

State 4-H Congress Tip Sheet

Luggage

Pack lightly. If you can't carry it yourself, don't bring it! Your living quarters have stairs, stairs, stairs. Make sure you can get all of your gear to your room! Comfortable shoes are a MUST!

Packing

Your home away from home during the week will require you to bring bed linens including a pillow and blanket, toiletries and towels. You will also want to bring an alarm clock and a notebook and pen for recording information.

Do not bring the following items to Congress. They will be confiscated: electronic beepers or pagers, telephones to be plugged into the dorm phone jack, walk-mans, head-sets, mp3 players or laser pointers. Also, any form of tobacco, firearms or other weapons, and alcoholic beverages are STRICTLY PROHIBITED! See Code of Conduct.

Mail & Phone

All mail to be sent to you can be addressed to:

4-H Congress Participant {your name} {County}

PO Box 110225

Gainesville, FL 32611-0225.

This mail will be posted at the Message Board at Congress Headquarters, 2nd floor Reitz Union. Important phone numbers are: Graham Hall Library – (352) 392-6021 and State 4-H Office – (352) 846-0996. Please note that delays in campus mail can be significant, so items mailed to Congress participants should be mailed well in advance.

Recreation

There are swimming pools located near the dorms for use during un-scheduled time. The video arcade, T.V., bowling alley and pool tables located in the Reitz Union can be used at your own expense.

Keys

Carry your room key with you at all times, even to the bathroom. Your roommates may accidentally lock you out. A lost key or building swipe card will take \$10 precious dollars from your spending money to replace!

Dances

There are themes for each dance. You don't have to dress to attend; you will be given your garb at the door!

Money

Be prepared to purchase lunches and a supper while at Congress. Additionally, you may be responsible for lunches and breakfasts on Monday and Friday while traveling. You will also have opportunities to buy souvenirs. \$35 - \$45 for meals and \$50 for spending is ample funds for most delegates.

Weather

Florida's weather is unpredictable. Although, normally hot and sunny, an occasional thunderstorm can dampen one's spirit if not prepared with an umbrella or raincoat.

Safety

NEVER walk alone at night! Travel in groups of threes or more if possible! Try to have an adult with you at all times. Always LOCK YOUR DOORS! Turn off all appliances when leaving – even if for a short time.