

Camper Guide



Welcome to Camp!

This is your handy-dandy Lindley G. Cook 4-H Camp Camper Survival Guide. Whether this is going to be your very first summer with us or you're a long time camper, within this guide you'll find all kinds of info and helpful tips to make your stay at camp as comfortable, safe, and generally awesome as possible.

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What is Lindley G. Cook 4-H Camp?

Well, first of all, Lindley G. Cook 4-H Camp is a youth recreation facility located in North-West New Jersey in Stokes State Forest. Camp sits on a beautiful 108 acres surrounding a picturesque little body of water called Lake Shawanni. We were established in 1951, and most of our buildings date back to then. The heart and center of camp is our Dining Hall, and around that are positioned eleven cabins, a nature



center, a craft-shop, a rec-hall, archery ranges, canoe racks, fire circles, and on and on and etc.

But fortunately, our camp and summer camp are so much more than that. Camp is our little community, our society in the woods, and it is based not on the *buildings* here, but the *people* here. Our counselors and staff show up in the June and work tirelessly to prepare for the campers arrival. Many of those counselors were campers themselves, and have come back summer after summer into young adulthood, all based on their love of camp.



Lindley G. Cook is a place where everyone belongs, where you can be exactly who you want to be, and spend six days reveling in both personal freedom and personal responsibility. Our staff thought about how they would spend six days of their lives in the summer if they could spend them anyway they chose, and that's our camp schedule. We come to meet new friends and reunite with old ones, to experience all our favorite traditions once again and to invent brand new ones that have never been tried before. And then we do it all again the next day. We hope you'll join us.

Lindley G. Cook is a place where everyone

“This is my fifth summer coming to this camp, and every time I come back I have more fun than I did the summer before! Keep up the great work!”

Camper Survey 2013

Staying at Camp

Is this your first time going away to camp?

If so, here's an important thing to remember.

At one point, all of us here at Camp had our *first time* going away to camp. One of the best things about Lindley G. Cook 4-H Camp (one of the things we're proudest of) is our "retention rate." What's that mean? It means that many of our campers have such a good time at camp they come back the next summer. And the next summer...And the next summer. In fact, that majority of our counselors have been campers here. We have staff members who are Juniors in college, and have spent every summer with us since they were in the 4th Grade. And where did their camp journey begin? Why, in the same place you are right now. Waiting to go away to summer camp for the very first time.

The majority of our younger cabins are made up of first time campers, and there will always be a number of first time campers in our older cabins as well.



Camp is all about meeting new friends, trying new things, and having fun all day long. We start all of that right away. From meeting your counselors and cabin mates to taking your Camp Tours and playing some get-to-know-you games, the fun of camp starts right away and doesn't let up till it's time to be picked up and go home Saturday morning.

You'll be amazed how quickly the week flies by and how much we managed to cram into it. You won't believe that these people you only met six days ago are now your friends for life. You'll officially be a member of our summer-time camp family, and more likely than not, at the end of the week you'll already be counting down the days until *next* summer.

Cabin Life

One of our favorite things about Camp is it's a genuine classic-all-American-stay-over-sleep-away Summer Camp. You show up Monday morning, stay straight through till Saturday morning, and in the meantime camp is your home away from home. Or more specifically, one *building* on camp is your home away from home. That building is your cabin.



Our cabins are simple and rustic. Four walls and a roof keep you dry if it happens to rain, warm if it's chilly at night, and shaded and cool (-er) in the heat of a July day. There are four sets of bunks (eight beds) on each side, with a counselor room in the middle separating the two sides. Two counselors live in each cabin, and at least one is present at all times.

You'll have your own (limited) amount of space around your bunk to store your luggage, clothes, toiletries, flashlights, books and what-not. One of the great experiences of summer camp is learning to live with up to 15 other campers in a single cabin, sharing and respecting each other's space and habits, and finding what strong friendships grow out of communal living.

Our camp day is so jam-packed with activities that you'll spend a lot less time in the cabin than you might think. You'll wake up in the cabin and go to sleep at night, return between each activity to prepare for the next, and after lunch have a rest



hour. There will also be selected times in the cabin to prepare for cabin choice activities, cabin unity dinner, and your cabin talent show skit.

Each day the Cabins will be inspected for safety and cleanliness, and the tidiest cabins on camp will win the coveted daily Golden Broom award.



Bunking with your friends

Cabins are divided by gender (obviously) and age. We have a boy's side of camp and a girl's side of camp, and the cabins on both sides are divided by age groups.

If you come to camp with a friend and you're both similar ages, you can bunk with your friend in your cabin. The way to make sure this happens is when your register for camp online **put your friend's name as your bunkmate request, and your friend puts your name.** ALL BUNK MATE REQUESTS MUST BE RECIPROCAL. This means, the only way to guarantee you're in a cabin with your friend is if you request each other. If your ages are too far apart, you might not be in the same cabin regardless, however.



You can only request one bunkmate! If you're coming with more than one friend, it is not guaranteed you'll all be in the same cabin together. But, here's the thing...*that's okay!*

One of the biggest and best parts of camp is making new friends. If your cabin is filled with campers you haven't met yet, the quicker those campers will become your new friends. Plus, if you have friends in other cabins you'll have more than enough times to see them. In classes, in group times, during meals, all camp activities...we spend way more time out of the cabin than in.

Kindness and Respect. Respect and Kindness. The Golden Rule of Camp.

Each week here at Camp, we create a brand new community. It's made of our staff, counselors, and all the campers living together in the woods that particular week. That can be a lot of people together in one place, so how do we make sure everybody gets along? It's two of our favorite two-syllable words. Respect, Kindness. Kindness, Respect. It doesn't matter which order they're said in, but they're the two big concepts we try to measure all of our behaviors at camp by. If a camper treats the camp, all the other campers, the counselors, and themselves with kindness and respect, we can all but guarantee they're going to have a great time here at camp.

"I feel like people at 4-H camp are nicer than most people and I love to make new friends at camp"

Camper Survey 2013

What if, during your time here at camp, someone treats you in way that you don't think is respectful and kind? Well, that's what your counselor is here for. Let them know right away, and we can all work together to sort out any difference or misunderstanding. It's open communication and holding all of us to the high standard of being as respectful and kind as possible that makes camp such a great community, and wonderful place to spend some time each summer.

The Buddy System

Two of our major goals at camp are to stay safe and have fun. The Buddy system helps us achieve both of those things. Any time a camper asks to travel anywhere on Camp, they'll hear a common reply from their Counselor. "Take a buddy." Want to leave an activity to run to the bathroom? Take a buddy. Need to grab a quick Band-Aid from the Nurse? Take a buddy. Forgot your towel on the dining hall porch and now we're half way to the Waterfront? Take a buddy.



This makes sure you've always got a friendly companion, and everyone is always accounted for. Even if you need to use the restroom in the middle of the night, your buddy will be there for you, just like you'd be there for them.

We even use the buddy system at the Waterfront, where we're especially serious about it. When swimming you always have to stay close to your buddy and know where they are, and there are buddy checks every ten minutes to make sure all buddy pairs are accounted for.

A Day at Camp (is Really Fun)

Part of the fun about an average day at camp is there is no average day at camp. Every day is unique to itself, and has it's own schedule, surprises, eccentricities, abnormalities, and the like. But here's what they all (most of them anyway) have in common.

Bright and early (bright provided it's sunny, early regardless), the bell on top of the Dining Hall porch is rung at 7 am to announce wake-up. The Early-Birds amongst our campers jump right out of bed to participate in some of our optional morning activities. We have a Rooster Run in which campers and run (or walk) laps around camp, a polar bear swim where campers can jump in the lake first thing in the morning, and even the occasional lake-side Golden Eagle Yoga. Campers get to pick one of these activities each morning (or choose to remain in bed for an extra fifteen minutes of shut-eye) all with time to spare to head down the bathrooms to



prepare for the day before the next bell ring.

When the bell atop the Dining Hall tolls again, all of camp meets around the flag-pole for our flag raising ceremony. Both the American and 4-H Flags are raised, morning announcements are made, and we sing a couple songs to get the blood pumping before we all file into the dining hall for a delicious breakfast with everyone we know.

After Breakfast we're off to Group Duties (more on those under [We ALL Take Care of Camp](#)) and then back to the Cabins to prepare for classes. Camper's choose three classes when they sign up for Camp, and those classes meet three separate times throughout the week (more under our [Classes](#) section). On the semi-average day there'll be two different classes in the morning, and then the whole camp gets back together at the Dining Hall for lunch.

After Lunch and mid-day announcements, it's back to the cabins for Rest Hour. Rest Hour is a time to un-wind midday from a full morning of activities (and rest up for the full afternoon and evening ahead.) You can relax in the cabin, talk with your cabin mates, read a book, write a letter home, even do the unthinkable and take a nap.

After Rest-Hour it's on to our third class, and then off to our afternoon recreation periods (More on that in [Afternoon Rec](#)), and then back to the Dining Hall for a well earned dinner. Following this we have our evening Flag Lowering and one of our favorite camp traditions, Vespers.

Vespers is a time, right before dusk when the sunlight is getting low and golden over Lake Shawanni, when we all take a walk out over a small bridge and have a seat on Vespers Island. On the peaceful little island ringed with trees, Campers sit on two rows of benches, and for just about the only moment in a crazy hectic camp day, sit quietly and take it all in. One of the counselors then gets up, and shares a thought, story, or song with the camp that they'd like the camp to hear that evening. Then, we file off the island and all the ruckus begins again.

"I had one of the greatest weeks of my life; I meet so many new people and found friends i had made two years ago. The activities kept me entertained and occupied to the point where i didn't even know what day it was. I loved every second of it and i would it all again in a heartbeat!"

Camper Survey 2013



It's a brief stop off at the cabins, and then we cap of the day with our evening activity. The evening activity varies by day and by theme, but as you guessed it, there's more on that under [Evening Activities](#).

After the Evening Activities have sapped the remainder of the day's energy, we all meet back at the Dining Hall to say good night. The younger cabins get first chance at the showers, as the teens go off to the Rec Hall for a little extra social time. Then, as the younger campers

get a wrap up of the day or a story or song before bed, the teens go off to the showers and then back to their cabin. Then, finally, even more exhausted than you'd think from reading all this, you'll crawl into your bunks at night and fall fast asleep, ready to do a variation of it all the next day.

For a link to our most up-to-date daily schedule, click here. {PDF Link Camp schedule}

We ALL Take of Care Camp

One of the major philosophies here at Summer Camp is personal responsibility. This means that we all clean up after ourselves (and each other), and that it's *all* of our responsibilities to take care of Camp.

This is shown mostly in a time after breakfast called group duties. Each day (for about twenty minutes), by group, campers rotate to different jobs and responsibilities around camp. One day you'll be on Grounds Duty, and you'll patrol camp for litter, in addition to collecting garbage and recycling from individual bins around camp. Another day you'll be on Facilities, which features several small, yet important work projects to keep camp running. And yes, one day your group will even be responsible for cleaning our White-House Bathrooms.

One day a week, your group will be assigned to the most complicated of these duties, KP (Kitchen Patrol.) When on KP, you'll help set the tables, serve the food, and clear the plates for Breakfast, Lunch and Dinner.

Everyone has the opportunity and the responsibility to help keep camp a clean and tidy place. It's important to take care of our "home away from home", and all these areas of group duties are a big part of that care.

And of course, all campers help to keep their cabins clean for the Golden Broom award.

Classes at Camp

When registering for Camp, you'll select three classes you'd like to take over your week here. These classes will meet for three sessions, and each session will last one hour and fifteen minutes long. This gives campers not just an introduction into the subject of their class, but time to really learn about it in a hands on fashion, and pick up skills from actively participating in whatever the class subject may be. One of the great things about 4-H Camp is that you have the ability to take classes that interest you!

The classes come from five different course areas.

Outdoor Education classes focus on the unique environment around us here at Camp, in the beautiful 108 acres in Stokes State Forest that L.G. Cook occupies. Classes such as hiking, camping, survival and outdoor cooking teach not just about the outdoors, but how to behave and enjoy the outdoors responsibly.

"At Camp I learned to kayak, use a pottery wheel, and how to entertain myself without use of technology."

Camper Survey 2013

Waterfront classes, of course, thrive on the fact that the centerpiece here at camp is our beloved Lake Shawanni. Waterfront classes build skill through experience and instruction in areas like canoeing, kayaking, and swimming (through our water games class). Our trained and certified Lifeguards make sure the classes are both educational and safe.

Shooting Sports continues the age-old summer camp tradition of Archery. Our certified instructors teach not just the basic skills and concepts of archery, but how to use these tools responsibly and behave safely on the range. Classes also extend to different kinds of shooting sports, like air rifles and others.



Creative Arts makes it's home in the Craft Shop, and features pottery, basket making and a variety of creative crafts, as well as Drama classes that perform in front of the entire camp at our talent shows and campfires.

The **Counselor in Training** program is reserved for our oldest campers, and offers two levels of Leadership training offering valuable skills not just for future Volunteer Counselors and Staff members, but for any leadership roles.

Visit the website for a full list of classes.

Afternoon Recreation

Each and every afternoon, the camp is split in half by age for our Choice Recreation time. The older campers will go to Land Rec, while the younger campers go off to Water Rec and vice versa.

During Land Rec, Counselors offer a variety of different games and activities, and campers can choose which ever one they'd like to spend their afternoon doing. Activities can range from Frisbee Golf to Friendship Bracelet Making and Karaoke to Storytelling Hikes around the lake and even other more inventive, wackier, camp only activities. There will always be athletic options, artsy options, more relaxed options, and beyond. We will also routinely offer things like archery and fishing, where even if you aren't in one of those classes but would like to try it for the afternoon you'll get the opportunity.

During Water Rec, the camp takes a short hike over to our Waterfront. On the first day, everyone takes a swim to determine if they're a shallow or deep water swimmer. On the following days, campers will have the choice of swimming in the deep or shallow sections, playing on the water slides, canoeing, kayaking, or hanging out on shore. The Waterfront is run by a team of trained and practiced life guards, and buddy checks are run every ten minutes to ensure the utmost safety.

Evening Activities

So, since you stay at Camp everyday all week long, and every day includes evenings, we'll need something to do on those evenings, won't we? Well, fortunately we've got a list of tried and true evening activities.

On Mondays, after playing a world famous **Welcome to Camp New-Games** in the afternoon, we start the evening out with something we like to call "**Group Time.**" You'll be spending a good chunk of time in your groups throughout the week, and this is the time to give your group an identity, usually dependent on that week's theme. Then it's off to the **Opening Campfire**, where you'll introduce your group to the rest of the Camp, meet all of our counselors and staff, sing some songs, see some skits, and get a taste of what the week is going to be like.

Tuesday evenings are **Cabin Choice Night**. The campers in each cabin invent, vote upon, and choose two activities they'll be doing as a cabin that night. These activities can take place anywhere on Camp and be anything (with certain bounds of reason), that the campers want to do. It is a great time to really get to know the other campers in your cabin, and have bonding time as a group.

Wednesday mornings we play our renowned capture the flag game, **Battle For the Island**, and the evenings are an **all-camp themed activity**. Different every week and dictated by the theme, these are often large games or activities the whole camp plays together, competing by their groups.



Thursday night, and often the highlight of the week, is the Camp **Talent Show**. Each cabin performs a skit, the drama classes and CIT's and Counselors also often perform, and we encourage campers and groups of campers to perform individual acts as well. Nothing shows how far we as a camp have come in

four short days more than watching the courage of the performers and support from their camp community at the Talent Show.

Friday afternoon we do another all-camp themed activity, often one the groups have been preparing for the entire week. Then we have our Dinner Extravaganza, **Closing Campfire**, and we cap it all off in the Rec Hall with our **Camp Dance**. The dance is a great time for socializing and having fun with friends. We encourage all campers to participate. It's nowhere close to a prom and it's nothing like a dinner-dance, it's the camp dance where the whole camp dances together as a community, celebrating the great week we just had. The playlist is pre-arranged and picked by our staff, and our game room is open for anyone who wants to play some ping-pong or cards as a break from dancing.



Sleeping at Camp

One of the best and most memorable parts of Summer Camp is sleeping in the cabin each night. After the evening activities, campers will have time to prepare for bed. Half of the cabins (divided by age) will visit our bathrooms facilities at a time. Campers will be able to shower and brush their teeth and then as a cabin they will return to the bunks for the evening. In the cabin they will then have a little wind-down time before bed. This time is often used to have a cabin chat, listen to the counselors tell a story or sing a song, or for the campers to read on their own. When Taps plays over the camp loudspeakers,

it's time for lights out. Most campers find that their days have been so jam-packed with activities that they're exhausted and ready to fall fast asleep and rest up for the next day. Campers are encouraged to bring flashlights, and if a camper needs to visit the restroom during the night all they need to do is let their Counselor know, and have a cabin mate walk down with them. Two counselors live in the cabin with the campers, and will be present at all times.



Themes

Each session of Camp has a theme. 95% of the Camp activities are the same each and every week, but the theme adds that extra five percent of variety and spice. The theme often influences the tone of our evening and all camp activities, our theme meals, and of course Wednesday evening and Friday afternoon we have themed all-camp games that are different every week.

What to Bring

Ah, the age old question. The simple answer is: Less than you think!

For a full packing list, visit our website.

In addition to all the info on the packing list, keep in mind that, for the most part, camp is very casual. Bring clothes for a variety of temperatures, as it can switch from hot during the day to chilly at night relatively quickly. Also, bring some extra shirts and pants, if you're on a hike and get caught in a rain shower, you'll need some dry clothes to change into when you get back to the cabin. Also! We jump and play and run here, often resulting in mud splotches or grass stains, so you might want to leave some of your newest/nicest clothes at home.

Do take a look at the theme for the session you're attending and see if there's any special costume pieces or things you'd like to bring along, and if you wanted to bring one nice set of clothes for the Dinner Extravaganza, that'd be okay too. Some Campers like to dress up. (Just a bit, camp dressed up. Not real-world dressed up.)



Also! Please plan to dress appropriately. This includes any inappropriate words or phrases on T-Shirts, and any pieces of clothing that do not cover all parts of your body that should remain covered. A good ground rule is, if you can't wear it at school, you can't wear it at camp.

For footwear, as we stated earlier, Camp is a place for running and playing and jumping and thus we need the correct shoes to do all of that. Many activities require closed toed shoes (sneakers or hiking boots) and all sandals MUST have heel-straps. We have seen too many unfortunate foot injuries cause by unreliable shoes to allow any exceptions.

While digital cameras and Mp3 players are permitted in the cabin, we encourage them to be left in the cabin unless the camera is being used or the music is needed for an activity (i.e. the talent show.) It is not camp's responsibility if these items are lost or broken. (Your Mp3 player CAN NOT also be a cell phone. See [What NOT to Bring to Camp.](#))

And finally, if you bring Fishing equipment, **all hooks must be De-barbed**. For more information, please contact camp.

What NOT to Bring to Camp

You knew this was coming. Wait for it. CELL PHONES. That's right, camp is no cell phone territory. Cell phones are banned, cell phones are an illegal substance, no phones, no exceptions. Any camper found with a phone could face being sent home early. And here's the real twist...you're going to *love it*. For six-days out of the whole year you will be completely free of light up screens. Nothing will buzz in your pocket and nobody will look away to tap on their hand when you're talking to them. You'll get to make friends, and the only way to communicate with them is to talk to them, and the only people you can talk to will be right next to you. It'll be exciting, it'll be fun, it'll be like living in colonial times, way back in the early 2000s.

"So I tell some girls at the camp I'm at about LGC... they said because this place has no WIFI, or cell phone connection it's not the "ultimate camp experience" and that taking classes is boring.... Ha... somehow I wish they could experience the magic that LGC possess. Thanks for a great summer guys!"

Camper Rachel Summer 2013

This extends to screens of all kind! Please don't bring small personal gaming systems. You'll have more fun talking to your bunkmate about what you did this morning, we promise.

Here are some other items on the "Don't Bring It" list...

- Flip-flops! See ([What to Bring](#))
- Fireworks. C'mon. We're in a state forest.
- Pocket cash
- Knives of any kind.
- Medication that was not prescribed to your by a doctor (we have over the counter medications in the health office)
- Tobacco, alcohol, or illegal drugs

Please DO NOT come to camp with food. We have a very healthy relationship with the wildlife at camp and do not wish this wildlife to visit your cabin. Candy is very difficult to hide at camp due to our well trained ants so please do not bring it. If you have questions regarding this policy, please contact the camp office. We do love the animals living outside the cabins. We just don't want them inside the cabins, which hidden snacks always results in.

If you are taking a shooting sports class, all equipment will be supplied. If you wish to bring your own hearing and eye protection or arm guards you can. But we ask that you do not bring firearms or bows to camp.

Contact with the Outside World

Here's one of the greatest things about camp: there isn't much contact with the outside world. Camp is your chance to get away from it all, camp becomes it's own world. However, if you wanted to write a letter or post-card home, that'd be great.

You can use the good old fashioned letter and stamp to keep in contact with people outside of camp. We recommend bringing pre-addressed and stamped envelopes from home

Also, you parents can write you letters either the old fashion way, or over email. These emails will be printed out and delivered to your cabin like real mail.

Food at Camp

We have a wonderful kitchen staff here at camp whose only goal all summer long is to provide you with delicious food three times a day during you stay here at Camp. Our kitchen staff has always gotten tremendous reviews on their food, the most notable being that at the end of the week Thank-You Circle, when campers can thank whoever they'd like, the biggest and loudest thank you is almost always reserved for the kitchen.

Meals are served family style. The campers on KP will bring the dishes to a table of ten, and then the food is served out from there.

There is a snack provided each night during the evening activity.

Fresh Fruit will also be available at the dining hall porch at select times each day.

Attention is paid to make sure the food is not only delicious, but provides a healthy balance for the active lifestyle of camp.

Food allergies and special dietary needs are accommodated as noted on your Health Form.



Teens at Camp

We realized as Campers come back summer after summer and grow older, they start looking for different things from Camp. Being a Teen at camp allows for some extra privileges, in addition to extra responsibilities.

As one of their privileges, each evening teens get to socialize for an extra half hour in the Rec hall, where they can just hang out or participate in various counselor led activities.

However, their responsibility is to serve as role models to our younger campers. This includes adhering to the dress code, using appropriate language and adhering to our tenants of respect and kindness.

We do want campers to be aware that we do not promote dating relationships at camp. Camp is about having fun and making friends, that's as far as it should go. You are here for such a short time, and the drama and issues dating create only take away from the camp experience.



Our Camp Staff

Our 4-H Camp Counselors are from all over the globe. We seek out individuals who not only have the skills to successfully present materials to youth, but those who also have the natural ability to connect and bond with campers. We look for counselors who have natural tendencies toward: trustworthiness, respect, responsibility, caring, fairness, and citizenship. The staff is the heart of any camp, and our goal in hiring staff is to provide a safe, positive, and friendly environment.

Our basic staff to camper ratio in the cabin is a minimum of 1:8. In most activities staff to camper ratio is 1:6.

All of our staff are extensively interviewed, screened and submit to a criminal background check. They are chosen for their skills and experience. We also conduct an intensive week-long training program, which covers all aspects of camp life from teaching lessons to dealing with homesickness. Many of our staff return each year, and some have been campers in previous years.



CIT Program

Once you have completed 9th grade, you may sign-up to participate in classes designed to instill leadership skills and to prepare you for your first working experience. CIT I is for campers who have completed the 9th grade, CIT II is for campers who have completed the 10th grade. You will have the opportunity to participate in activities not available to the rest of the camp including the team building course and later lights out times.

If you are interested in some day working at camp as a counselor, we strongly urge you to participate in the CIT program. The focus of this program is to specifically prepare young adults for the rigors of the camp counselor position.



The Leadership Development program at camp is actually a three year process as follows:

Counselor in Training I (CIT I): If you have completed the 9th grade, you may qualify to become a CIT. CIT's are important to the future of 4-H camp! This is a special week of training that balances camp activities with opportunities to take on new levels of responsibility. You will learn about the inner workings of camp while learning about personal leadership development. CIT I is open to any camper who has completed 9th grade.

Counselor in Training II (CIT II): Learn how to teach classes, effectively resolve camper issues, and perform basic counselor responsibilities in this counselor training program. CIT's who have completed the course successfully will receive a CIT certificate verifying the skills they have learned in the course. Graduates of the CIT program are very marketable for future staff positions.

Graduates of the CIT II program, who are now too old to attend Camp as campers can apply to return the following summer as Volunteer Counselors. The Volunteer Counselor position is the final step in a CIT's leadership training. Volunteer Counselors spend the week living in one of the youngest cabins, and now participate in the Camp program not as campers themselves, but by observing the counselor role.

They assist in teaching classes, running activities, and even spend time helping prepare evening snack and doing dishes in the kitchen to learn all the different things that go into making Camp run smoothly. Being a successful Volunteer Counselor is an important factor to one day becoming a full staff member at L.G. Cook. Only graduates of the CIT II program may apply to be Volunteer Counselors.

CIT's are the future of camp. Every CIT will receive a certificate of completion at the closing campfire. During that ceremony, we will recognize one CIT for their exemplary service and dedication to 4-H Camp. They will receive the Thomas Murphy CIT Award. CIT's are not eligible for Honor Camper Awards.



Honor Campers

Four campers that exemplify the spirit of 4-H Camp are chosen every week during camp. We hold a special candlelight ceremony on the last night of camp to honor these individuals and to applaud their excellence at camp.

The counseling staff team recommends campers for these awards. They look for campers that exhibit clear thinking and good decision making for the Head Award.

They look for someone who cares for others and tries hard in everything they do for the Heart Award.

Campers who reach out to help others and serve camp are often nominated for the Hands Award.

And the Health Award is given to those who make themselves and others better through participation in a healthy camping experience.

Check out our website for past honor campers.

“At Camp I learned that you earn awards by being yourself and not trying too hard to win it, Battle of the Islands can get competitive but in the end, everyone treats each other like they all won, and no one judges each other, they just have fun.”

Camper Survey 2013



Camp Lantern News Letters – Survey

When campers return home on Saturday, they can begin to look forward to receiving an email at some point that afternoon. The email contains a link to the Camp Survey, which allows you to let us know your thoughts on how the week went and how you enjoyed your time at camp. This in turn is a great tool to

help us here at camp follow our own motto, To Make the Best Better, and work on improving camp every single year.

As a reward for filling out the survey, you get access to your week's Camp Lantern News Letter. The Camp Lantern is a recap of the week, featuring articles by Campers and Staff, original camper artwork, and a whole variety of pictures. You can relive the whole week at camp, on the very same day it just ended.

Check out the website for past Newsletters.

See You This Summer

So, with that you should have all the info you need (and probably a lot more) to prepare you to come spend some time with us at Camp this summer. However, you should also know this: the many campers and counselors who have come back to camp year after year after year have often remarked that words can't describe a week at 4-H Camp. Campers will go home and try to express to their friends and family all the fun they had, friends they made, things they learned, freedom they experienced, and how much happened in such a short week and realize that words can't quite do Camp justice. So while we've tried our best to tell you what Summer Camp is like, the description in this little survival guide is only a small taste of Camp. To really know Camp you'll have to come spend a week in the woods and try it for yourself. We hope you'll do exactly that, and we'll see you soon!



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