



## CAMP CLOTHING RULES

### All Campers

- ◆ No clothing should be worn that violates the Code of Conduct. In general, keep it conservative. Clothing that advertises alcohol or tobacco products are NOT allowed. If in doubt, leave it out.
- ◆ Mark and identify all clothing and items with camper name.
- ◆ **Comfortable shoes are a must.** Tennis/athletic shoes are great. Please wear socks to prevent blisters. Sturdy sport sandals with a back strap are also great for camp.
- ◆ **SHOE RULE:** all shoes worn outside of cabin must have a **durable heel strap** attached to a sturdy shoe. This means **no flip flops.**
- ◆ Shoes must be worn at all times except for swimming.
- ◆ Shorts should not be too short or too tight. Generally, shorts need to be as long as the index finger when the arms are extended by the sides.
- ◆ Pajama pants should not be worn outside of the cabin.
- ◆ All rules also apply for travel on bus to and from camp.

### Girls

- ◆ The following clothing items are **NOT ALLOWED:** halter tops, backless tops, one shoulder tops, **spaghetti strap tops**, tube tops, extremely tight clothing, visible midriffs, extremely short shorts, revealing pants.
- ◆ **Underwear should be worn at all times and should not be visible. This means bra straps should not show.** There should be no visible cleavage.
- ◆ Girls must wear a **one piece swimsuit or a tankini.** Suits must be in good taste and not too revealing. One piece suits with the sides cut out are not allowed. For swimsuits deemed inappropriate, those girls will be required to wear a dark t-shirt over suits during swim time.
- ◆ Girls need to pack a cover-up or plan to wear shorts and t-shirt over swimsuits to travel from cabin to pool.

### Boys

- ◆ Boys must wear a shirt at all times except when in pool or participating in other water activities.
- ◆ Underwear should not show under shorts or pants, and shorts or pants should sit at waist and not droop.

## What to Bring... check the checklist

### ITEMS TO INCLUDE

- ◆ Money for a fast food lunch on way to camp **that is not packed away in suitcase**
- ◆ Sheets, blanket for twin bed **or sleeping bag** (pillow provided or campers may bring own pillow to use on bus as well)
- ◆ **3 Towels and a beach towel** for shower & pool, wash cloths
- ◆ Daily change of comfortable clothes and underwear. **Shorts and t-shirts are ideal.** Pack clothes that can get dirty. Some days two outfits may be needed. Buying new clothes for camp is not a good idea. Leave the nice, new clothes at home. **See clothing rules at left.**
- ◆ **Proper shoes** and socks (Bring at least 2 pairs of shoes—one that can get wet and muddy). Sport sandals or tennis shoes are best. **No flip flops. See shoe rules at left.**
- ◆ **Swim suit:** must be modest and appropriate. Camp rule: girls need one piece swim suits. **See swimsuit rules at left.**
- ◆ **Soap, toothpaste, toothbrush, deodorant and other toiletries**
- ◆ Rain jacket (or \$1 poncho)
- ◆ Money for snacks at canteen
- ◆ Plastic garbage bag with name on it for wet clothes on trip home
- ◆ Waterproof sunscreen, Insect Repellent

### OPTIONAL ITEMS

- ◆ Day pack or small back pack
- ◆ Sunglasses and hat
- ◆ Water bottle
- ◆ Inexpensive camera at own risk (disposable is recommended, mark name and county on camera)
- ◆ Flip flop shower shoes (allowed only inside of cabin, see shoe guidelines)

*Students will need to carry their own luggage so pack accordingly (one suitcase and one bedroll) and pack as light as possible as space is limited.*

## Do NOT Bring... read carefully

- ◆ Ipods, I pads, Kindles, video games, CD players, radios, computers, televisions, **or any kind of electronics\*\*\***
- ◆ **Cell phones**
- ◆ Laser lights
- ◆ Knives
- ◆ Fireworks
- ◆ Chewing gum
- ◆ Excessive amount of cash
- ◆ Skates, roller blades
- ◆ Items of great value (emotional or monetary)
- ◆ Any items which would not be acceptable based on the Code of Conduct
- ◆ Clothing or shoes which do not follow guidelines

*These items are not allowed because of: camper safety, fear of damage or loss, or disruption of sessions and planned activities. The camping experience allows youth to grow in an independent, unique environment apart from family and electronics (and its only for 5 days!).*

**\*\*\*PLEASE NOTE:** Any cell phones brought to camp will be collected and returned after camp.



# FORTSON 4-H CLOVERLEAF CAMP 2016

Brooks County Camping Parent Information

**JUNE 13-17**

## What to Expect... a memorable, true camping experience

Brooks County 5th and 6th graders will join **175** 4-H members from other counties June 13-17 at Fortson 4-H Center in Hampton, GA. Fortson is one of Georgia's five 4-H centers that combined provide a summer camping experience for over 8,000 campers each summer.

The ratio of campers to adult chaperones is 10 to 1. All Extension staff and volunteers staying overnight with 4-H'ers have been trained and fulfilled requirements for certification as a Georgia 4-H overnight chaperone. Enthusiastic and well-trained counselors work with Extension staff and volunteers to make the camping experience unique and memorable.



Fortson has a music theme, and counties will be divided into bands for the week. Campers will rotate to activities on different schedules and are expected to attend every activity, which are engaging and fun. The opportunity to make friends from other counties is one of the greatest rewards of camp and youth from other schools across Brooks County. Youth can enjoy hanging with friends at the pool, on the lake in a canoe, in their dorm, or going down a waterslide at White Water Theme Park.

## Departure/Return... at the 4H office

**Meet Monday, June 13<sup>th</sup>**

**7:30 a.m. sharp**

All campers report to the Brooks County

4-H Office (Ag Building) @ 400 East Courtland Ave Quitman, Ga.

Monday, June 13. Please be punctual.

**Parents will be responsible for transporting late-comers to camp.**

Extension staff traveling to camp and chaperoning Brooks County campers are Carol Smith, Ben Shirley, Laura Booker Bus Driver and Volunteer Randy Jarvis. We will travel on a the Brooks County 4-H Bus.



### DAY TO DAY

- ◆ Breakfast 8:00
- ◆ Attend educational classes/workshops such as survival class, Farm to Plate, Climbing Wall, Herpetology, and Zip Line in addition to games, swimming, canoeing, archery, basketball, etc.
- ◆ Lunch
- ◆ Band Meeting
- ◆ Off Center Trip!
- ◆ Supper
- ◆ Schedule at Fortson varies per day, so timing of classes will vary.
- ◆ A schedule will be given to each camper
- ◆ Campers should listen for the bell at camp to know where to be and when.

## CONTACTS

**In Case of Home Emergency During Camp Week**

**Daytime** - 8:00am-5:00pm  
call – 229-263-4103

**Afterhours** or at night

Fortson 4-H center  
Phone: (770) 946-3276  
Carol Smith 229-263-1104

**Camp contact**

Brooks County Extension Office  
Phone 229-263-4103

## Housing... counties stay together



Campers stay in variety of housing styles at camp. The cabin arrangement range from small rooms with 4 bunks to an open style. Youth number within cabins range from 22 youth to 34 youth. Campers enjoy bunk beds while staying at camp!

Counties stay together with both the girls' cabin and the boys' cabin having an adult chaperone for their county in the same cabin or in a separate adult bedroom with its own

separate bathroom.

Campers are expected to clean the cabin each morning, including making beds, putting away clothing, sweeping, some mopping, carrying out trash, and even deco-

rating the living room or front porch in hopes of winning the cleanest bus award given for the cleanest cottage. Youth may want to start practicing at home before camp.



### CAMPER E-MAIL

Families may email campers while they are at camp. The email will be printed and delivered to the camper.

To email a camper go to the Georgia 4-H website camp page (<http://georgia4h.org/camp/>) and select the link on the left that says Camper Email.

Clicking Camper Email will open a form that is password protected for safety of the campers. **The password will be given out by the county 4-H office.**

After the password is entered, Brooks County will need to be selected. Then select Cloverleaf Camp at Fortson June 13-17. This will open a form to write a short message which will be printed and delivered to the camper.



## Meals... healthy eating makes for healthy campers

Fortson's staff prepares and serves three meals per day cafeteria style in the dining hall.

Arrangements can be made for special meals during camp week for youth that have food allergies or require a special diet for medical reasons. The county 4-H office must be notified at least one week prior to the camp date if special meal

arrangements need to be made.

Snacks are also available to purchase from the canteen. Campers need to understand

the importance of eating meals and not overdoing it on junk food which can lead to stomach aches. Parents need to discuss this at home.



## Spending Money... take care not to lose

The canteen sells snack foods, drinks, souvenirs and t-shirts. Parents should discuss what money is to be spent for and talk about a daily budget. (Remember each child will receive a County camp t-shirt upon arrival.)

Campers should not bring large amounts of money to



camp. All spending money will be taken up on Monday before we leave for camp and given out at the beginning of each day. Money should be separated in envelopes for each day of the week with the

child's name on the envelope. The Friday envelope should have the money they will use for their lunch on the way home from camp. Please allow for \$7 to \$8 dollars for lunch *on the way to camp* and *on the way home*. Campers are responsible for keeping up with their money once given to them per day.

## Health... major goal is keep campers safe, healthy

Each camper's medical form needs to contain all necessary information which might be needed by staff and health professionals at camp as well as information needed should any emergency arise.

**It is important all prescription medications are indicated on this form.** Medication information such as storage procedures, dosage amount and time, and if the child can keep and give the medication to himself, needs to be indicated on the medical form.

**In addition, any over-the-counter medicine which is okay to give the child during camp week must specifically be indicated on the form.**

Items will be in the Brooks County 4-H first aid kit. If it is okay to administer these over

-the-counter medications they specifically need to be indicated on the medical form. Otherwise, if a child has a headache they cannot be given Tylenol and you will have to be called.

Medical forms are filed in the Health Cottage, for use in any medical situations. There are medical personnel on duty most of the day. A child who cannot be treated with first aid will be taken to Putnam General Hospital in Eatonton.

Parents will be notified if a child is taken to the hospital. Health insurance is provided during the week of camp.

Be sure to contact the 4-H office before camp if a child's medical condition has changed since turning in the forms.

If a child's doctor prescribes medication for hyperactivity during the school year, please consult with him about the child taking the medication during camp. This helps everyone have a more productive week.

Occasionally, a child will become homesick. If this situation occurs, our staff will do everything possible to help the child remain at camp. Allowing the child to call home is not the first action taken, however, since calling home usually makes matters worse. The first measure is to make sure the child has a buddy and is so involved in camp activities that he forgets about being homesick. If the child becomes physically ill due to homesickness, parents

will be contacted to come and get the child.

Please do not ask youth to call home, as this sometimes does more harm than good. Just remember, "no news is good news." Rest assured Extension staff will contact parents when necessary. (Please note the no cell phone policy is a state policy for 5th and 6th graders at camp.)



## Security... is tight for camper safety

Children are supervised by Extension staff and volunteers (from Brooks County as well as other counties). However, there will be short periods of time when campers will be on their own. Adults are assigned for night patrol

during evening recreation and after the campers are in cabins. Cabin doors are locked at night.

Visitors may not enter unannounced. If a need arises for you to go to camp, please call a staff member to

make us aware that you are coming and check in at the Camp office upon arrival.



## Discipline... must follow 4-H Code of Conduct

Each camper has signed the 4-H Code of Conduct. It is the parents' responsibility to be sure their child totally understands these rules. Failure to adhere to rules will result in disciplinary action as outlined in the Code of Conduct

which could include a parent being contacted to come get a child.

Extension policy states no corporal/physical punishment is allowed. Minor misbehaviors will be corrected by such methods as sitting beside a

misbehaving child during class time or having the child walk beside an adult.

The 4-H Code of Conduct will be reviewed on the bus prior to camp departure.

### CAMPER MAIL

Campers may receive mail at camp, but time required for mail to travel to Hampton, GA can be undependable.

Letters need to be put in the mail on the Saturday *before campers leave* on Monday to have the best chance of arriving during camp week.

**Camper mail address:**  
Camper Name  
Brooks County 4-H  
Fortson 4-H Center  
999 Fortson Rd  
Hampton, GA 30228