

2018 Fantastic 4-H Camp Chronicle

YOUR ADVENTURE STARTS HERE!

June 16-19, 2018

We are looking forward to a great camp experience and hope you are as well! Camp is only a few short weeks away! Enclosed you will find information to help you prepare. **Please read all the information carefully!** If questions remain after reviewing the Camp Chronicle, please contact the 4-H Agent, Janae McNally, at 785-229-3520.

Lunch: On the way out, we will stop in Council Grove to eat. Campers will need a sack lunch. Due to space restrictions, there will not be a cooler available in which to pack lunches, so please be reminded of food safety when deciding what to send. Also, each camper will be responsible for his/her own lunch on the bus. Packing a lunch that is completely disposable is recommended.

Meet & Depart: Buses will pick up campers in all three counties at the listed places and times on **Saturday, June 16th**. Please use extra caution in the parking lot.

Garnett - Anderson Co. Extension Office 411 S. Oak - Meet at 9:15 a.m., bus leaves at 9:30 a.m.

Ottawa - Franklin Co. Extension Office (**note the location**), 1418 S. Main - Meet at 9:45 a.m., bus leaves at 10:15 a.m.

Lyndon - Osage Co. Extension Office, 128 W. 15th - Meet at 10:30 a.m., bus leaves at 11:00 a.m.

Return: Campers will be dropped off at the following locations and approximate times on **Tuesday, June 19th**:

Lyndon - Osage County Extension Office - 1:15 p.m.

Ottawa - Celebration Hall - 2:00 p.m.; **This is a different location than the meeting place.**

Garnett - Anderson County Extension Office - 2:45 p.m.

Parents will be required to sign out campers at pick up. Campers will not be released to anyone without prior, written authorization from the parent or guardian given to the District 4-H Agent, Janae. **Parents picking up a child at Rock Springs should call and speak with Janae in advance so arrangements can be made.**

Forms: Each camper's completed Camp Health Form should have already been received. If any health or medication changes need to be made, please contact Juanita in the Extension Office as soon as possible so the forms can be updated.

Dietary Needs: Rock Springs will provide supplemental choices for those with any dietary restrictions. Fill out the form at <http://rocksprings.net/Food-Allergies/index.shtml> so the camp knows ahead of time what to provide.

Medications/Medical: Rock Springs Camp Standards state: "Prescription medications for each camper must be given to the health care professional upon arrival at Rock Springs." 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 not 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 all prescription medicine. **ALL MEDICATION(S) MUST BE CLEARLY LABELED and in the ORIGINAL CONTAINER. COUNSELORS WILL NOT ADMINISTER OR "TAKE CARE OF" ANY MEDICATION.**

The Fantastic 4-H Camp Group will hire three nurses to reside at Rock Springs during the duration of camp. Should a camper need additional medical attention, he/she will be taken to the Geary County Hospital and the parent(s) will be notified in a timely manner.

Name Tag and Wristband: Each camper will be given a nametag and a wristband. Both must be worn at all times for identification and/or in case of an emergency.

Living Groups: Participants live in permanent housing in groups of eight campers and two counselors. Campers will participate in assigned activities and free time as a group. Everyone is expected to participate.

Note: All campers are required to stay in his/her assigned living groups at all times. The following activities are **STRICTLY** forbidden during camp: sneaking out at night, climbing steep slopes, being disrespectful to others, etc. Campers are to respect the campgrounds and the wildlife. Any abuse may result in being sent home.

Camp Activities: Archery*, Bird is the Word, Canoeing, Climbing Wall, Crafts, Creatures of the Night, Disc Golf, Horses, Mountain Bikes, Pioneer/Prairie Crossing*, Prairie Games, Prairie Life, Rifles, Robotics*, Rockets*, Simple Machines* Sling Shots, Soccer, Strange New Planet, Stream Study*, Swimming, Team Challenge Course, Wild CSI. (*Age dictates tier availability.)

Spending Money: Previous campers feel \$20 (small bills) is a sufficient amount of money for camp. There is a small fee for some of the activities and souvenirs, extra crafts and snacks may be purchased. Price lists are included.

Rock Springs 4-H Center: Administration Office Phone: 1-785-257-3221 or 1-785-257-3395. This is for Office use ONLY. Check out Rock Springs 4-H Center on the web at www.rocksprings.net.

Phones: There is not a public phone at Rock Springs. A camper is less likely to become homesick if he/she does not make phone calls. Also, cell phone coverage is not reliable at Rock Springs. Campers are asked to leave cell phones at home. In the case of an emergency, please call or text Janae McNally, 4-H Agent, at 620-794-2059. Leave a message and Janae will return the call as soon as possible.

Mail: If sending mail to campers, please mail it before **June 12th** to insure the camper receives it while there. The address is Rock Springs 4-H Camp, 1168 Highway K-157, Junction City, KS 66441-7859. **Write: Frontier District and the camper's full name on the envelope.**

Severe Weather: There are assigned storm shelters in all locations throughout camp. The Rock Springs Staff is in contact with Dickinson and Geary County Officials about the weather. In the event of severe weather, Rock Springs Staff will notify each living area and move campers to the appropriate shelters.

Camp Check List: Please mark **everything** with the camper's full name and county. Space for luggage is **limited**, so please, encourage the camper to **only pack necessary items. Campers: Don't pack more than you can carry!**

What to pack/bring:

- Sleeping bag
- Flat sheet
- Pillow
- 2-3 towels & wash cloths
- 4-H appropriate clothes for 4 days
- Pajamas
- 1-2 swimsuits and plastic zip bag (i.e. Ziploc®) for wet swimsuits
- Towel for pool
- Sunscreen, insect repellent
- Flashlight
- Sweatshirt, light jacket/rain gear/hat
- Second pair of shoes (**flip flops are not shoes**)
- **Jeans & closed-toed shoes for horseback riding**
NO sandals, water shoes, Keens, Croc's or five toe shoes.
- Personal toiletries (toothbrush, soap, shampoo, etc.)
- Camera (optional) preferably disposable
(marked with camper's name and county)
- Money for snacks, craft items, souvenirs
- Medication(s) in the original container(s) with CLEAR INSTRUCTIONS in a plastic zip bag (i.e. Ziploc®) labeled with the camper's full name and county.
- Don't pack more than you can carry!

What NOT to pack/bring:

- Weapons (real or pretend)
- Expensive radios, music players, i-Pods, video games, tablets or any other electronic devices
- Skateboards, skates or shoes with wheels
- Cell phones, two-way radios or other electronic items
- Excessive amounts of money
- Excessive personal grooming items or expensive clothing
- Anything of value



LOST & FOUND ITEMS:
Check at the Ottawa Extension Office.
Items not claimed by August 1st
will be donated.

Camp Schedule

*Schedule is tentative until confirmation from Rock Springs is received.

DAY 1

2:00-2:30 PM Move into Housing
 2:45-3:15 PM All Camp Orientation
 3:30-4:15 PM Activity 1
 4:30-4:15 PM Activity 2
 5:30-6:15 PM Activity 3
 6:30-7:15 PM Picnic Dinner
 8:00-9:30 PM Groups 1-18: Swim
 Groups 19-36: Campfire
 10:00 PM Back to Housing

DAY 2

7:30 AM Reveille & KP Duty Report
 7:45 AM Flag Raising Ceremony
 8:00-8:45 AM Breakfast
 8:45-9:00 AM Counselor Mtg./KP Duty/Rest Time
 9:00-9:45 AM Activity 4
 10:00-10:45 AM Activity 5
 11:00-11:45 AM Activity 6
 11:45-12:15 PM KP Duty/Free Time
 12:15-1:00 PM Lunch
 1:00-1:15 PM KP Duty/Free Time
 1:15-2:00 PM Activity 7
 2:15-3:00 PM Activity 8
 3:15-4:00 PM Activity 9
 4:15-5:00 PM Activity 10
 5:15-6:00 PM Activity 11
 6:00-6:30 PM KP Duty/Free Time
 6:30-7:15 PM Dinner
 7:15-7:45 PM Counselor Mtg./KP Duty/Free Time
 8:00-9:30 PM Groups 1-18: Campfire
 Groups 19-36: Swim
 10:00 PM Back to Housing

DAY 3

7:30 AM Reveille & KP Duty Report
 7:45 AM Flag Raising Ceremony
 8:00-8:45 AM Breakfast
 8:45-9:00 AM Counselor Mtg./KP Duty/Rest Time
 9:00-9:45 AM Activity 12
 10:00-10:45 AM Activity 13
 11:00-11:45 AM Activity 14
 11:45-12:15 PM KP Duty/Free Time
 12:15-1:00 PM Lunch
 1:00-1:15 PM KP Duty/Free Time
 1:15-2:00 PM Activity 15
 2:15-3:00 PM Activity 16
 3:15-4:00 PM Activity 17
 4:15-5:00 PM Activity 18
 5:15-6:00 PM Activity 19
 6:00-6:30 PM KP Duty/Free Time
 6:30-7:15 PM Dinner
 7:15-7:45 PM Counselor Mtg./KP Duty/Free Time
 8:00-9:30 PM Campfire
 10:00 PM Back to Housing

DAY 4

7:30 AM Reveille & KP Duty Report
 7:45 AM Flag Raising Ceremony
 8:00-8:45 AM Breakfast
 9:00-9:45 AM Move Out/Clean Up
 10:00-10:45 AM Activity 20
 11:00-11:45 AM Activity 21
 12:00-12:30 PM Lunch
 12:30 PM Depart
 1:15 PM Approx. Arrival Time at Lyndon
 2:00 PM Approx. Arrival Time at Ottawa
 2:45 PM Approx. Arrival Time at Garnett



2018 4-H Crafts

Wooden Craft Projects:

- Arrow (Wall Art)
- Flexible Fish
- Flexible Snake
- Horseshoe (Wall Art)

Weaving Craft Projects:

- Drink Coaster w/Loom
- Ojo de Dios (God's Eye)
- Paracord Keychain, Zipper Pull or Bracelet

Leather Projects:

- Leather Bracelet
- Leather Keyfob
- Leather Bookmark
- Leather Mystery Braid Band

Other Projects:

- Fused Beads Project
- Mini Canvas Art
- Pony Bead Animal Keychains
- Sand Art (any bottle) or Picture Art

Campers may choose one item from the above list for the craft project. Additional craft items range from \$1.00 - \$5.00.

Also available: Ugly Mugz - Brandable camp mug (hot & cold), 12 oz., \$10 (\$12 w/lid); Colors: Lime green, Electric Blue, Glow 'n' Dark

**Items and prices subject to change based on availability.

2018 Clover Corner Snack Prices

Candy: \$1.25

- Kit Kat, Reese's Cups, Skittles, Snickers, Sour Patch Kids, Starburst, Twix

Beverages: \$1.00-\$2.00

- Bottled Water, Coke, Coke Zero, Diet Coke, Cherry Coke, Mello Yellow, Sprite, Root Beer, Fanta Orange, Dr. Pepper, Fountain Soda, Iced Tea, Lemonade, Bagged Ice

Frozen Treats: \$1.75-\$2.50

- Ice Cream: Chips Galore, Cookie Dough, Cookies & Cream Sandwich, Fudge Brownie Cup, Reese's Peanut Butter Cup Bar, Nutt N Better Ice Cream Bar, Strawberry Frozen Bar

Other Treats \$0.50-\$2.00

- Beef Jerky, Sno-Cones, Trail Mix, Nachos, Giant Pickle, Popcorn, Goldfish Crackers

**Items and prices subject to change based on availability.



2018 Souvenir List

Apparel:

1/4 Zip Shirt	\$38
Spirit Jersey Long-Sleeve	\$28
Hoodie Sweatshirt	\$20
Scenic Long-Sleeve T-shirt	\$18
T-shirts	\$12
Hats	\$12
Mystery Bag Shirts	\$ 8
Sunglasses (any color)	\$ 5
Cooling Bandana	\$ 4

Rock Springs Drinkware:

RS Tervis-24 oz.	\$20
RS Camelbak H ₂ O Bottle-25 oz.	\$18
RS Tervis-16 oz.	\$16
RS Tumbler	\$16
RS Nalgene Bottle-32 oz.	\$11
or 14 oz.	\$ 9
RS Flat & Fold Bottle	\$ 4

Games:

Weaving Loom Kit	\$18
Farkle	\$ 8
Bass or Squirrel Popper	\$ 7
Thinking Putty	\$ 5
Spinner	\$ 5
Playing Cards	\$ 4

Other Items:

Disc Golf (any color)	\$10
Muscle Drawstring Bag (any color)	\$10
RS Plush Animals	\$10
Picture Frame	\$ 7
Flashlight (any color)	\$ 5
Hacky Sack	\$ 5
Journal	\$ 5
Mesh Drawstring Bag (any color)	\$ 5
Coloring Books w/Pencils	\$ 4.50
Frisbee (any color)	\$ 3.25
Rock Springs Lip Balm	\$ 3
Twig Pen	\$ 3
Friendship Bracelet	\$ 2
Wooden Key Ring	\$ 2
Travel Size Items ("Forgot to bring to camp!")	
Deodorant	\$ 1
Shampoo, Toothbrush, Soap	\$1.50
Toothpaste	\$ 2
Bug Spray, Sunscreen	\$ 6

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