

4-H CAMP 2023

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

BLAST FROM THE PAST

July 17th - 21st, 2023



Dear Camper and Parents,
4-H Camp is just around the corner. We have lots of fun lined up for you and all of the other campers. This newsletter will help you prepare for camp! You will find information about what to pack, when we will leave and come home and lots of other important information. So, PLEASE read this from cover to cover so you don't miss any details.

Parents, we are looking forward to our week at 4-H Summer Camp with our child. If after reading this newsletter and attending the orientation, you still have questions, feel free to contact us at the Garrard County Extension Office at 859-792-3026.

Sincerely,



Eric Comley
CEA for 4-H Youth Development

CAMPER ORIENTATION

Camper Orientation will be held on *Tuesday, July 11, 2023* at the Garrard County Extension Office. The program will begin promptly at 6:00 p.m. so we ask you to arrive early to register and complete any missing paperwork. All campers and at least one parent/guardian should attend.



SOCIAL MEDIA

PARENTS

We will share plenty of pictures of camp on the Garrard County 4-H Facebook page. If your child is unable to have their picture taken and they do show up in the background of a photograph accidentally please contact us immediately and we will remove the photograph or edit to remove your child.



DEPARTURE DAY - MONDAY, JULY 17TH, 2023

All campers should report to the registration tables at the Garrard County Extension Office—NOT BEFORE 7:45 a.m. and NO LATER than 8:15 a.m. on Monday, July 17th, 2023. The buses will leave promptly at 8:45 and any late arrivals will have to be responsible for getting to camp on their own. Maps can be obtained at the Garrard County Extension Office.

Check-in Procedure: Register, receive a nametag, check-in medication and go to the lice check station. At the lice check station, the camper will receive a bracelet that allows them to get on the bus, then drop off your luggage. When the buses arrive, we will start loading.



RETURN DAY—FRIDAY, JULY 21ST, 2023

PHOTO ID WILL BE REQUIRED TO PICK UP A CHILD.

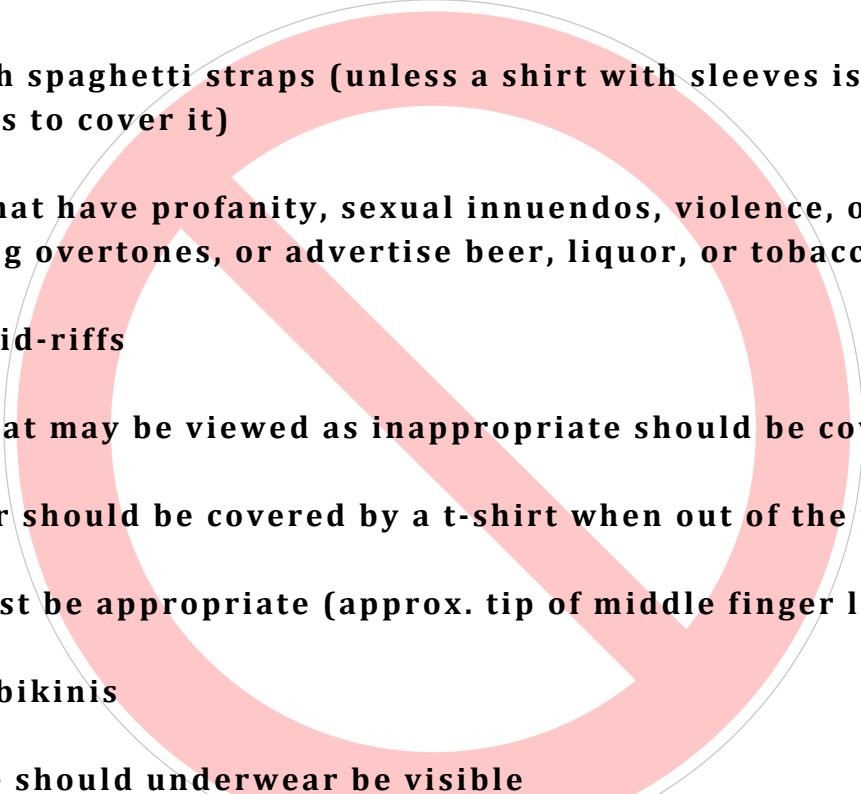
Due to the change, it is very important the you have completed the pick up and release form. Only the persons listed on the form will be allowed to pick up the camper. Campers will be dismissed from the bus. Parents/Pick-up person will need to show a photo ID at the bus and sign a check-out form.

The buses will arrive back in Lancaster at the Parking Lot of the Garrard County Extension Office at approximately 12:00-12:15. on Friday. Please be prompt in picking up your child. It is very scary for kids when everyone else has been picked up and they are still waiting! In the event of an emergency that will make you late, please contact Eric Comley at eric.comley@uky.edu.

Before leaving the parking lot, don't forget to pick up all of your child's luggage as well as medicine. Anything left at the Garrard County Extension Office will be held until the Wednesday after returning from camp. After that any medicine will be properly disposed and clothes, towels, etc. will be donated to Goodwill.

CAMP DRESS CODE

Items that should **NOT** be worn during 4-H camp by leaders or campers

- **Halter Tops**
 - **Shirts with spaghetti straps (unless a shirt with sleeves is worn at all times to cover it)**
 - **T-shirts that have profanity, sexual innuendos, violence, obscenities, racial/gang overtones, or advertise beer, liquor, or tobacco products**
 - **No bare mid-riffs**
 - **Tattoos that may be viewed as inappropriate should be covered**
 - **Swim wear should be covered by a t-shirt when out of the pool**
 - **Shorts must be appropriate (approx. tip of middle finger length down the thigh)**
 - **No string bikinis**
 - **At no time should underwear be visible**
- 

Any camper or leader whose clothing is considered to revealing (too short, too low, too tight, etc.) will be asked to change

Hint— If you are unsure if something is appropriate, you should probably not wear it!

DO NOT BRING...

We do not recommend that a camper bring anything valuable to camp. Radios and CD players, cell phones, personal head sets, and portable video games will be collected and returned to the parents on return day. Expensive cameras are not recommended. Disposable cameras are best for camp, remember to label with your child's name.

PACKING—WHAT AND HOW!

- Casual clothes (shorts, t-shirts, etc.)—1 set per day and 1 extra set
- Pajamas or other sleeping clothes
- Twin sheets and blanket (or sleeping bag) and pillow
- Towels and washcloths (send old ones)
- Beach towel for swimming
- One piece bathing suit or swimming trunks
- 2 pairs of comfortable walking shoes—flip flops can only be worn to the pool and to the shower house.
- Sandals must have a back across the ankle to be permitted.
- Light rain jacket or poncho
- Soap, deodorant, shampoo, toothpaste, and toothbrush and a caddy to carry them in
- Sunscreen and bug spray



Please label your child's luggage and bedroll/sleeping bag with their full name. We recommend using colorful tape or ribbon so it will be easy for them to identify at camp.

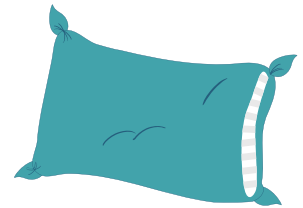
They are responsible for identifying their own luggage and carrying it to their cabin.

Clothes and other items should be packed in a durable suitcase or duffle bag. Bed rolls/sleeping bags can be packed in a garbage bag, please remember to pack an extra bag in your campers suitcase for the trip home!



HOME SICKNESS

Please discuss with your child about being away from home (especially if it is their first time!) We cannot allow every child to “phone home” at the first twinge of home sickness. The phone is used only for emergencies. We work with homesick children by helping them stay very busy and receive special attention from the leaders. Do not tell your child if they get lonely to just call home. Instead send them with a special teddy bear or item of comfort. If after our best efforts are made, your child remains homesick, you will be contacted. We will not make a homesick child stay at camp—however, no refund can be given. Please assist us with this matter by talking to your child before they leave for camp!



BEDWETTING

If your child has a bed wetting problem, please send extra sheets. If you have not already notified us of this on the registration form, please let us know before we leave for camp.



MEDICATION

If your child has medication that he/she is required to take each day, the medication is checked in with the EMT and administered by the EMT each day. Please turn in your child's medication (in the original container) on Monday morning in a Ziploc bag with your child's name written on the outside of the bag plus a photograph of the child is now required. You must also complete the medication form that is attached to this newsletter and enclose it in the Ziploc bag. The EMT will administer the medication while at camp, so NO medicine is stored in cabins. This procedure is necessary for the safety and protection of your child. Please do not send over the counter medication, because it will also have to be checked in with the EMT. If your child needs over the counter medication and you have given your permission it will be administered by the EMT. If you did not give permission and your child becomes ill, you will be contacted.

SPECIAL NOTE: If your child is on any antidepressant and/or hyperactivity medicine (ex. Ritalin) during the school year, please make sure they are on the medication during summer camp. Help your child have a GOOD week

HEAD LICE POLICY

No need to panic, but please check your child for possible evidence of head lice before leaving for camp. There is a no tolerance policy for head lice. In the event that it is found at the lice check station on departure date, your child WILL NOT be able to board the bus and will not be able to attend camp! Not even after a visit to the doctor! Please keep this in mind and if you have any suspicions that your child may have lice, please take care of it prior to camp departure date.



CELL PHONES

Campers and Junior Counselors are **NOT** to bring cell phones to camp

MONEY AND FOOD

Camp food is plentiful, but if your child has special dietary needs, you may want to send extra food to supplement. A menu is attached for your information! Souvenirs are available at the country store. You may want to send a small amount of money with your child for use at the country store. A price list is attached for your convenience.





WHILE WE ARE GONE



Send letters or care packages to campers at:

North Central 4-H Camp
Attn: Garrard County (Your camper's name)
260 Camp Drive
Carlisle, KY 40311

(Please send packages prior to or the day of departure to ensure their arrival while we're at camp!)

Remember, phone calls for campers are only in case of an emergency. The camp phone number is: 859-289-5308. If we need you, we will call you! For general questions while we are gone, you can call the Garrard County Extension Office at 792-3026 and speak with our front-end staff.

We check in daily!

