

2023 Junior Camp Packing List
Telfair County 4-H
Camp Dates: June 26 – 30, 2023 @ Fortson 4-H Center



NOTE: 4-H'ers are allowed to bring 1 large suitcase and 1 small bag of bedding. Any additional luggage will not be permitted. Please pack accordingly.

***Please label all items with the child's name using a waterproof marker to avoid mixed up items or to help identify any lost items. Do not bring expensive jewelry, electronics, or other items of great value. Cell phones are permitted for Junior Camp at your own risk. Please review the Georgia 4-H Cell Phone Policy at the conclusion of this packet. ***

WHAT TO BRING TO CAMP AT FORTSON 4-H CENTER

- Linens, blankets, or a sleeping bag (All beds in the cabin are Twin XL size.)
- Pillow w/ case
- Pajamas
- Daily change of play/outdoor clothes (shorts, t-shirts, socks, undergarments, etc.)
 - Modest clothing – NO halter/strapless/spaghetti strap shirts or short shorts (No shorts that are shorter than “fingertip length” will be allowed.)
 - Clothes that can get dirty are best (Shorts and t-shirts are perfect!)
 - Pack more socks and underwear than you would normally need for 5 days.
 - Undergarments should be work at all times and should not be visible.
- Multiple pairs of comfortable shoes (wet pair and dry pair) – Shoes must be worn at all times for all activities!
 - Tennis shoes (Campers will be walking everywhere on enter, so these are ideal.)
 - Sandals with a heel strap, or water shoes (Great for going to the pool or for water games/activities and classes such as canoeing.)
 - **NO FLIP FLOPS ALLOWED!**
- Swimsuits (Girls must have a one piece or tankini that covers the stomach and sides.)
 - A cover up must be worn at all times over the swimsuit when going to and from the pool. This includes boys. Boys must wear a t-shirt to and from the pool.
- Towels/washcloth for showering
- Towel for pool time
- Toiletries (soap, shampoo, toothbrush, toothpaste, deodorant, etc.)
- Jacket or Sweatshirt (not necessary, but consider if you get cold easily in the evenings)
- Rain Jacket (Weather conditions vary during camp, so it is good to be prepared.)
- Plastic bag for wet clothing – Once again, please label the bag with your child's name.
- Waterproof sunscreen
- Insect repellent
- Water Bottle (Label with your child's name!)
- Sunglasses and/or a hat (not required, but we anticipate plenty of sunshine!)
- Prescription Medications, along with a list of the dosage and times it is administered
 - Please label each item and be sure to place it in a bag with your child's name as well. Medications will be stored by Adult Leaders for safe keeping while at camp, and can be dropped off at check-in on the morning we depart for camp.
- Spending money for snacks and souvenirs at camp (approximately \$30 - \$50)
 - We would not recommend much more than \$5 - \$10 a day to purchase snacks/souvenirs on center. All meals and needs are provided while on center and for off center trips. Spending money is simply for extra items a camper wishes to obtain from the Fortson Canteen. They may bring additional money for off-center trip snacks/souvenirs if they wish to purchase anything at Stone Mountain, Atlanta Motor Speedway, etc.

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OPTIONAL ITEMS

- Shower shoes (Some 4-H'ers prefer to wear flip-flop types shoes in the cabin showers.)
- Disposable/One-time use cameras labeled appropriately with first name, last name, and county name (Nice cameras may be damaged, lost, or stolen. Do not bring digital cameras.)
- Day pack/backpack to carry items around the camping center and to off-center trips.

WHAT YOU CANNOT BRING TO CAMP (PLEASE LEAVE THESE ITEMS AT HOME!)

- Knives/weapons/fireworks
- Silly string or glow sticks
- Portable DVD players
- Handheld video games
- Laptops/iPads/Kindles
- iPods/Radios/Walkman's/CD players
- Skates/roller blades/bicycles
- Laser lights

WHAT KIND OF CLOTHES SHOULD I PACK?

- The key is comfort and coolness. It will be hot this summer, so please keep this in mind!
- Please pack t-shirts and shorts that you don't mind getting wet and dirty.
- Clothing selections should be modest. Halter shirts, spaghetti strap shirts, strapless shirts, and short shorts are not allowed.
- T-shirts may not exhibit any profanity, alcoholic products, and/or sexual slogans.
- Tank top straps must be at least 3 fingers wide.
- Shorts must be at least fingertip length – most athletic shorts may be too short, but check them to be sure.
- Be sure that the shoes you take are comfortable/suitable for a lot of walking. Athletic/Tennis shoes and sport sandals are the best options. **Flip-flops WILL NOT be allowed as footwear at camp.**
- Campers will need sport sandals/water shoes that can get wet. **Any sandal-like, open-toed footwear must have a heel strap to secure it around the foot.**
- Wearing a bathing suit without a t-shirt or cover up is only permitted within the pool area. A bathing suit cover up or t-shirt/shorts must be worn at all other times.
- Bathing suits are a necessity for the week of camp. We will spend much time in the water through the week. Please bring more than one bathing suit if possible. 4-H'ers must wear an appropriate bathing suit any time they are in the water. **No bikini tops are allowed! Only one-piece and modest tankinis that completely cover the stomach are appropriate.**
 - Campers wearing inappropriate bathing suits will be asked to cover up with a dark colored t-shirt before entering the water.

*****When selecting clothing to pack, keep this general rule in mind --- If the item cannot be worn to school, it cannot be worn to 4-H camp. *****

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Georgia 4-H Camping Guidelines from Camp Administration:

Cell Phones: Junior level (7th-8th Grade) 4-H'ers may bring cell phones to 4-H events and camps, and the phones may remain in their possession, but must be put away during scheduled activities and at lights out. Cell phones may be confiscated and returned at the end of the event in their possession or use, such as sending or receiving calls or text messages or using head phones, is determined to be disruptive to the event experience.

While the rules governing the use of cell phones at 4-H events allows for greater access to phones at different stages of youth development, Georgia 4-H **strongly discourages** the use of cell phones and other electronic devices at all camps and events. **Georgia 4-H and the 4-H Centers also assume no responsibility for lost, stolen or damaged cell phones or other personal electronic devices that are brought to 4-H events.** Some competitive 4-H events or some individual counties may have more stringent policies regarding the use of cell phones. Cell phones may not be used during competitions. Keep in mind, if cell phone use is determined to be involved in a violation of the Georgia 4-H Code of Conduct, appropriate disciplinary action will be taken.

FOR YOUR CHILD'S SAFETY AND ENJOYMENT OF CAMP, PLEASE ADHERE TO THE 4-H CAMP CELL PHONE POLICY!

In addition to cell phones, 4-H'ers are to leave radios, iPods, Walkman's, computers, televisions, video games, and other electronics at home. No programs should be interrupted by personal electronic equipment. 4-H'ers are not allowed to bring skates, roller blades, bicycles, laser lights, or other personal items that would make safety an issue. Safety and damage/loss of expensive items are the major concern.

Swimwear: A “one-piece only” rule for girls' swimwear has been established for 4-H summer camp at all 4-H centers. One-piece bathing suits that have the sides cut out or are extremely revealing are not appropriate for camp. A dark colored t-shirt must be worn over any swimsuit that is ruled as inappropriate. Any camper or leader, male or female, may be asked to alter their swimming attire if deemed inappropriate.

Flip-Flops: No “flip-flops” may be worn at 4-H Summer Camp. any sandal-like, open-toed footwear must have a heel strap to secure it on the heel of the foot. Certain activities may call for closed-toe footwear at the discretion of the activity leader. Leaders participating in activities with campers are expected to adhere to this guideline.

We are looking forward to summer camp and hope you are too!

Please be sure to follow the guidelines outlined above when packing for your week of camp. If you have any questions or concerns about packing for camp, contact the Telfair County Extension Office for guidance.

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