

Important things to know before 4H-camp

Food: All children will bring three meals a day. No food is included.

10:00 Fruit break

12:00 Lunch

15:00 Snack time

Fridge, microwave and utensils are available. Preferably bring food that doesn't need to be reheated.

Do not bring biscuits or nuts.

Clothes: Sensible clothes suited to the weather are important as we spend almost all day outside. Wellington's and a change of clothes are preferable. Please mark your clothes with your child's name.

Any clothes left behind can be found at the entrance of the assembly hall.

Drop-off and pick-up: Drop-off time is 8:30-9:00

Pickup time is 15:30-16:00

When drop off tell the leaders who will be picking up your child.

When picking up your child tell the leaders so they can cross the name of their lists.

Contact: To contact staff during the day call 070-9611 544. If your child will be absent please notify us via phone or email [uppsala@4h.se](mailto: uppsala@4h.se)

