

## Carving New Ideas:

Where will the journey take you?

*Presented By: Collegiate 4-H at The Ohio State University*

**LOCATION:** 4-H Camp Ohio  
11461 Camp Ohio Road  
St. Louisville, OH 43071

**DATES:** November 15-17, 2019

**CONTACT INFO (Before Camp):** OSU Extension: 614-866-6900


**EMERGENCY/IMPORTANT CALLS ONLY (During Camp)** Nurse's Station: 740-745-3388

### Dear Parents and Campers:

Welcome to Carving New Ideas! We have processed your registration and are very much looking forward to seeing you at camp on Friday, November 15<sup>th</sup>. You are in for a weekend filled with lots of fun, friends, and new things to learn. We created this camper packet to help you prepare for a great and safe time at camp. Read this letter carefully and begin preparing for an exciting experience!

<b>Check-In Date/Time</b>	Friday, November 15, 2019 6:30 – 8:00 PM (any time during this timeframe) Dining Hall <b>Bring all forms and any necessary medicines to check in.</b>
<b>Dismissal Date/Time</b>	Sunday, November 17, 2019 10:30 AM

### Arrival Procedures – Friday, November 15, 2019

- ☐ **Check-in begins at 6:30 PM and lasts until 8:00 PM.** Please notify Beth, Camp Director, if you are unable to be there by 8:00 PM at [boomershine.10@osu.edu](mailto:boomershine.10@osu.edu)
- ☐ Get in line to register, turn in the camper's completed forms, meet the nurse, and receive your cabin assignment.
-  ☐ **No cell phones permitted at camp.** Cell phones will be collected and stored until camp is over.
- ☐ All campers will meet the camp nurse at check-in, regardless if they are turning in medicines or not. At that time, parents can share about their camper's medicine needs and/or special health care concerns. You will need to give any medications, over-the-counter and prescription, to the nurse at check-in. Please have these available, not packed in a suitcase. Every medicine of any kind (including Tylenol, Pepto-Bismol, etc.) must be given to the nurse. **(Camp Ohio has over-the-counter medicine available if campers need something - given at the nurse's discretion).** All prescription medicine must have the pharmacy label attached with the camper's name, dosage, etc. or have a signed medicine label from the enclosed packet (**bright pink form**). Medicine/prescriptions should be current and not expired.
- ☐ Head to your assigned cabin. Make your bed and meet your cabin-mates

## **What Not To Bring To Camp**

- ☐ Valuables, including radios, electronic games, laptops, mp3 players, jewelry, etc.
- ☐ Nothing that can connect to the internet. With the exception of a simple clock, electronics should be avoided.
- ☐ Lots of snacks. Excessive food in the cabins may attract unwanted wildlife visits.
- ☐ Firearms or fireworks
- ☐ Squirt guns, water balloons, shaving cream, and footballs
- ☐ Illegal substances, including tobacco, drugs, and alcohol. We will contact law enforcement if we find firearms or illegal substances.
- ☐ **Cell phones. Camp Ohio has a “no cell phone” rule for all youth, no exceptions.**



## **Camp Policies/Rules**

**Please review the 4-H Camp Ohio Rules in the document on the website.** Your presence at camp means you have read, understand, and agree that you will abide by these rules. Failure to follow the rules may result in the parent/guardian being contacted to remove you from camp without a refund.

## **Cancellations/Refunds**

- ☐ If for any reason, a camper is not able to come to camp, you must contact the Franklin County Extension Office at 614-866-6900 IMMEDIATELY so that we will not expect you at camp.
- ☐ No refunds can be given for cancellations or for no shows.

Feel free to contact Beth if you have any questions: [boomershine.10@osu.edu](mailto:boomershine.10@osu.edu) / 614-292-6098

See you at 4-H Camp,

***Beth***


Beth Boomershine  
OSU Extension, Franklin County  
Extension Educator, 4-H Youth Development  
Carving New Ideas Camp Director

## **IMPORTANT: Forms You Must Bring With You to Camp:**

Parents/legal guardians: please download, print and read carefully, complete accurately, and sign all necessary forms. Turn all forms in at Camp Check-In at the Dining Hall.

### **Ohio 4-H Health Statement/Releases and Medication Form**

Accurately complete, sign, and turn in at Camp Check-In. The Camp Nurse, Carly Bedinghaus, RN, will use this form to administer medications and treat illness and/or accidents that occur at camp.

- ☐ List all prescription medications and bring them in their original prescribed containers to give to the Camp Nurse.
- ☐ Any prescription medication not in its original prescribed container with the camper's name, correct dosage, and prescribing doctor's name (such as samples from your doctor) listed must have an attached medicine container label signed by the child's doctor. These labels are enclosed with this packet.
- ☐ Bring special over-the-counter medications to camp in their original container marked with camper's name and give to the Camp Nurse.
  - **Note regarding non-prescription medication:** For non-prescription medication, clip and attach the label in this letter to the container (no doctor signature needed).
-  ☐ **The photo release statement on the Health Statement must be signed.** Failure to do so will mean the camper will not be in the camp photo.

### **Standards of Behavior Form**

- ☐ Read, sign, and turn in at Camp Check-In to stay and actively participate in camp.

## **What You Need To Bring To Camp – Some Packing Tips**

- ☐ **Bring a snack to share.** Carving New Ideas is a pretty laid-back camp for teens. Given the relaxed nature of the camp, the camp snack table has become a CNI tradition. We ask each camper to bring a snack for the camp snack table. Throughout the weekend, when campers need a snack, they are welcome to find something there. Some ideas to bring: *a bag of chips, a container of cookies, a bag of clementines or apples, a box of rice krispie treats, some carrots and dip.*
- ☐ At 4-H Camp Ohio, we walk to the showers, so packing **shower items** 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 items can easily be carried to the shower. **IMPORTANT:** Do not send ANYTHING in a glass (breakable) container. Flip flops or shower shoes may be used in the bathrooms only! Closed toe shoes are required everywhere else at camp.
- ☐ **Towels:** Having an extra towel and dry socks can make camp more pleasant. Because of the cool, damp weather in November, towels rarely dry overnight.
- ☐ **Bedding:** Each camper will have a bed with a 5" thick, twin size mattress. Campers should bring the following bedding items: 1) a sheet to cover the mattress, 2) a pillow, and 3) either a sleeping bag or top sheet and blankets. **Remember...** It's November and the weather can be quite chilly! While the cabins do have heat, they are still rustic cabins. Pack accordingly!
- ☐ **Other Food:** While we assure you that there will be plenty of food during meals, if you insist on bringing some snacks to have in your cabin, remember that crumbs get on the floor and beds of the cabin, all over the inside of campers' suitcases, and can attract ants, raccoons, and skunks. If you want to bring a couple of snacks, put the snacks in plastic, re-sealable containers and choose things that are as un-messy as possible. Small serving sized bags are great.

## Suggested checklist to pack for Carving New Ideas:

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> 1 or 2 pair of Tennis Shoes or close-toed walking shoes                       | <input type="checkbox"/> Rain Gear   | <input type="checkbox"/> Comb/Brush  |
| <input type="checkbox"/> Jacket or Coat (Check the weather! It's always cooler in the valley at camp.) | <input type="checkbox"/> Pillow  | <input type="checkbox"/> Toothpaste  |
| <input type="checkbox"/> Casual, Weather Appropriate Clothes   | <input type="checkbox"/> Sheets/Blankets                                   | <input type="checkbox"/> Toiletry Items in small plastic basket/bucket/bag   |
| <input type="checkbox"/> Underwear   | <input type="checkbox"/> Sleeping Bag                                      | <input type="checkbox"/> Games (ex: cards, but no electronics)   |
| <input type="checkbox"/> Sleepwear   | <input type="checkbox"/> Alarm Clock (optional) Remember – NO CELL PHONES! | <input type="checkbox"/> <b>The counselors are encouraging campers to bring a dress-up/business casual outfit for the final dinner party. NOTE: Not as dressy as homecoming but classier than your everyday school attire.</b> |
| <input type="checkbox"/> Socks   | <input type="checkbox"/> Plastic Bag for dirty clothes marked with name    |  |
| <input type="checkbox"/> Extra Socks   | <input type="checkbox"/> Flashlight  |  |
| <input type="checkbox"/> Flip-flops for shower only  | <input type="checkbox"/> Toothbrush  |  |
|  | <input type="checkbox"/> Washcloths/bath poof                              |  |
|  | <input type="checkbox"/> 2 Bath Towels                                     |  |
|  | <input type="checkbox"/> Soap  |  |



### SEVERE WEATHER AT CAMP

Camper safety is our number one priority at camp. On the first night of camp, safety procedures are reviewed with all campers. The camp has a loud siren system and the campers are told where to go for safety and what to do in the event that the siren goes off for either fire or severe weather. In the specific case of severe weather, there are cement block buildings built into the side of the hills that campers would be guided to for safety.

All risk management policies and procedures that we follow at camp are specifically written by the 4-H Camp Ohio Board of Trustees Risk Management Committee which follows all mandates of the American Camp Association. They take this duty very seriously and campers are never without supervision from counselors and staff who will follow these policies.

Many of those on our camp staff and those on 4-H Camp Ohio staff have phones which allow us to monitor the weather very closely all weekend. The camp director carries a weather radio with her 24 hours a day and staff does not sleep until all weather risk has passed.

For your own peace of mind, 4-H Camp Ohio has a Facebook page, which is updated when severe weather is in the area. Sending a child to camp can be hardest on the parents—we understand! Many parents find it calming to check the Facebook page to see any updates on how the weather affected camp activities.

We hope that the weather doesn't interfere with our plans at camp, but in the event that it does, please know we are trained and ready.

Go to 4-H Camp Ohio on  for severe weather updates.