

4-H NRESci Retreat  
October 4 –October 6, 2017  
Lake Cumberland 4-H Camp

**Cooperative Extension Service**

212 Scovell Hall  
Lexington, KY 40546-0064  
P: 859-218-0986  
<https://4-h.ca.uky.edu/>

**Supplies Check List**

Flashlight (backup batteries)  
Rain boots or muck boots  
Tennis shoes that can get dirty  
Sunscreen  
Insect repellent  
Long pants  
Long-sleeved shirt  
Sweatshirt or hoodie  
Bed linens or sleeping bag and pillow  
Bath towels  
Flip-flops for shower  
Personal toiletries  
Rain gear  
Any medications (prescription or over-the-counter)

Optional:

Snacks  
Headphones  
Electronic devices to be used during free time

**Lake Cumberland 4-H Camp**

Address: 17500 Hwy. 196  
Nancy, KY 42544

Camp Phone: 270-866-4215

