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**4-H Camp & Learning Centers**

**at Tanglewood & Blueberry Cove**

Appalachian Trail & Downeast Farm Exploration Packing List

* Check-in is from 2:30-3:30 PM on Sunday on the hill leading up from the main parking lot to the Dining Hall.
* The closing ceremony is at 2:00 PM on **Friday** — families are encouraged to attend! Check-out immediately following the ceremony at 2:30 PM.

*(Our office/mailing address is 1 Tanglewood Road, Lincolnville. The drop-off location at camp is approximately 2 miles farther down Tanglewood Road – keep driving until you come to the large parking lot at the end of the road!)*

**Packing List:**

For Appalachian Trail participants, please note this is considered an advanced trip. It requires previous hiking experience and for campers to be in good physical condition. Please consider the size and weight of what you pack. Test out both packing and unpacking your bag as well as carrying it. Remember, you will have to help carry group camping gear and food in addition to your personal gear.

Appalachian Trail and Downeast Farm Exploration participants, you will be spending much of your time outdoors on this trip. Although it is summer, the weather can change at any time. It is important that you bring warm clothes and plan to dress in layers. We recommend that cotton outer clothing such as denim pants and cotton sweatshirts be avoided. Clothing made out of wool or synthetic materials will dry much faster than cotton, which means they are better at keeping you cool when it’s warm and warm when it’s cool.

Please remember to label all clothing and belongings!

**Essential Clothing:**

* Comfortable and sturdy footwear for hiking (make sure they are broken in, medium to lightweight hiking boots work best, but a sturdy trail running shoe works well, the key here is good tread on the sole and supportive structure)
* 3-4 pairs of underwear
* 4-6 pairs of hiking socks (wool or synthetic strongly recommended, may need extra pairs if bringing cotton)
* 1 set of thermal long underwear — top and bottom (synthetic or wool strongly recommended)
* 2-3 T-shirts
* 1 long-sleeved lightweight shirt (cotton is ok for this)
* 1-2 pairs of lightweight, quick-drying shorts
* 1 Towel (lightweight for camping)
* Swimsuit
* Hat with visor
* bandana
* 1 winter hat/beanie (wool or fleece strongly recommended)
* 1 wool sweater or fleece jacket
* Waterproof raincoat (no ponchos, these don’t work with backpacks)
* 1 pair of lightweight, quick-drying pants
* 1 pair of lightweight, waterproof rain pants (optional but strongly recommended, quick-dry pants are a decent substitute)
* 1 pair of footwear to get wet (Teva style sandals or old sneakers) — no flip-flops, must be able to strap on to your foot

If your camper takes any medications, pack enough medication to last the entire camp session. **All** items should be in their original packaging, bottle, or container that identifies the prescribing physician (if a prescription drug), the name of the medication, the dosage, and the frequency of administration.

**Equipment:**

Items with an asterisk (\*) are available to borrow from us; please call 207.789.5868 to reserve these items or with any other questions.

* \*40-50L backpack (must have well-padded waist and shoulder straps, chest strap preferable – Farm Exploration may use a duffel style bag)
* \*Closed-cell sleeping pad
* \*Compactable sleeping bag rated to 20-30 degrees F
* 2 leak-proof, one-quart water bottles (wide mouth preferred)
* Insect repellent
* Waterproof stuff sack or stuff sack and a trash bag (Appalachian Trail only)
* 1 each: cup, bowl, spoon
* Flashlight/headlamp w/ extra batteries
* Toothbrush/paste, comb or hairbrush, soap
* Sunscreen

**Additional items for Downeast Farm Exploration:**

* Pillow
* Pull on muck boots (that have not been at another farm)
* Set of clothing for the barn
* Small backpack

**Other Optional Items:**

* Pen/pencil and journal
* Compass
* Camera
* Reading material
* Playing cards

**Please avoid bringing:**

* Anything electrical/electronic (portable gaming devices, cell phones, etc)
* Money or valuables
* Food
* Weapons of any kind
* Drugs, alcohol, cigarettes
* Live animals or pets
* Sports equipment

