

# The Great NW 4-H Camp Guide

## What is the Great NW 4-H Camp Guide?

*The Great NW 4-H Camp Guide* is designed to give you and your child all the information you need to know about camp. Included is a packing list, some program material, directions and more. Please take the time to read through this information to help insure a positive camping experience for all.

## What is 4-H anyway?

4-H is the comprehensive youth development program of K-State Research and Extension. Youth aged from 7 to 18 engage in hands-on learning experiences under the guidance of adult or teen 4-H volunteers trained by extension agents. 4-H programs use experiential learning opportunities to teach the latest research-based subject matter knowledge and to foster skill development in effective citizenship, leadership, and other life skills. 4-H members learn how to: make decisions, manage resources, work with others, and utilize effective communication skills. There is a large selection of projects that participants can choose from, and many ways to participate in 4-H after camp.

## LET THE ADVENTURE BEGIN!

**Check in**– Thursday, June 16<sup>th</sup> from 2:00-2:15pm at the Johnson Administration Center. Your county's chaperone will be present to assist you with housing assignments, medication, etc.

**Check out**– Sunday, June 19<sup>th</sup> at 10:30am at the Flagpole Plaza near Williams Dining Hall. After checking out with your county's chaperone, your transportation will take you to your housing assignment to pick up luggage.

**Transportation Plan**– Inform your local Post Rock District Office, the name and cell phone number of the adult that will be taking you to camp and bringing you home. Chaperones will only release youth to the trusted adult on record.

**Camp Information at [www.postrock.ksu.edu](http://www.postrock.ksu.edu)**– Visit the Post Rock District's website (4-H Youth Development > Forms/Resources) to find Clover Corner Snack Bar Prices, Craft Options, Souvenir Prices, and other information about camp.

## Packing List

We always have some "unclaimed freight" when camp is over. Mark everything with your name and your county's initials. This is a suggested list; you might want more or less.

- ✓ Sleeping Bag (Bedding) & Pillow
- ✓ Towels & Washcloth for bathing & swimming
- ✓ Personal toiletries (toothbrush, soap, etc.)
- ✓ Comfortable Clothing for 3 days
- ✓ Pajamas
- ✓ Swimming suit
- ✓ Light jacket
- ✓ Rain coat
- ✓ Sun screen
- ✓ Insect repellent
- ✓ Flashlight
- ✓ Hat
- ✓ Long pants & hard soled shoes (required for riding horses)
- ✓ Second pair of shoes
- ✓ Some money (snacks, craft items, souvenirs)
- ✓ Personal prescriptions with CLEAR directions on a 3x5 notecard.
- ✓ Plastic bag or zip-lock bag to bring home wet swimming suit and a large bag for dirty damp clothing.
- ✓ Garbage bags (clearly marked name) to keep your luggage sorted and protected during check-in and check-out. It might be rainy!

## Do Not Bring

- ✓ Expensive and sentimental items, games, etc. you don't want to lose or damage.

## Dress Code

The following dress code will be followed at camp by all campers, counselors, agents, and adult volunteers. Dress should reflect well on the camper and the 4-H program. Jeans and other clothing articles should be in good repair. Blouses, shirts, and t-shirts are acceptable. Crop tops should be at least waist length. No string top or halter top shirts or dresses. Shorts, skirts, and dresses must be fingertip length or longer. No split or open-sided t-shirts. No shirts, t-shirts, caps, etc. with offensive sayings or logos. Boys and girls should wear a t-shirt or acceptable cover-up outside the pool area. No thong bikinis for girls or bikini brief swimsuits for boys.

**Activities**– Activities include canoeing, horses, swimming, adventure courses, archery, air rifle, hiking, nature centers, crafts, swimming, fishing, camp fire, environmental activities, UAV (quadcopters), LEGO mindstorms, robotics, model rocket launching, and more!

**Living Groups**– All campers live in permanent housing in groups of approx. 8 campers and 2 counselors. Each group will participate in assigned activities and free time as a group. Everyone is expected to participate.

**Name Tags**– All campers will be given a name tag. It is to be worn at all times so we can quickly establish identification in an emergency.

**Spending Money**– Campers from past years think \$25 seems to be a sufficient amount of money. Campers can buy souvenirs and snacks from Clover Corner. Please send small bills. There will also be a camp bank available for campers.

**Conduct**– All 4-H'ers sign a Code of Conduct. Campers are required to stay in living groups at all times. The following activities are strictly forbidden during camp: sneaking out at night, climbing steep slopes, and being disrespectful to others.

**Lost and Found**– Items will be at Williams Dining Hall while at camp.

**Phones**– It is our experience that campers who stay away from the phone are less likely to be homesick. Cell phone reception is also very poor. Youth may bring cell phones but must leave them off while at camp. The counselors will be instructed to have the agents assist the campers if the campers need to call home.

**Mail**– Some parents and relatives send letters to their campers. If you wish to do this, you'll probably have to send it before your child actually leaves.

Rock Springs 4-H Camp  
1168 Hwy K-157  
Junction City, KS 66441-7455

You must write "Great NW 4-H Camp" somewhere on your envelope!

**Discover Rock Springs on the Web**– Rock Springs has a website where parents can see photos and maps of the facility. The address is: <<http://www.rocksprings.net>>. This is a great website for parents to visit and get an idea of what our state 4-H camp site has to offer Kansas youth.

**Insurance and Medical Treatment**– No camper will be allowed to attend camp unless the participation/health form is fully completed. The Great NW Camp Group hires at least two nurses and these nurses reside at camp for the entire time period. Should a camper need additional medical attention, the camper will be taken to Geary County Hospital and the parent(s) will be notified in a timely manner.

**Medications**– Rock Springs Camp Standards state that "Prescription medications for each camper must be given to the health care professional upon arrival at the camp. Prescriptions are not to be left with the camper." Exceptions may include inhalers, Epi kits, or other ...according to doctor's orders. Prescription medications must be administered by the qualified health care professional." Over the counter medications may be kept by the camper. The nurse will only administer over-the-counter medications with parental permission. Rock Springs has a health center where the nurse can safely keep prescription medicine. Counselors will not administer any medication.

**Put all prescription drugs in a clearly labeled original container.** Do not pack in suitcase. Please also include instructions on a 3x5 card. Your chaperone will collect all medication at check-in.

**Chaperones**– The Post Rock District chaperones are Aliesa Woods, Nora Rhoades, and Abbye Hendrich. Nora Rhoades will be the go-to chaperone for all Osborne County campers and counselors. Her cell phone number is (785) 282-4955. In case of emergency, the Rock Springs Administration Center numbers are (785) 257-3221 or (785) 257-3395.

**Questions**– Contact your local Post Rock District Office!