

# PREPARING FOR 4-H CAMP

## WHAT TO PACK:

- Bedding for a twin bed: Sleeping Bag, Pillow, Blanket, and/or Sheets
- Toiletries/Hygiene Items: Soap, toothpaste, toothbrush, shampoo, conditioner, deodorant, etc.
- At least two towels and washcloths
- Sun Screen, Bug Spray, and/or Lotion
- Flip Flops/Pool Shoes
- Closed-toed shoes (for ropes course/zip line)
- Cash for Canteen or Crafts
- A drawstring bag or backpack
- Bathing Suit(s) and Coverup
- Pool Towel
- Raincoat/Longer Pants/ Jacket for colder or rainy times
- Laundry Bag for wet/dirty clothes
- Pajamas
- Hair Brush
- Clothes for the week- Pack at least one extra of each item
- Disposable Cameras
- Refillable water bottle **with** your name
- Shower shoes
- Copy of your 4-H forms
- Watch
- Shower Caddy
- **NOTE: ALL MEDICATIONS MUST BE TURNED IN AT CHECK-IN. NONE ARE ALLOWED IN CABINS.**

Remember: Don't pack what you aren't willing to "lose". You never know if you might drop something, break it, or lose it. Put your name on **everything**. All Medicine must be packed separately. Please contact your county office for more instructions.

For suitcases: Please note duffel bags are recommended so they can be fit under beds when not in use.

- Packing should be simple and limited to what you feel a camper would absolutely need.
- There is no need for a special "camp" wardrobe. They should just be comfortable and durable.
- Label **EVERYTHING**. They are responsible for keeping up with their belongings. This may be your or other members' first time at a camp or living with many other people: It is very easy to lose or misplace things!

## DO NOT PACK:

- Distracting items: No phones, tablets, laptops, video games, skateboards, or expensive items. We are not responsible if you misplace something or if something is stolen.
- No tobacco, alcohol, weapons (including pocket knives), fireworks, or anything that is illegal or could harm another person.
- No gum or food- Youth have food allergies and may be affected if it is in the room. Also, no one likes bugs!
- No Jewelry-Can't wear it on most things
- No short shorts, spandex shorts, cut-off shorts, shirts with sleeves cut off or wide open armholes, or crop tops.
- No offensive messages on your shirt.
- Leave Bad Attitudes and Frowns at home!

*Parents, 4-H camp is a safe place for your child to take a break from technology! Please check and inspect their items to make sure none of the items above are inside!*

## OPTIONAL ITEMS

- Stationary and Stamps to send mail to your family
- Goggles
- Dance outfit
- Flashlights/headlamps / Lamp
- Alarm Clocks
- Cards, board games, or a book for rainy days
- Money for the canteen, gift shop, woodshop, craft house, tie-dye, or airbrush
- Clothespins (to secure stuff on the drying line)
- Earplugs and/or eyeshades
- Sunglasses/ hats
- Chapstick
- Waterproof wallet
- Mat wipe your feet before entering the bed.
- Talent Show Supplies
- A "Slice of home"

# Behavior Management Policy

- **Occurrence of MINOR Misbehavior:**
  - **Examples include:** Going barefoot, running not associated with recreational activities, not attending class and scheduled activities, hiding in cabins, foul language, etc.
  - **Discipline Measure of FIRST OCCURRENCE:**
    - Warning (Discussion of behavior, cause of behavior, and how the camper should deal with it).
    - Loss of privileges (10 minutes of swim time).
    - Separation from other campers who might be influencing this behavior.
  - **Discipline Measure for SECOND OCCURRENCE:**
    - Camper is accompanied to call his/her parents and explain his/her behavior.
    - More severe privilege loss.
- **Occurrence of MAJOR Misbehavior:**
  - Examples include:
    - Visiting the lake or other areas without supervision.
    - Deliberate destruction of camp property or personal property belonging to others.
    - Causing life-threatening situations.
    - Fighting (beyond horseplay).
    - Possession of guns, knives, weapons, fireworks, illegal drugs, alcohol, etc.
    - Boys in girls' rooms or vice versa.
    - Inappropriate sexual-oriented behavior.
    - Breaking curfew (leaving room) after lights out.
    - Leaving the camp facility without agents or staff knowing.
    - Continuous use of abusive language.
    - Taking others personal possessions without permission.
  - **Discipline Measure: Contact local authorities and/or camper is sent home with no refund.**



# Guidelines for Dances and Dress Code

- No head apparel including caps, hats, headbands, bandanas, toboggans, or hair stockings will be allowed in the dining halls or eating spaces.
- Shirts, blouses/sweaters, pants/dresses/shorts, and shoes must be worn at all times.
- Shorts cannot be any shorter than fingertip length when standing
- Skirts and dresses cannot be shorter than four inches above the knee.
- Spaghetti straps and muscle shirts are prohibited. One inch or more shoulder straps are acceptable. If straps are any smaller, participants will be asked to change.
- Bare midriffs, bareback, and excessively low-cut or see-through clothing are prohibited.
- Clothing that in any way refers to illegal substances, drugs, alcohol, negative slogans, vulgarities, or brings undue attention is prohibited.
- Wording in songs should not be offensive to children, ethnic, or religious groups.
- No sexually suggestive or explicit lyrics in the music provided.

If these guidelines are not met, you will be asked to become dress code compliant or be sent home\* Agents- Please discuss dress code policies with your parents and campers during your face to face meetings!



# Mail Procedures- Only if at Clyde York

Campers can send or receive mail while at camp.

## Campers Receiving Mail:

- To ensure that each camper receives their mail while they are here at camp please inform the parents that envelope must be addressed with the following information:
  - **Return Address:** This address will allow us to return the letter if it arrives after the camper has gone home.
  - **Home County-Camp Address:** The home county is the county that the camper is attending camp with. This will expedite the camper letter retrieval process!
- Please do not send campers items that must be signed for. The 4-H center staff is not allowed to sign for camper's item. Camper mail will be given to Co-Directors who will distribute to the County Agent. The County Agent will be responsible for getting the mail to the proper camper.

## Campers Sending Mail:

- A mailbox will be located at the Canteen for campers to mail letters home during their camp.
- Please make sure that campers have paper, pens, addressed envelopes, and stamps. An effortless way for campers to send mail home is to bring postcards. You can purchase postcards with the postage already on them from your local post office.
- Please ask your parents to make sure that their campers know how to address an envelope or postcard; otherwise, send them with the address already on them. Do not forget to make sure campers have stamps for outgoing mail.

