

## WILDERNESS CHALLENGE CAMP INFORMATION

Wilderness Challenge camp is for children who have just finished 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grade. It is a camp that focuses on outdoor skills and adventure as well as fun summer camp activities in a very safe 4-H environment. Anyone can sign up, but you must sign up through your local extension office.

Activities include:

- Whitewater rafting on the world famous Ocoee River in Tennessee
- Zip line canopy course or river kayaking
- High ropes events taking place at Wahsega
- Classes on shelter making, campfires, outdoor cooking, water purification and walking down a creek studying the geology
- The always fun Wahsega campfire and bear hunt
- Daily free time games at Wahsega including: exploring the creek, basketball, Ga Ga ball, volleyball and soccer

**Check in Time:** Monday from 1:00-3:00 pm

**Check out time:** Friday from 9:15-10:00am

### PACKING GUIDELINES Label everything

- Mark all clothing, shoes, luggage, backpack and other items with the camper's name.
- Label trash bags used for dirty clothes because they can be confused with trash.

### Helpful hints

- Pack a daily change of clothing at the minimum.
- Shorts and T-shirts are perfect. Sleeveless shirts and tank tops are allowed (but see the Dress Code).
- Pack older clothes that can get wet or muddy, not nice new clothes.
- Pack shorts that extend at least to mid-thigh for the high-ropes course.
- Pack a backpack to use for day trips to put a change of clothes, towel, water bottle

### About wet clothes

- Clothes will get wet, so pack extra socks and underwear – more than you would normally need.
- Blisters are a problem. Encourage campers to wear dry socks and shoes to prevent blisters.
- Wearing wet shorts and underwear will cause a painful rash. Educate your child about this.

### About shoes

- Everyone will need two shoes at a minimum: one dry pair (tennis shoes) and one for wearing into the water with a good back strap (Teva's, Chacos, or similar)

- Comfortable shoes or sandals are a must. Don't take new shoes or sandals to camp.
- Closed-toe shoes are required for the zip-line canopy tour.
- Comfortable sandals with heel straps or crocs are okay if the heel strap is worn on the heel.
- Pack shoes to keep dry (tennis shoes for running around, hiking, climbing, and other times).
- Pack shoes that can get wet (old shoes, water shoes or sturdy sandals with a heel strap).
- Flip flops and sandals that are just flip flops with a thin heel strap are not allowed except for showering
- Footwear (not flip flops) is required when wading in the creek, playing in the waterfalls. and also for rafting.

### **Dress Code**

Dress modestly. Campers wearing clothes deemed inappropriate by chaperones will be asked to change. Here are some guidelines:

- Revealing shorts, pants, and sleep pants or boxer shorts worn on the outside are not allowed.
- Underwear must be worn and must not be visible. Briefs, boxers and bras are underwear.
- Sagging is not allowed.
- Clothing with advertising that encourages breaking the 4-H Code of Conduct is not allowed.
- Halter tops, backless shirts, ripped T-shirts, one-shoulder tops, spaghetti straps, visible midriffs and other shirts or tops that are not modest won't be allowed.
- When swimming, girls should wear a one piece or a tankini. A bikini is not acceptable at camp.
- Girls may choose to wear a dark colored T-shirt cover-up, swim trunks or modest cut-offs.
- Boys swimsuits should be shorts, swim trunks, board shorts or cut-offs; not boxers or swim briefs.

### **What not to pack**

- No knives, firearms, fireworks or any other dangerous items. These items will be confiscated.
- No valuable jewelry, large amounts of money, smart phones or tablets. We are not responsible for lost or stolen items.
- No personal food and snacks unless prearranged for dietary needs (no snacks in the cabins)  No prescription medications kept with a child. Meds must be turned in to the 4-H leaders.
- No alcohol, tobacco, matches, lighters or anything else that breaks the Georgia 4-H Code of Conduct

### **WHAT TO PACK**

Note: There is no special gear or clothes to take to Wilderness Challenge Camp that is different from attending a normal week of camp at most Georgia 4-H centers.

### **Clothing & Gear**

- Shirts
- Shorts

- Underwear
- Socks
- Extra socks
- Swimsuit or swim trunks
- Backpack for day trips to zip lining and rafting
- Jacket or sweatshirt (for cool mornings and nights)
- Rain jacket
- Sunglasses or eyeglasses
- Hat

#### **Footwear**

- Sandals (sturdy sandals or crocs with a heel strap) or old tennis shoes that can get wet
- Tennis shoes or other comfortable shoes to keep dry

#### **Sleeping bag and towels**

- Sleeping bag (an inexpensive sleeping bag works fine)
- Pillow and pillow case (pillows are not provided)
- Towels (for showering and after swimming)
- Wash cloth and hand towels
- Laundry bag or trash bag for wet clothes. Be sure to label trash bags well.

#### **Toiletries**

- Shower caddy, basket, bag or toiletries kit to carry supplies  Soap and soap container
- Shampoo
- Toothbrush with protective holder
- Toothpaste
- Deodorant
- Brush, comb and hair accessories
- Shaving supplies
- Feminine supplies
- Sunscreen
- Insect repellent

#### **Medications To Keep Separate**

Plan to turn in meds at check-in at Wahsega on Monday morning or to the 4-H staff member or official volunteer who is driving your child to camp

- Prescription medications in their correct and unexpired bottles or packages
- Over-the-counter medications in correct and unexpired bottles or packages
- A zip-lock bag labeled with the camper's name for their prescription and over the counter medication

### **Optional items**

- Wallet or purse
- Money for the Canteen (crisp \$1 and \$5 bills for drink machines)
- Flashlight (flashlights are allowed and will not be confiscated)

### **Reminders**

- **PACK A PILLOW & SLEEPING BAG** – Pillows are not provided. Pack a pillow and sleeping bag. Beds are twin size, sheets are optional.
- **PACK TOILETRIES** – Towels, washcloths, soap, shampoo, toothbrushes, toothpaste, deodorant...
- **MONEY FOR THE CANTEEN** – We sell souvenirs, clothing and snacks in the Canteen. We only have caffeine-free soft drinks. Soft drinks are \$1 each. The soft drink vending machine accepts coins and \$1 and \$5 bills.
- **PACK OLD CLOTHES & SHOES** – Pack old clothes and shoes that can get dirty. Pack sandals or shoes that you don't mind getting wet and will dry quickly.
- **PLAN TO WEAR SHOES OR SANDALS** – Only good sturdy sandals with a heel strap are allowed. To prevent injury, wear shoes that will stay on your feet. Closed-toe shoes are required for the zip-line canopy tour.
- Bring a backpack to take on day trips to zip lining and rafting
- **FOLLOW THE DRESS CODE** – 4-H staff and volunteers from your county will enforce the Code of Conduct and the Dress Code.

### **Valuables at camp**

Please do not allow children to take expensive or valuable items or electronics to camp. Your camper should keep money and valuables with them at all times. If money or valuables are left in the cabin, even if they are hidden, they can be found and stolen.

### **Lost and Found**

We will attempt to return items while your child is still at camp. Remind your child to be responsible for their own property. Please label all items with a permanent marker for easy identification.

Call immediately if you discover that your child's belongings are missing. The more time that passes, the less likely it will be found. We are not responsible for items that are lost, stolen, damaged or left behind.

### **OPTIONAL SUPPLIES FOR CHAPERONES**

Some adults are comfortable traveling light and others aren't. Experienced chaperones can anticipate camp but people new to this may not, so here is a list of some of the items that adult leaders may want to include in their luggage.

- Bug spray
- Batteries

- Sunscreen  Flashlight
- Air freshener  Writing pen
- Small drink cooler  Variety of shoes and sandals
- Hats  Extra towels
- Sunglasses  Soft drinks
- Flip flops for the shower  Snacks
- Alarm clock (Your cell phone may not work)  Beach towels
- Electronic device charging cords  Cash or checks for souvenirs

### **RULES AT SUMMER CAMP**

1. Respect everyone.
2. Respect other living creatures.
3. You may pick up rocks and look at them, then place them back on the ground.
4. Wear shoes or sandals at all times except when swimming in the pond or showering.
5. Wear shoes or sandals while wading in the creek or playing in the waterfalls.
6. Sleep on pillows rather than fight with them.
7. Store and eat food outside of the cabins. Food inside the cabin attracts ants and mice.
8. Be waiting at the Dining Hall when the KP bell rings if it's your turn to be on KP.
9. Stay within the boundaries of the 4-H center.
10. When the bell rings, hurry to where you are expected to be.
11. Leave chewing gum at home.
12. Only go into your own cabin rather than other people's cabins.
13. Keep your money with you rather than leaving it in your cabin.
14. Throw all trash in trashcans including tiny pieces torn from candy bar wrappers.
15. Recycle cans.
16. Dress modestly.
17. Leave electronic devices at home.
18. Coffee served in the dining hall is for adults only.
19. Phones are only for adult use.

### **MEALS AND ACCOMMODATIONS**

**BATHHOUSES** – There is a girl's bathhouse and a boy's bathhouse. Campers carry their toiletries, towel and change of clothes to the bathhouse for daily hygiene and grooming. There are separate shower stalls and separate toilet stalls in the bathhouses.

## **Cleaning and KP**

4-H'ers will take turns cleaning the bathhouse. They will also participate in KP duty with other campers at least once during the week. While on KP, they set tables, act as servers, clear the tables, dry silverware and, finally, mop and sweep the dining area.

## **Food service**

**SPECIAL DIETS** – If your child is allergic to any foods or requires a special diet, arrangements can be made but please let the county 4-H leader know immediately so we can communicate your child's needs to the camp.

**EATING HEALTHY** – Talk with your child about the importance of eating meals rather than junk food. Eating meals keeps you healthy but eating too much junk food can lead to feeling sick.

**AVOIDING DEHYDRATION** – Stress to your child the importance of drinking lots of water. It will be hot and we will be outside all day. It is easy for your child to become dehydrated and get a headache or feel ill if they are not properly hydrated.

## **WHAT TO EXPECT**

### **Expect a challenging adventure**

Everyone should expect to participate in the challenging adventure programming of Wilderness Challenge Camp. Classes are more advanced and active, the zip-line canopy tour and rafting on the Ocoee River is for everyone! No one should expect to sit out of any activities.

### **Expect typical old-fashioned summer camp cabins**

Most of our cabins are a single large room of bunk beds. Everyone sleeps in bunk beds and each camper has their own bed. Lodging will vary from large covered area with a wood floor to bunk beds for the overnight trip to Raft 1 Outfitters.

### **Expect bathhouses**

There are separate girls and boys bathhouses with separate individual shower and toilet stalls. Campers carry their toiletries to the bathhouse. A cabin group is assigned to clean the bathhouse each day.

### **Expect campers to serve on KP (Kitchen Patrol)**

KP is where campers are asked to set the tables, act as servers, clear the tables, dry silverware and bowls and mop and sweep the dining room. A Dining Hall staff member leads campers in KP.

### **Expect great food!**

We serve three meals per day cafeteria style. The menus for our meals are online. Please encourage your child to eat our meals to keep their energy up and maintain good health.

### **Expect special service for special diets**

If campers have food allergies, observe religious dietary restrictions or have other special dietary needs, let your county 4-H leader know. We are happy to accommodate any dietary restrictions.

### **Expect campers to drink lots of water**

Please stress the importance of drinking water to campers. The weather will be hot and we will be outside all day. Headaches, stomach aches and lack of energy are typically a sign of dehydration.

### **Expect campers to behave**

Each camper signs the 4-H Code of Conduct. Campers should understand the rules. Failure to adhere to the rules will result in disciplinary action.

### **Expect chaperones to discipline appropriately**

Georgia 4-H policy states that no corporal or physical punishment is allowed. We will correct minor misbehavior by having a child take an immediate time out.

### **Expect all camp program expenses to be covered**

There are no additional or optional activities that cost extra money. For example, there are no optional arts & crafts or optional water activities that cost extra money. Only snacks and souvenirs cost extra.

## **EMERGENCY INFORMATION**

### **Contact information**

In the case of a family emergency, please call your local Extension office during office hours. The Extension office staff can help you determine who to talk to at camp and what to do next. After office hours, call the Wahsega 4-H Center main office at 706-864-2050. You may have to leave a message but we check it often and will get back to you.

### **Medication at camp**

**PRESCRIPTION MEDS** – If your child is taking prescription medication during camp, complete a Medication Summary form, which describes the medication, storage procedures, time and amount of dose. It's very important that we know if your child takes prescription medication for allergies, ADD, ADHD, asthma or anything else. These medications affect behavior and we want to make sure they get their medication on time daily.

**OTC MEDS** – The 4-H office has to have approval to give your child over-the-counter medication as well as prescription medication, so OTC medication needs to be on the Medication Summary as well.

### **Camper Pickup at the end of camp**

If a camper will be picked up by someone other than a 4-H staff member or official volunteer Wahsega must have a **Transportation form** signed by a parent giving permission. Get this form from your local extension office.

### **Insurance information**

Complete the Medical Information and Release Form and a 4-H Code of Conduct Form. In case of an emergency, your child will be taken to an appropriate doctor or hospital. An adult serving as a chaperone during the week of camp will talk to you before taking your child to a doctor. In an emergency, you will be notified if your child is taken to the hospital.

**If parents need to call Wahsega, Expect to:**

- Have messages delivered on the same day.
- Leave a voice mail when calling after business hours.
- Call the county Extension office first to check on a child or talk to a child during the week.

**The 4-H center location**

Wahsega 4-H Center is 12 miles north of Dahlonega on Forest Rd. 28 one mile from the end of Camp Wahsega Rd. and the entrance to Camp Frank D. Merrill, the Army Ranger Training School. The 4-H center is in a valley shared by Ward Creek on property owned by UGA in the Chattahoochee National Forest in the North Georgia Mountains.

**Visiting the center & driving directions**

To get directions, browse to the Maps page on the Wahsega website or call us. Please note that a GPS device, smart phone map app or online map are not good sources of directions. You will need to notify the Extension Office in your county before the week of camp if you plan to visit or pick up your child at camp during the week or on Friday morning.