

July 31, 2023

Lewis & Clark County 4-H Camp, August 6-10, 2023

Hello 4-H campers, parents and guardians,

We're thrilled that you are joining us for camp this summer! Your camp counselors have working hard at planning activities, games and workshops, and you're in for a fun and unforgettable 4-H experience. Following is some information about camp, our policies, and a packing list for what and what not to bring.

We're pleased to be returning to Loon Lake 4-H camp near Bigfork this year. The camp is set in the trees with beautiful Loon Lake providing opportunities for canoeing, swimming and water games. Campers will be paired with one or two camp counselors in each cabin (cabins hold eight people). The camp has a main lodge where we will dine, hold workshops and craft activities. There is a large open field in the middle of the camp where we will play traditional 4-H camp group games. At the moment, Flathead County is under a Stage One fire restriction, so our nightly campfires may be modified, but we'll still enjoy skits, songs and camaraderie. Rest assured, our camp counselors will accompany your kids every step of the way. In addition to camp counselors, we will be joined by several adult leaders, 4-H County Agent Emily Scruggs, volunteer Gretchen Munding, nurse and life guard Alyssa Johnson, and myself. Meals will be prepared by camp kitchen staff. We'll also be assembling and playing in a new gaga ball pit that our county is donating in memory of 4-H volunteer and camp leader Dora Lindner.

Check-in—We will be checking in campers and loading the bus Sunday morning, August 6 promptly at 11:00 a.m., at the Lewis & Clark County Fairgrounds. Buses will be parked in the lot near the main exhibit hall, and we'll have a table set up outside for check-in. All medications must be checked in at registration with our camp nurse, Alyssa. Breakfast and lunch are not provided this day, so please make sure you have had something to eat to start your day. The bus will stop at a rest area halfway for a late lunch break—please bring a sack lunch to eat there. After camp, we will be returning to the Fairgrounds on Thursday afternoon, August 10 around 4 p.m. Traffic and construction may extend our arrival time. Parents must be on hand to pick campers up when we return. If we're running early or late, we'll let you know.

Food—Other than a sack lunch for the first day, do not bring food, gum or snacks to camp. **Food is not allowed in the cabins.** We must respect that there are bears and other wildlife in the area that may be drawn to food. If you have a health reason to bring your own food, let us know prior to boarding the bus so we can make arrangements to store your food in the kitchen. **Important:** the camp kitchen staff cannot accommodate for a serious food allergy like nuts. They can provide lactose-intolerant and gluten-free choices.

Camp counselors will host a concession stand with some candy and snacks available for purchase one afternoon. We're not responsible for lost money, and we don't want you to get sick from eating a bunch of candy, so please just bring a small amount to purchase a few snacks. We suggest no more than \$10.

During camp, the kitchen staff has notified us that in order to conserve water and reduce dish-washing, they will not be providing glasses for water throughout the day. It's important that you bring a water bottle to stay hydrated. There is a water-bottle filling station at camp.

The kitchen staff prepare healthy, kid-friendly meals. Please respect their efforts—just like you would at home, practice good table manners, and let's work hard to avoid waste—take only what you are going to eat. We don't want to see a bunch of food going in to the trash.

Schedule—This year, camp is one day longer than it has been in past years. We did this to allow a little more down time for rest and recharging. Campers, you can expect long, active days—we're out of bed at 7:00 a.m., and lights go out in the cabins around 10:00 or 10:30 p.m. You will be exhausted and ready for bedtime each night! We've built in rest time if you want to take a nap in the afternoon, and down time during our swimming hours if you just want to sit by the water, or hang out.

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Phone/electronic devices policy—We strive to make 4-H camp an immersive “off-the-grid” experience, free from the distractions of phone calls, social media and mobile games. All phones will be checked in at the beginning of camp. This policy applies to both campers and camp counselors. We will allow campers to use their phones on the last night so that they can take selfies and photos of the friends they have made at camp. Rest assured, adults at camp will be taking photos to capture the moments, and will share those photos after camp. Other than a cell phone, no other electronic devices are permitted at camp. We will confiscate all devices until camp ends. Cabins will have alarm clocks to wake by. Phones will be returned to campers for the bus ride home.

4-H Camp rules and policies. When you registered for camp, you signed your agreement to abide by our camper rules. We will go over these rules again with you at the beginning of camp so we can avoid potential issues, respect the camp facilities, and make sure we support each other and have a great time. Some older campers may be the same age as our youngest camp counselors—despite the age similarity, it’s important that you afford our camp counselors the courtesy and respect they deserve, and recognize their authority in the cabins and during activities.

Lewis & Clark County 4-H Camp is a youth-driven experience. Your teen counselors have been planning camp activities and training to be excellent leaders for the past six months. They have created an exciting agenda filled with games, adventure, learning, creativity and exploration. We intend to have a fun-filled, inclusive, memorable and drama-free experience. We expect your full participation and engagement in all the fun your counselors have planned. *See you at 4-H Summer Camp!*

— **Camp director:** Luke Duran • elementl@bresnan.net • 406.461.7799

— **Adult leaders:** Alyssa, Emily and Gretchen

— **Teen camp counselors:** Alaina, Alyssa, Asa, Augustus, Ayla, Garrison, Kaylee, Liam, Mackenzie, Maddison, Mason, Stella, and Trevor

In case of emergency, you can reach the camp at 406.758.5553

We are very grateful to the Canyon Creek Stock 4-H club who made a substantial donation to our camp budget this year. Thank you for your generosity!

PACKING LIST

We are not responsible for lost or stolen items. Please mark your clothing and personal items of value with your name. Space is very limited on the bus, so pack efficiently and only bring necessary items. If you bring money, bring just enough to buy a few snacks during camp, \$5 to \$10 suggested.

WHAT TO BRING:

Sleeping Bag
Extra Blanket
Pillow
Changes of clothes for 4 days (warm and cool)
Extra change of clothes and shoes (in case they get wet)
Pajamas
Water Shoes
Jacket
Cap, scarf or head cover
Sweatshirt
Towel and Washcloth
Soap and Shampoo
Toothpaste and Toothbrush
Insect Repellent
Sunscreen
Flashlight
Water Bottle (bottle-filling station at camp)
Swimsuit
Medication (if necessary and must be checked in with our camp nurse at registration)
Positive Attitude and Enthusiasm

WHAT NOT TO BRING:

Electronic Games and devices
Squirt Toys
Expensive/Valuable Items
Gum, candy, chips, etc.
No food is allowed in the cabins

* All cell phones will be checked in at the beginning of camp, no exceptions

