

# 4-H JUNIOR CAMP 2025

4-H Junior Camp costs \$375

## Important Dates

May 20	Paperwork due- please return the F600A, Cabin Matey, and Camper Release Forms to the Lawrence County Extension Office. Do <b>NOT</b> turn in the <b>Medication Form (F600M)</b> until the day of camp. If more F600Ms are needed, they are available at the Extension Office, or you can make copies.
<input type="checkbox"/> F600 <input type="checkbox"/> Immunization Dates/Record <input type="checkbox"/> Child Release Authorization <input type="checkbox"/> Photo <input type="checkbox"/> Insurance Card <input type="checkbox"/> Cabin Matey Form	
May 22	<b>6:00 P.M.:</b> Parents informational meeting, Lawrence County Extension Office Meeting Room. <i>No paperwork or payment will be accepted during the meeting!</i>
May 23	<b>DEADLINE TO SIGN UP AND PAY!!</b> <u>NO REFUNDS AFTER THIS DATE!</u>
June 9	Let's Roll! The health check will begin at 9 a.m. at the Extension Office. We plan to begin boarding the bus at 10 a.m. to leave for camp.
June 14	Home at Last! We should return around 11:00 a.m. (Assuming we have the cabins cleaned on time. 😊)

*Payment Plan:* You can make up to 3 payments in the Ag Store. Payments can also be made in the office. Scholarship recipients will receive instructions about payment.

If your child decides NOT to go please notify us ASAP at 931-762-5506. We may have children on the waiting list who could go.

## Contact Information:

Lawrence County Extension Office,  
P.O. Box 100, 2385 Buffalo Road, Lawrenceburg, TN 38464  
Phone: 931-762-5506 Fax: 931-766-1589

Agents' Email:

Ms. Tracy-thagan@utk.edu and Mr. Matt -cadamsl@utk.edu

Home page: [Lawrence.tennessee.edu](http://Lawrence.tennessee.edu)

# All about THAT Form (The F600A)

The F600A gives your 4-H agent information about your child's medical conditions, needs, and treatments. It also provides authorization for the agent to provide first aid or get treatment. Include any special legal information your agents need to know as a supplement to this form.



We expect your child to have a safe and happy camp experience. Even though safety is our number 1 priority at camp, we cannot guarantee that your child will not be injured or get sick. Should the need for medical attention arise, THIS form becomes especially important. **Please include multiple phone numbers. Also, please notify us by May 20 if your child has special needs** (dietary or otherwise) **or if there are legal or custodial issues that could affect the safety of your camper. Please include any documentation needed to ensure a safe time at camp!**

*Please take time to fill this form out thoroughly. The more we know, the better care we can provide for your child!*

*At the top of the F600A, we need A PICTURE OF THE CAMPER.  
This is for identification purposes when consulting the F600A!!!!*



## The F600A is ALL about HEALTH!

**It is important to provide as much information as possible on the F600A, including special conditions and medications for your child. A copy of the child's insurance card (front and back) must be attached to the form.**

When filling out the F600A, pay attention to the list of first aid medications –**if you don't mark it, then we cannot give it**–if you give your child an alternative to one of the medications listed, please write it in on the form. Include **clear written instructions** for giving any medications.

Please have prescription medications in the original prescription bottle clearly labeled, identified, **with your child's name on them**, and include a "F600M" filled out for EACH medication. *Then place medications and Supplement A's in a plastic baggie also with your child's name on it and be ready to give it to a designated person the morning we leave for camp.* It is a great idea to send only as much as your child will need for the week at camp.



# What to pack:

## Clothing

**PLEASE LABEL ALL BELONGINGS! THE CAMPER IS RESPONSIBLE FOR KEEPING UP WITH THEM! WEIRDLY, THEY OFTEN DON'T KNOW WHAT THEY BROUGHT WITH THEM!**

### ☐ Casual Clothes

(Five days worth of changes, including a couple of extra sets—they get wet at the "Olympics." New clothes or a child's best casual clothes are NOT recommended.)

### ☐ Walking Shoes

(IMPORTANT! IMPORTANT! See note below!)

### ☐ Underwear & Socks

### ☐ Pajamas/Sleep Clothes

### ☐ Swimsuits

☐ Old clothes -at least one set that can be thrown away in case of sudden mud or paint.

☐ Pair of old, closed -toe shoes or water shoes (optional for creek activity)

☐ Sweatshirt or Jacket

☐ Rain Gear

☐ Water bottle



## Personal Grooming Items

☐ Toothpaste & Toothbrush & Floss



☐ Soap & Shampoo & Conditioner



☐ Towels & Washcloths

☐ DEODORANT

☐ An Extra Towel for the Pool

☐ Sunscreen or Sunblock

☐ Large Plastic/Trash Bag(s) or a laundry bag (for dirty and/or wet clothes)



### The Note about Shoes...

The campers do a HUGE amount of walking (more than most have them have done all summer!) and need walking shoes, the kind you wear socks with, sneakers and such. Flip-flops and crocs are very handy footwear in the summer. They'll be great to go to the pool and back! But they are BAD at camp. Every year we treat multiple campers for blisters due to flip-flops and crocs. Also, flip-flops break-walking in a floppy flip-flop is a drag.



### ☐ Bedding

Camp does NOT provide bedding! Please send twin sized sheets, blankets, quilts, sleeping bags, or pillows (If your child uses one.)

We recommend a fitted sheet even if a child chooses to take a sleeping bag. Please include a blanket, we have no control over the thermostat and it can get quite cool at night. Make sure there is room to pack your child's bedding.

## Optional

☐ Insect Repellent

☐ Ball Gloves

☐ Camera

(ONLY camera-no "old" cell phones. The disposable ones are great.)

# What not to pack:

All prohibited items will be confiscated and subject to the camper being sent home without refund.

**Alcohol**

**Tobacco Products**

**Weapons**

(includes pocket knives, personal firearms or archery equipment)

**Drugs**

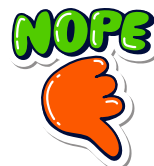
(Prescription medications are given to the nurse. Instructions are on page 3! Common OTC meds are kept on hand in the camp first aid station to be administered by trained adults and should not be with a camper.)

**Fireworks**

**Chewing gum**

**Jewelry**

**Electric Fans**





## Electronic Devices at Camp (Mobile phones, etc.)




Mobile phones and other electronic devices are not to be brought to camp. If found, Extension Agents will tell the campers to put the phone away. A 2nd offense will result in the camper being sent home. This is for the safety and security of the campers, and everyone at camp. Teen leaders should do the same as the campers and model appropriate behavior, unless the teen leader has received prior approval from the Agent to use an electronic device for communication with the Agent for camp business. All phone communication between parent and child should be done through an Extension Agent.



Monochrome Monday- wear one color 

 Tropical Tuesday- wear Hawaiian shirts and tropical gear

Wacky Wednesday- wear wacky attire 

 Throwback Thursday- wear 60s, 70s, 80s, 90s attire

Friendship Friday- wear your camp t-shirt with your new friends!



## Important!



Campers are responsible for taking care of their items. Campers can take locks for lockers. Campers are encouraged to leave expensive items at home. The UT/TSU Extension Service will not be responsible for the loss of jewelry, money, or other personal items.

## Spending Money:

A ticket system is used at camp. Campers are required to purchase tickets and are encouraged to write their names on the back. Crafts and snacks may be purchased with these tickets. Tickets cost \$1 each.

Tickets are nonrefundable—campers are encouraged to buy only what they will spend during the week.

Parents are encouraged to discuss reasonable amounts of money to spend with their campers and help their campers develop a spending plan. Daily envelopes are a great way to organize spending money and signal youngsters that they're spending tomorrow's money.



## Fundraisers:



Lawrence County 4-H offers a fundraiser to offset the cost of camp. If a family chooses to do an individual fundraiser they must make it clear in all materials that it is an INDIVIDUAL fundraiser and will not benefit additional 4-H members.



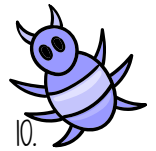
# It's Time to Go:

## When You Arrive at the Extension Office:

- Do not unload your luggage until after completing the health check
- Check in at registration
- Pick up and put on your name tag
- A nurse will conduct the wellness check
- Bring your luggage for loading
- Hug your loving adult and board the bus for camp.



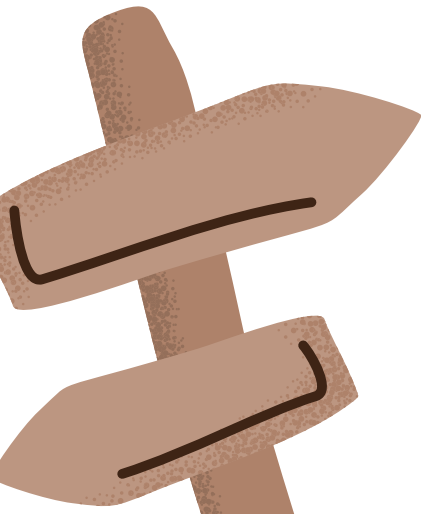
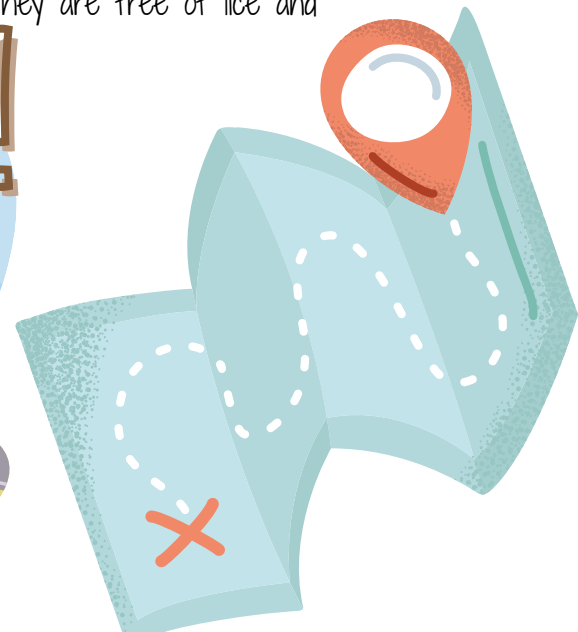
## Wellness Check:



Campers will undergo a limited wellness check prior to receiving their name tag on Monday, June 10. This check will include a visual scan for obvious illness and a lice check. Privacy is ensured and guardians are encouraged to be present during screening and inform the nurse of any health changes.

We do not anticipate any problems with Lawrence County Campers, but to reassure you as parents and to prevent sending anyone home for this reason, we will check each child for head lice. If you are aware of or suspect head lice, purchase the appropriate shampoo that kills the live lice and nits (eggs) and use it before going to camp. Remove all nits from the hair. You should also wash and dry camp linens and clothes and put them in a plastic bag, ready for camp. ANYONE can get head lice. If a child is found to have lice at the lice check they will not be allowed to board the bus. The child can be brought to camp later only if proper removal procedures are followed and they bring a note from a doctor stating that they are free of lice and nits.

# Let's Go!



# Contacting your Camper:

Calls home from campers may be made ONLY with permission from the Extension Agent and only in the event of a problem, illness or injury. (The parent is the first one we call.) Calls to campers should be made only in case of emergencies. The camp phone number is 931-388-4011. Remember campers are not allowed to take cell phones, however, you are encouraged to send postcards, letters, or packages to:

Name of camper-Lawrence County  
c/o W.P. Ridley 4-H Center  
850 Lion Parkway  
Columbia, TN 38401



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Campers learn responsibility at camp. They have to get their luggage to designated areas on their own. UT/TSU Extension Service will not retrieve luggage or items left at camp or sent to another county.

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# Coming home:

## Pickup Procedure:

Please be ready to show a picture ID to pick up your child!



- Come into the Extension Office with a picture ID.
- You (or your designated representative) will have that ID checked and sign and print your (or your designated rep's) name under your camper's name.
- You will be issued a large, brightly colored sticker with your camper's name on it.
- Please wear that sticker in a spot that's easy for the adults/teens on the bus to see. IF YOU DO NOT HAVE A STICKER, YOUR CAMPER WILL NOT BE RELEASED TO ANYONE.
- Your camper will be released to you and checked off the list after you approach the bus and you are identified by your sticker.



## Hug your excited and exhausted camper!