



## **Welcome to 4-H Camp! Let the Games Begin!**

**Arrival Time: 3:30 – 4:30 p.m., Wednesday, July 17**

Please try not to arrive early; we won't be ready to check you in until 3:00 pm.

**Departure Time: 9:30 – 10:30 a.m., Sunday, July 21**

We will be finishing up with a camp closing celebration. Arrangements should be made to pick up all campers by 10:30 am. There will not be anyone at camp past 11:00 am; the next camp will be moving in.

### **Check-in Process Upon Arrival**

**Step 1:** Everyone MUST visit the nurse at the Rec Hall BEFORE checking in at their cabin. We will be taking temperatures, and a form must be completed.

**Step 2:** Visit the check-in tables then move into cabins. Girls: the check-in table will be located by the flagpole just on the other side of the bridge. Boys: the check-in table will be located on the other side of the pool house. Registration will begin at 3:00 pm. Please do not plan to move into a cabin before checking in.

**Step 3:** Counselors will greet you at the check-in table and escort the camper to their cabin for the week. You will bring your stuff with you and find a bunk bed to stow your gear. Parents should not linger, because we need to get everyone moved in and stay on schedule with our evening programs.

### **What to Bring**

See the attached list of items to pack. Campers in unacceptable clothing will be asked to change (think school dress code). Put your name on **EVERYTHING** possible with a permanent marker. For example: Mark your name on the tags in your clothes, towels, shoes, sandals, shampoo, etc.

### **Optional Items:**

Camera, books/magazines (for rest time), pen/paper, regular digital watch, water bottle (refill stations are around camp).

Campers interested in Adventure Tower and High Ropes are required to wear jeans and T-shirts.

### **Do NOT bring the following items:**

Cellphone, pocketknives, firecrackers, firearms, drugs, vapes, alcoholic beverages, radios, or anything valuable. (example: jewelry, expensive camera or watches, iPod, ear buds, etc.) Anyone with any illegal items will be sent home.

**Helpful Extra's:** Bringing an extra 2 or 3 old bath towels, dry socks, and a pair of old tennis shoes can make camp week more pleasant. Because we're very shaded and it's normally very humid, almost nothing dries out at camp.

### **Health Care Information**

Bring any medicine that you will need to take regularly. You will give this to the nurse when you check in. Have your medicine ready to turn in a check-in, not packed in your suitcase. All medicine of **ANY KIND** (including over the counter) must be kept in the nurse's cabin.

- ⇒ **Prescription Medicine:** **MUST** have the pharmacy label attached with camper name, dosage, and doctor's name intact. (No doctor's signature needed if this information is on the label)
- ⇒ **Non-prescription Medication:** The nurses will have a stock of supplies indicated on your health form. If you feel you may need some other over-the-counter medicine, you can bring it and drop it off with the nurse. **Put the medication in a plastic bag with the camper's name, symptoms, and dosage on the bag.**
- ⇒ **Information to Camp Nurse:** Parents, if you wish to convey any medical information to the camp nurse privately before camp, please contact the office and we will put you in touch with our medical staff. Otherwise, you can discuss anything needed with them at check-in.

### **Camp Address**

4-H Camp Ohio  
11461 Camp Ohio Road  
St. Louisville, Ohio 43071  
Phone: 740-745-3388 (Emergency use only!)

**NO VISITORS** – Please do not come to visit anyone at camp! The Camp Ohio Staff and our counselors keep a watchful eye that there are no unfamiliar faces around camp. If you must come to camp in an emergency, go directly to the Camp Manager or Cow Palace.

### **Refund of Fees**

No refund or partial refund can be made to a camper who leaves for any reason during camp. No refunds will be made to a camper who does not notify us of the cancellation and does not come to camp. We have sent our final camper count to camp who have purchased enough supplies for our camp; we are committed to pay in full for each reservation.

### **Tips and Ideas for Preparing for Camp**

Living out of a suitcase is a new experience for most campers. Space is limited in the cabins, so getting organized at home can make living at camp a lot happier.

Here are some ideas:

1. Pack clothes in matched sets. Shorts and tops for each day together.
2. Pack a plastic garbage bag: all dirty clothes can go there, keeping the clean clothes clean. (Or two plastic sacks, one for wet, and one for dry).
3. At camp, we walk to the showers, so packing shower things carefully saves a lot of "forgot something" trips back to the cabin. Put toothbrush, soap, shampoo, etc. in a small plastic bucket or bag so things can easily be carried to the shower. **IMPORTANT:** Do not send ANYTHING in a glass (breakable) container.
4. Review with your camper what everything they're taking looks like. Better yet, LABEL EVERYTHING: shoes, towels, swimsuit, dirty clothes bag, etc.
5. It is not necessary or advisable to bring a suitcase or trunk that locks. Often a camper will either lock the keys in the trunk or lose the keys, causing us to have to break into the suitcase. If a camper feels they have something valuable, they should leave it at home.
6. **MONEY.** Campers don't need much money at camp. You should bring no more than \$15-\$20 with you for postcards, camp store snacks and souvenirs. A small wallet or coin purse (with name inside) is a good idea. Most money reported lost or stolen at camp turns out to be in the suitcase of the camper, or in yesterday's pants pockets.
7. **FOOD.** Food attracts ants and animals into the cabin. If campers want to bring food, put it in plastic, well-sealed containers, or bags, and choose foods that are as non-messy as possible. Any trash created from snacks needs to make its way to the trash can.
8. **SHOES.** There is a lot of walking at camp. Flip flops and open type sandals are hard to walk in on the trails and gravel and often cause toe/foot injury. An old pair of sandals is useful for walking to the shower or pool. For all other camp activities, a couple pairs of athletic shoes are the best thing for camp. Don't send new shoes, they may rub blisters and they will get dirty. Send several extra pairs of socks. While flip flops are the favorite footwear of many, they absolutely do not work for many activities at camp. All of us will be walking/hiking; every camper needs a sturdy pair of shoes.

### **To Parents: Helping your child prepare for camp**

Children react differently to their first experience of being away from home. The way you, as a parent, help them prepare can make a big difference for your child in enjoying camp. First, prepare your child to stay all week -- don't say, "We'll come and get you if ....." Kids who come planning to have fun all week, usually do. Kids who come anxious, worried about home, etc., will have more trouble concentrating on camp. Talk to your child about the kinds of things they'll do at camp, things to look forward to. Discuss that some things will seem different (the food, the schedule, lots of bunk mates, etc.) and that difference can be okay. Flexibility and adaptability are important life skills for everyone to learn. Direct your child to ask their counselor and/or the

adult staff for help with anything they need. (Please don't tell them to call you; there are no phones around for general use). If there is a question or concern, we will call you.

Your own positive attitude about going to camp will be reflected in your child's attitude. Thanks for helping your child have a fun and adventurous week of new experiences at camp.

**Cell Phone Policy:** Please do not send a cell phone with your child to camp or anything that can be used to contact you while away. There is no time to use a phone during program time, which is all the time at camp. If your child cannot come to camp without a phone, they are not ready to come to camp. If there is a problem, we want a camper to be talking to us (their counselor, camp director, nurse, etc.), not someone at home or elsewhere. If a medical question or behavior issue arises, we will call you. If you cannot send your child to camp without a phone, please don't send them. If a device is found or in question, it will be confiscated and released at the end of camp.

**Communicate with Us:** Don't hesitate to talk to the counselor in your child's cabin when they arrive. Let the counselor and us, as staff, know about any "extras". Example: Is your child especially hard to wake up in the morning? We can handle special diets, sleepwalking, bed wetting, broken arms, diabetes, etc. We'll be happy to have them come, if necessary, let us know in advance so we can be prepared for any special needs.

### **Picking Your Child Up from Camp**

We'll be starting our closing celebration at 9:30 am in the Rec Hall then we will disburse to head home. Try to plan your drive to camp so you arrive right at 9:30 am. Please do not arrive early because having some parents around causes some campers to panic as to why their parents aren't there yet. Check the "Lost and Found Table" in the Rec Hall for any belongings that might be yours (don't assume your child has done this). We will be gathered in the Rec Hall for camp closing and will dismiss around 9:45 am.

Immediately after closing, be sure to sign your child out with the counselor in the cabin when you pick up their luggage. If you are picking up other campers that are not your own children, please sign them out from their cabin when you gather their luggage as well. If you find you are going to be delayed in picking up your camper, please call 740-914-3028 and leave a message with an estimated time, so we know you are on the way and can reassure your camper. All of us are appropriately tired and campers sometimes get overly anxious about where their ride is when everyone else is leaving. Have a safe trip home!

### **Checkout Procedures**

To help ensure that your child goes home with who you intended, we have a check-out procedure. Each counselor will have a list of their campers on a clipboard. When you pick up your camper's things at the cabin you will need to sign out, saying you've picked your child up. This will take about 3 seconds. If you're picking up several campers, you'll just sign the clipboard at each cabin as they pick up their things.