



Hello everyone!

Thank you for registering for Montana 4-H Rec Lab hosted by District 1. A few quick reminders as we approach the event in Thompson Falls approaches. This should help you plan and pack for the trip.

All Rec Lab activities, including lodging, will be at the Thompson Falls High School, 601 Golf Street, Thompson Falls. Registration will be from 5-6 PM in the school Lobby.

Meals: All meals and snacks are included from dinner Friday night through breakfast Sunday morning. Schedule: Participants will be provided with a full schedule and list of the workshops they have selected and been assigned during registration. The weekend is packed with team building, games, workshops, speakers, a dance and lots of opportunities to meet new people and learn new things. A general schedule of events can be found [here](#).

Suggested Packing List:

- Sleeping Bag/blanket
- Pillow
- Camping Mat/Yoga Mat
- Bathroom/Toiletries (toothbrush, tooth paste, face wash, shampoo, conditioner)
- Towel
- Comfortable appropriate clothes for workshops and recreation activities
- Cloths for Dance
- Any personal needs for activities, health reasons, or allergies
- Item(s) to donate to TRACS Animal shelter for Community Service Project
- A Positive Attitude

Don't forget about the rec lab community service project! Info for this project is available [here](#).

We will also be selling Montana 4-H merchandise at this event. Visit the MT4-H [Merchandise page](#) to see what is available. We will only be accepting cash and check, but items can be ordered online [here](#).

If you have any questions please contact Juli Thurston, at the Sanders County Extension Office, Office Phone:(406) 827-6934 or Cell Phone:(903)440-2250. **During the event, be sure to have your county chaperone's contact information.** Looking forward to seeing you all March 23rd.