

# Southeast District 9 4-H Leadership Lab 2008 What to Bring?

## “Helping Hands Through History – 100 Years & Counting”

### What do I bring and what can I wear?

The attire is school appropriate casual - shorts, jeans, T-shirts etc. Do not plan to wear T-shirts with slogans that are not becoming of the 4-H program. This will be an active lab including outdoor activities, so bring clothes that you do not mind getting dirty. Each evening, there is a dance, so you might want to bring nicer clothes for it, although many kids just wear comfortable summer clothing. **A banquet will be held the final night of the lab. Remember to bring "Dressy Casual" clothes for the banquet.** There are 3 theme dances: **Disco Night, Famous Faces (favorite Actor/actress), and Pajama Party.** Bring costumes for the dances. Theme costumes will be judged each night during the dance.

☀ Pack conservatively!

☀ All bedding - linens and pillow (sleeping bags are the best option). The beds may not be sized such that a fitted twin sheet will work, so it is best to just bring flat sheets.

☀ Bath and swimming towels.

☀ Personal toiletry items.

☀ Swim-suit (cut-offs cannot be worn in the pool).

☀ Sturdy walking shoes and river shoes, if you want to go in the lake.

☀ Bring sun-screen.

☀ Athletic equipment is available for check out.

☀ Bring a positive, upbeat attitude.

**Halter tops, Tube tops, Spaghetti Straps or other clothing deemed provocative will not be allowed. Dress conservatively.**