

4-H Camp & Learning Centers at Tanglewood & Blueberry Cove

Tanglewood Leadership and Early College Programs

# Leadership 1:

* Check-in is from 2:30-3:30 PM on Sunday afternoon on the hill leading up from the main parking lot to the Dining Hall
* The closing ceremony is on the **second Thursday** at 2:00 PM. Parents are invited to see their camper receive a certiﬁcate of completion. Check out immediately following the ceremony (2:30 PM)

# Leadership 2:

* Check-in is from 2:30-3:30 PM on Sunday afternoon on the hill leading up from the main parking lot to the Dining Hall
* The closing ceremony is on the **third Thursday** at 2:00 PM. Parents are invited to see their camper receive a certiﬁcate of completion. Check out immediately following the ceremony (2:30 PM)

# Leadership 3:

* Check-in is from 2:30-3:30 PM on Sunday afternoon on the hill leading up from the main parking lot to the Dining Hall
* The closing ceremony is on the **third Thursday** at 2:00 PM. Parents are invited to see their camper receive a certiﬁcate of completion. Check out immediately following the ceremony (2:30 PM)

# Early College Outdoor Intensive:

* Check-in is from 2:30-3:30 PM on Sunday afternoon on the hill leading up from the main parking lot to the Dining Hall
* The closing ceremony is on the **second Friday** at 2:00 PM. Parents are invited to see their camper receive a certiﬁcate of completion. Check out immediately following the ceremony (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:

The list below pertains to the clothes and equipment needed for the Leadership programs. Each group goes on a camping/backpacking/canoeing expedition during their stay at Tanglewood of varying day lengths. These trips progress from basic and beginner expeditions to more advanced strenuous longer trips. As a Leadership or Early College participant, please come physically ﬁt and having completed a couple of 5 mile hikes in your boots and a day pack, and you’ll be ready to have lots of fun!

Each group will have its own cabin at camp which will serve as a base for clothing or equipment not needed while on a trip. It is sometimes helpful to pack one bag with all your clothes and then bring a backpack along (if you have one) to pack for the trip. Our staﬀ will work closely with you to ensure you have what you need to be safe and comfortable on the trip. Please keep in mind that all participants will help carry group camping gear, food, and other equipment in addition to personal

gear. *Any items not speciﬁcally needed on the trip will be left at camp while you are away.*

With this in mind, please consider the size and weight of what you pack. If you have your own backpack, test out both packing and unpacking your bag as well as carrying it to get comfortable with how it feels on you. Do a bit of walking on various terrain in *the shoes you plan to hike* in, as a way to get to know how well you are supported or if adjustments need to be made. **Don’t worry if you do not have your own backpack, we have one for you to borrow!**

On the trips, you will be spending all your time outdoors. Although it is summer, the weather can change at any time and is very buggy. 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 *for the trip portion* of your program*,* they are okay while you’re in camp. Clothing made 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 when you’re camping out.

Please remember to label all clothing and belongings!

# Packing List

Essential Clothing (3 week sessions will do laundry midway through session)

* 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)
* 12 pair underwear
* 4 pairs of hiking socks (wool or synthetic strongly recommended, may need extra pairs if bringing cotton)
* 6 pairs of socks for at camp
* 1 set of thermal long underwear — top and bottom (synthetic or wool strongly recommended)
* 7 T-shirts
* 3 quick dry T-shirts for trips
* 1 long-sleeved lightweight shirt
* 3 pairs of long pants
* 1 pair lightweight, quick-drying pants
* 4 pairs of lightweight, quick-drying shorts
* 1 beach towel
* 1 small camping towel
* Swimsuit
* Hat w/ visor
* bandana
* 1 winter hat/beanie (wool or ﬂeece strongly recommended)
* 1 wool sweater or ﬂeece jacket
* Waterproof raincoat with hood (no ponchos, these don’t work with backpacks)
* 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
* 1 pair of shoes for running-type activities (could be the same pair for hiking above)

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 & shoulder straps, and waterproof cover)
* \*Closed-cell sleeping pad
* \*Compact-able 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 to hold your sleeping bag and clothes to keep dry
* Light day pack
* 1 each: mug, bowl, spoon
* Flashlight/headlamp with extra batteries
* Toiletries: toothbrush/paste, comb or hairbrush, soap, shampoo
* Sunscreen
* 3 pack of multiple size lightweight dry sacks, or 1 quart, 1-gallon, and 2-gallon sized ziplocks for packing on trips

# Other Optional Items:

* Pen/pencil and journal
* Compass
* Camera
* Stationery, stamps, envelopes
* Reading material
* Playing cards
* Pocket knife or multitool
* Campﬁre instrument

# Please avoid bringing:

* Anything electrical/electronic
* Money or valuables
* Food
* Weapons of any kind
* Drugs, alcohol, cigarettes
* Sports equipment

