see if there is anything special you need to bring along.