

**You should bring the following to the
HIGHER GROUND COLLEGE RETREAT at
Nebraska State 4-H Camp in Halsey:**

You will receive your own refillable water bottle compliments of Higher Ground. It is very warm during the day (and cool during the evenings) and you will want to stay hydrated.

1. Informal clothing such as shorts, jeans, T-shirts, tennis shoes, an extra pair of old shoes (or hiking shoes). No yoga pants. Include some **very warm clothing** such as sweaters, sweatshirts, sweatpants, warm socks, as well as a coat or jacket. It gets cold at night and you should be prepared. We **will** be outside some evenings.
2. Towel and modest swimwear appropriate for a catholic retreat setting (No bikini or Speedo). There may be opportunities for water games/activities depending on the weather.
3. Your own soap, shampoo and other toilet articles.
4. Towels, sleeping bag (or bedding) and pillow. We suggest you bring an extra blanket that can be taken outside.
5. Your own Bible (Bibles are available for you to purchase at the HIGHER GROUND COLLEGE RETREAT) Cost is \$7.00 each.
6. You may wish to bring some spending money. Although meals are provided, you may wish to buy pop, postcards, etc.
7. Please bring a couple of pens or pencils **and a flashlight**.
8. It is wise to bring bug spray or mosquito repellent.
9. Wrist watch (using phones as a clock will be HIGHLY discouraged).
10. If you bring your car, once the week begins, you will be asked not to use it or access it unless specific permission is given by the Director.
11. If you would like more information on the Nebraska State 4-H Camp, check out their website:
<https://4h.unl.edu/4hcamps/state4hcamp>

PLEASE DO NOT BRING:

I-pods, MP3 players, computers, electronic games, cell phones: this limits that chance of them being lost, broken, or stolen. Phones are available for you to call home. Parents can contact the Nebraska State 4-H Camp directly at 308-533-2224.

**DON'T FORGET TO BRING
WARM CLOTHING!!!!**