

## ALERT - MEDICATION

- ✓ Send medication in original bottles, along with dosage requirements. Put the medications in a ziplock plastic bag with name of camper in large print and visible. If not stated on bottle please write out name of medication, what for, and dosage needed to be taken each day and when each day.
- ✓ Medical release form should list all of the medications that the 4-H campers will be taking while at camp.

## Incidentals

- ✓ Spending Money (Snack Bar) (Souvenirs)
- Please make sure your name is on everything you take to camp.

## What NOT to Take to Camp?

- ▶ CD Players
- ▶ CD;s
- ▶ Cigarette Lighters
- ▶ Radios
- ▶ Boom Box
- ▶ Valuables you don't want to loose!!!

**Valuables out of sight will not be misplaced!**

**Leave valuables at home.**



## CAMPS

**4-Clover Camp** - A multi-county camp held in Dodge City, Kansas at the Dodge City Community College Campus. Campers must be 7-10 years old, and counselors must be 14 years old by January 1<sup>st</sup> of the current year. Counties involved: Ford, Gray, Hodgeman and Walnut Creek District (Lane, Ness, & Rush)

**Heart of Kansas Camp** - A multi-county camp held at Rock Springs Ranch near Junction City, KS. Campers must be at least 2<sup>nd</sup> grade to 8<sup>th</sup> grade. Counselors must be 16 by January 1<sup>st</sup> of the current year. Counties involved: Seward, Gray, Clark, Ford, Edwards, Pawnee, Barton, Ellis, Russell, Barber, Stafford, Pratt, Kingman, Walnut Creek District (Lane, Ness, & Rush), Post Rock Dist. (Lincoln, Mitchell, Osborne, Jewell).

**Overnight at Cedar Bluff** - for 4-Hers 5-12 years old, an overnight camp sleeping in tents and educational activities. Counties involved: Golden Prairie District (Gove, Trego, Logan), Walnut Creek District (Lane, Ness, Rush)

**Day Camps** – Day camps are held at various times of the year and are a youth enrichment program that allows 4-H and non 4-H youth to participate.

**Discovery Days** - Discovery Days is held at Kansas State University the week after Memorial Day. Members 13 years and older by January 1<sup>st</sup> of the current year, leaders, and parents are eligible to attend. The focus of the event is to help you DISCOVER more about a project area, strengthen what you are learning in the club and share with other 4-H members. This is a Mini College Experience for older 4-H members.

**4-H Ventures Program**-Looking for fun and outdoor adventure in your life? Are you seeking a challenge that requires skills in backpacking, white water rafting, canoeing, rock climbing, communications, decision making, safety, leadership, teamwork, outdoor cookery, first aid and coping with nature's elements?

Formed in 1997, the 4-H Venturers brings together teens and adults from 4-H, Boy Scouts, and other youth organizations from all over the state of Kansas who are interested in high adventure experiences. The program is offered to teens who are 14 years of age by January 1st or who have completed the eighth grade by June 1st. Adults must enjoy working with teens, thrive on adventure, and value group building experiences.

**Campference** - ( Age 12-14) Participants will experience the feel of a conference, while enjoying the “camp” activities Rock Springs 4-H Center has to offer. Campference will feature workshops about opportunities in the 4-H program, and activities to energize youth while learning leadership skills and how to better interact with others. Participants will meet other youth from around the state of Kansas, and have the opportunity to establish lasting relationships. Usually scheduled the same time as Heart of Kansas Camp.

**Citizenship In Action** - Would you like to have more influence in laws and rules that affect your life? Then you’ll want to go to Kansas 4-H Citizenship in Action! This is a two day event sponsored by the State 4-H Youth Leadership Council.

The purpose of the event will be for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process.

**Citizenship Washington Focus Trip**- Washington D.C. 15-18 year-old members apply to attend this intensive summer citizenship experience in our nation's capitol. Along the route, delegates tour educational sites like the St. Louis Arch and Gettysburg Battlefield. Delegates and/or their counties are responsible for the cost of \$1,700 to \$2,000.

**Kansas 4-H SpaceTech Experience**- November Hutchinson  
This fantastic experience is held in Hutchinson at the Cosmosphere Space Center and the Hutchinson Community College. Lodging is at the State Fair Encampment building and meals at the Hutchinson Community College.

## WHAT TO TAKE TO CAMP?

### **Camp can be a great place for tons of fun?**

Get ready for a super summer camp by packing the proper items.

#### **Bedding**

- ✓ Sleeping bag or sheets and a blanket, plus a pillow

#### **Towels**

- ✓ Towels (for bathing and swimming)  
Towels shouldn’t be your family best, since they’ll be used for swimming as well as for showers!

#### **Toiletries**

- ✓ Toilet articles - A small bag is a handy way for you to carry and keep track of essentials such as soap, shampoo, toothpaste, deodorant, comb and brush.

#### **Clothes**

- ✓ Take an extra pillowcase or laundry bag for your dirty clothing!
- ✓ Shorts, t-shirts and jeans are the basic items you’ll want to take to camp.
- ✓ Long pants for leg protection on hikes and horseback rides.
- ✓ Swim Suit
- ✓ Comfortable, durable shoes - Flip flops are fun but remember a good pair of tennis shoes for hiking, ball games and horseback riding.
- ✓ New shoes should be broken in before you go to camp!  
**YOU DON’T WANT BLISTERS!!!!**
- ✓ A hat - serves as a tick repellent and as sun screen.
- ✓ A raincoat or poncho is a must, in case of rain.
- ✓ A permanent marker to write your name on every item.

#### **Equipment**

- ✓ Flashlight
- ✓ Camera & Film
- ✓ Canteen or water bottle
- ✓ Sun screen & lip balm
- ✓ Insect Repellent
- ✓ Fanny pack or back pack to carry all of these things!

venture, keeping in mind your child's level of maturity. If your child feels some part of the decision making process, the changes of having a positive experience will improve.

Lastly, recognize your own feelings. Your child may be picking up on your own anxieties and the feeling of "letting go." Make sure you are comfortable with the information that has been provided to you by the camp organizers. Ask as many questions as necessary to feel satisfied. Once a child arrives at camp, refrain from calling to see how everything is going. If the camp lasts for several weeks, communicate in writing. Recognize that camp will have its high points just like the rest of life, so be supporting of your child and the staff as they work out problems.



**Kansas Youth Leadership Forum (KYLf)**- November.. Rock Springs 4-H Center, Designed for youth 14-18 years of age who wish to enhance their leadership skills. The Forum will include speakers, track sessions, service learning, consulting groups and election of area representatives to the State 4-H Council. Cost is approximately \$200.00.

Other Overnight Fun and Educational Events

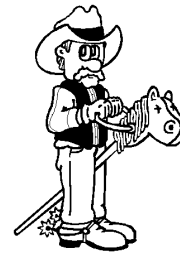
Dairy Camp

Dog Conference

Geology Field Trip

Horse Panorama

Photo Adventure Camp



### **Camp Contract:**

#### **I promise:**

- to obey all camp rules
- to be courteous and fair to everyone
- to be honest and honor commitments
- to show kindness to others
- to help when needed
- to respect others and their property
- to respect the authority of the camp
- to respect all the adult and youth volunteers
- to participate actively in all camp activities
- to do my best and keep trying to improve
- to use appropriate language
- to wear acceptable clothing
- to stay where the camp is taking place.

### **Camp counselors Needed:**

Are you an older 4-H member and looking for some leadership opportunities? How about being a camp counselor?

#### **We need older teens:**

4-Clover Camp Counselors (14 yrs and older)

Heart of KS Camp Counselors (16 yrs and older for Sr Counselors and 15 yrs old as a Jr. Counselor.)

Cedar bluff Overnight Camp (13 yrs and older)

**Applications due same time camp registrations are due.**

**May 1st**

Camp counselors are unique people. They are responsible for making sure each camper feels accepted, valued and safe. They serve as a positive role model - 24 hours a day for duration of the camp.

Being selected and serving as a camp counselor is a privilege and the privilege comes a list of responsibilities: programming, counseling, teaching, leading, facilitating, coaching and providing a safe, positive caring and nurturing environment for the camper.

Each camper comes with their own special needs and expectations of their counselor. Parents of those campers have expectations of their child's counselor. The extension agents have another set of expectations of the counselor.

If you would like to serve as a camp counselor this summer, get in contact with local extension Office right away! It is not easy being a camp counselor, but it is one of the most rewarding and life changing experiences you can have.



### **Help Your Child Have A Positive Summer Camping Experience**

Sending a child to summer camp might seem like a good idea to the parent. You want your child to have new experiences and a variety of things to do in the summer, but your idea of a good experience might be very scary to some children. It means leaving a safe, predictable environment for something unknown. How can a parent determine if a child is ready for this new adventure?

Do some practice runs by having your child spend the night with a friend to see how he/she copes. If the child calls at bedtime to be picked up and consistently is uncomfortable being away the entire night, summer camp may have to wait.

If your child just seems nervous about camp, talk about it. Encourage your child to share anticipated anxieties of going to camp. Using this information, decide what you can do to address these fears. By all means, do not ignore what the child is telling you or make the child feel like those feelings are ridiculous.

Get as much information as you can about the camp, the daily schedule, the facilities, other campers, camp staff, etc. Gently begin talking about the things that are of the most concern to your child. Go through a day's schedule and what the child can expect to be doing. If your child is concerned about sleeping and bathroom facilities and routines, mealtimes or other campers, talk about it. Talk about the counselors and camping staff and how they can help the campers. Prepare your child with information that helps to ease fears and anxieties. However, avoid the tendency to over prepare and make your child more anxious.

Your goal is to gently encourage this new experience, but to be realistic. You don't want to force a child to do something that is truly frightening to her or him. Encourage your child to talk about what can be gained from going to camp.

Prepare for camp together. Decisions about what to pack can be a joint

**To be a part of a special community where you are listened to and respected, where you belong, learn and contribute**

Camp is a special place where everyone's opinion is heard. Camp is a community...a family...and every member of that community is as important as anyone else. Decisions will be made as a group. Everyone is cooperative and responsible and we all help each other.

**To be me - not somebody else's brother or sister**

Camp is a special place where every camper is valued for who he or she is. Coming to camp is a new beginning - chance to really be you - or to discover who you really are. At camp, you will succeed. We promise!

**To have fun**

Last, but not least, camp is a special place - where yo can have fun! It's just not school! There are no tests, just full days of fun! Imagine a place that is designed especially for kids to have fun all summer!

**What happens at camp**

hike a trail ~ climb a hill ~ solve problems ~ learn to swim ~ learn to row ~ master a craft ~ resolve a conflict ~ paddle across a lake ~ make new friends ~ help others ~ gain independence ~ feed the fish ~ gain self-confidence ~ overcome homesickness ~ appreciate the earth ~ appreciate the environment ~ belong to a community ~ tell a story ~ set goals ~ be a leader ~ be creative ~ be healthy ~ shoot an arrow ~ shoot a camera ~ play games ~ sing songs ~ perform skits ~ ride a horse ~ trust others ~ meet positive role models ~ learn responsibility ~ learn about the little things ~ encounter fire flies, frogs, fish ~ navigate by sunlight, moonlight, flashlight ~ create models, key chains, clay pots ~ survive without cd's, tv, and the telephone ~ have the time of your life!!!!

**4-H Camp Registration Checklist**

- ★ Complete Camp registration form
- ★ Make Check Payable to Local 4-H Council
- ★ Complete a Kansas 4-H participation form
  - Emergency Contact
  - Name of family doctor
  - Name of Insurance Co
  - Policy Number
  - Signed by parent and member
  
- ★ Medical forms (2 copies per medicine)
  - All meds. in original containers
  - Fill out form COMPLETELY!!!!



## **WHY SHOULD “I” GO TO CAMP?**

### **To Make New friends!**

Camp is a special place where you learn how to make a friend and how to be a friend. Your counselors are trained to make sure that you start making friends as soon as you arrive at camp. After all, camp is a community where kids work and play together! While you might go to camp with a friend, it is not necessary that you know someone. Camp gives you the opportunity to leave any concerns you might have from school behind and start over. That means that you can be a “new you”!

### **To enjoy a variety of activities**

Camp is a special place where you can be involved in tons of activities -just about anything you can think of! At 4-H camp, you will participate in all kinds of arts and crafts, athletics, nature, swim, outdoor adventure, canoeing, horseback riding(Sunny Hills), shooting sports(Sunny Hills), fishing.....the list goes on and on. Check with your Extension Agent to see what kind of activities will be offered at your 4-H camp this summer.

### **To feel good about myself and develop courage to try new things**

Camp is a special place where everyone encourages you to feel good about yourself. You will learn to believe in yourself and you will develop courage to try things you have never tried before. You will learn to say”You bet I can” when you are faced with a new challenge, because your friends and counselors will be cheering you on.

### **To learn new skills**

Camp is a special place where you can learn new skills in a variety of activities. Plus, you’ll have a chance to practice the skills you’ve already learned.....making the best better! You’ll have lots of fun doing and learning all of these skills, too.

