



DATE: April 9, 2025

TO: Obion County Junior High 4-H Camper Parents

FROM: Julie Harstin and Sarah Williams, 4-H Agents - Obion County

*JH SW*

RE: 4-H Junior High Camp: June 30 - July 4, 2025

*Congratulations on signing your camper up for one of the most exciting weeks of the summer! To best prepare for this week, please read this letter carefully, and should you have any questions, please feel free to contact us. If your child has a special need or food allergy, please contact us immediately, so we can attempt to make accommodations.*

**F600A and Medical Forms – Due by Monday, June 16<sup>th</sup>. Scan and e-mail to [jharstin@utk.edu](mailto:jharstin@utk.edu) or bring by the office at 302 S. 3<sup>rd</sup> St., Union City, TN 38261.**

**Head Lice Check, Health Check, and Drop Off – Monday, June 30, 10:30 a.m.  
630 New Hope Rd., Middleton TN**

**Pickup – Friday, July 4<sup>th</sup>, 10:00 a.m., 630 New Hope Rd., Middleton, TN**

### **Departure and Return**

- Our 4-H Camp is the 4-H & Youth Development Center at 630 New Hope Road, Middleton, TN.
- No transportation is offered this year.
- Drop off, head lice check. and health check are at 10:30 a.m. on Monday, June 30.
- **If a child is noticeably sick, or has head lice or nits (lice eggs), that child will not be able to stay at camp.**
- **Check your child for lice now.** It is difficult to get completely rid of lice and nits. Check with the Health Department for more information if you find them.
- Pickup is at 10:00 a.m. on Friday, July 4.

### **Activity and Event Acceptance Form (f600A)**

- Please complete the 4-H Activity and Event Acceptance Form (f600A), available for download on the camp registration website.
  - Nobody goes to camp without one.
  - Forms are due Monday, June 16<sup>th</sup>. You may scan and email the form to [jharstin@utk.edu](mailto:jharstin@utk.edu) or bring it by the office at 302 S. Third St., Union City, TN 38261.
  - The form requires:
    - A photo of the camper

- A copy of both sides of his/her insurance card (if he/she has one).
- Signatures of BOTH camper and parent/guardian.

### **Medications**

- *It is strongly recommended that behavior modification medicine be continued during 4-H camp week. The newness of the camp environment can aggravate any difficulty your child may have.*
- A medication form is available for download on the camp registration website. Please be sure to fill it out completely and correctly if sending medicine. Please email it to [jharstin@utk.edu](mailto:jharstin@utk.edu) or bring it by the office along with the f600A form by June 16.
- All medicine must be labeled in its original container with the child's name, proper dosage, and schedule.
- The medication form must include every medicine you are sending, *including over-the-counter medications.*
- When you arrive at camp, you may turn in a copy of the medication form in a ziplock bag with the camper's medicines and their name on the outside of the bag. Please leave medicines in their original container with only the number of doses needed for the week of camp.
- The medicines will be given to our camp nurse and kept in a locked cabinet until it is time to give them. She will administer daytime medications, and one of your 4-H Agents will give the night ones.
- If your child needs access to their Epipen or inhaler throughout the week, a leader will have it with them. They will know who has it, and it will be nearby at all times.
- Please list all medications on the f600A form, so we will know to expect medicines at check-in.

### **Phone Policy**

- *Cell phones and other electronic items such as tablets are strictly prohibited.*
- This is a state 4-H camp policy.
- A phone is available at camp should your child need one.
- We will try to help your camper find a friend and get into the fun before they call home with homesickness.
- No news is good news. If you don't hear from him/her, your child is healthy and having fun.
- Check-in calls from parents are not possible at camp.
- In an emergency, use the camp number (below), and agents at camp will locate your child for you.
- During some times in the schedule, your child may be far away from the camp office, so camp staff will call you back as soon as they get a message from the Camp Administrative Assistant.

### **Spending Money**

- We suggest (but don't require) that you send your camper some spending cash; \$30-50 are recommended, but no more.
- Campers can purchase snacks and soft drinks at the canteen (all meals, including seconds, if desired, are included in your camp fees).
- The other place a camper can make purchases is the craft shack. Craft kits are \$1-10 per item.
- We suggest you send small bills to encourage your camper to conserve their money during camp.



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## Letters or Care Packages from Home

- While kids are away at camp they may enjoy getting mail from home.
- We recommend you send mail as soon as June 25, and no later than July 2.
- Mail needs to be sent to:

Your Child's Name  
Obion County  
4-H & Youth Development Center at Lone Oaks Farm  
630 New Hope Road  
Middleton, TN 38052

*Should you have any questions or concerns, please feel free to contact us.*

### **What to Bring to Camp (label everything with child's name):**

Twin-size sheets and blanket, or a sleeping bag  
Pillow  
Towels and washcloths  
Athletic shoes and socks  
Sunblock  
Insect repellent  
Old shoes for creek stomping – these must be closed-toe and heel.  
Plastic bag for dirty and wet clothes  
Soap, toothbrush, toothpaste, deodorant  
Comb, brush, hair dryer (optional)  
Swimwear  
Light jacket and/or raingear  
Flip flops for pool and shower  
Flashlight (optional)  
Personal spending money  
Costume, instrument, etc. for 4-H Camp Talent Show

**What NOT to Bring to Camp:**

Cell phone  
Electronics, including handheld gaming consoles  
iPods or CD/DVD players  
Jewelry  
Chewing gum  
Fireworks  
Pocket knives  
Roller skates  
Skateboards  
Weapons  
Anything not allowed at school  
Anything dangerous to you or others

**Camp Dress Code:**

Shirts and shoes (croc and sandals are OK) are required.  
Nothing may be worn on the head in the cafeteria.  
No short shorts; fingertip length is allowed.  
Swimsuits are required at the lake (no cut-offs). One-piece or modest two-piece suits are allowed.  
Tops must have straps at least one inch wide. No bare midriffs or shoulders are allowed outside the pool area.