



# Franklin County 4-H Camp 2023 Camper Packet

## Dear Parents and Campers:

It's almost time for camp! We have processed your camp registration and are very much looking forward to seeing you at check-in on Tuesday, June 13. You are in for a great week filled with lots of fun, friends, and new learning adventures. We created this camper packet to help you prepare for an eventful and safe time at camp. Read this letter carefully and begin preparing for an exciting experience!

### Camp Address

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

### Camper Assignments for *Camper Name*

**Cabin Assignment:** Sent individually

**Cabin Counselors:**  
Sent individually

**Check-In Date/Time:**  
**Tuesday, June 13**  
Time sent individually

**Dismissal Date/Time:**  
**Saturday, June 17**  
**10:15 AM**

# Arrival Procedures

## Tuesday, June 13, 2023

### ☐ **ARRIVE ONLY AT THE TIME LISTED ON THE FRONT OF THIS LETTER.**

Camp is about 1½ hours from central Franklin County. In order to provide for a quick and organized drop off process, each cabin group has set times to arrive and dismiss at camp. Please only arrive at that specific time. This will also cut down on waiting and traffic congestion.

- ☐ After two successful years, we are again utilizing a drive through drop off for camp check-in. Instead of all the campers arriving at the same time and waiting in line at the Rec Hall, there will be several stops along the driveway where you will roll the window in your vehicle down to complete the check-in process. Follow the signs and directions from individuals managing traffic flow.
- ☐ The first stop will be to check-in and to take the temperature of the campers in the vehicle. Any campers with a temperature over 100.4 will not be able to stay.
- ☐ Campers with medications and other health concerns will park close to the Rec Hall to meet with the nurse. 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 this stop during check-in. Please have these available, not packed in your child's suitcase. Every medicine of any kind (including Tylenol, Pepto-Bismol, etc.) must be given to the nurse if you bring it to camp. All prescription medicine must have the pharmacy label attached with the camper's name, dosage, etc. Medicine/prescriptions should be current and not expired. Note: The nurse has basic over the counter medications available to administer to campers as needed. There's no need to pack your entire medicine cabinet.
- ☐ Boy campers will be directed to park on the boy's side of camp and girl campers will be directed to park on the girl's side of camp. Take your child and his/her belongings to the assigned drop-off area. In order to keep the drop-off process orderly, parents will not be going to the cabins. Counselors will be more than happy to help your camper get settled in the cabin. You can say your goodbyes at the final check-in station by your vehicle.

- ☐ **No cell phones, tablets, iPods, or other electronics are permitted with campers.** Cell phones brought will be collected and stored in a secure location until camp is over.



## Dismissal Procedures

**Saturday, June 17, 10:15 AM**

- ☐ Please DO NOT arrive at camp for dismissal prior to 10:00 AM.
- ☐ Boys' parent cars will stay in line for a drive through pick up close to the Rec Hall at 10:15 AM.
- ☐ Girls' parent cars will stay in line for a drive through pick in the girl's side parking lot area at 10:15 AM.
- ☐ **DO NOT** leave without signing your camper out with their counselor.



## Camp Policies/Rules

Your child's presence at camp means you and your child have read, understand, and agree that your child will abide by the enclosed 4-H Camp Ohio rules. Failure to follow the rules may result in you, the parent/guardian, being contacted to remove your child from camp without a refund.



## Cancellations/Refunds

- ☐ If for any reason, a camper is not able to come to camp, you must contact the Extension Office at 614-866-6900
- ☐ Cancellations before May 30, are subject to a \$50 fee. No refunds after May 29, for no shows, or for leaving early. No refunds can be given for an activity for which a camper prepaid at registration and does not participate.



## Food Allergies, Unique Needs, & Special Info about Campers



- ☐ Please notify 4-H Educator, Beth Boomershine, of any special needs your child might have, including food allergies and food sensitive diets that we may need to prepare for in advance. If you did not put that information in the registration form, you must contact us immediately. Beth's contact information is: boomershine.10@osu.edu / 614-292-6098
- ☐ We need any additional information about special dietary needs that you didn't provide when you initially registered, so we can notify Camp Ohio's kitchen. Camp Ohio tries very hard to provide alternatives for food allergies, but in the event of a severe food allergy, we may need the family to provide some of the food that the camper can eat.
- ☐ We can easily handle sleepwalking, bed-wetting, diabetes etc. We have a lot of experience camping with youth. Just let us know so we can prepare for any of these needs.
- ☐ Don't hesitate to contact us if you feel you left off information in the registration/health form that could be helpful to caregivers of your child. Contact us BEFORE camp so that arrangements can be made.

### Postal Mail at Camp

**Mail will be distributed to campers during a mealtime once a day. If you intend to send mail to your camper, note that camp is only 4 nights long. You will likely need to mail it prior to arriving at camp.**

#### Send mail to:

Camper's Name  
4-H Camp Ohio  
11461 Camp Ohio Road  
St. Louisville, Ohio 43071  
*Please write Franklin County 4-H Camp on the envelope.*

- If your child plans to write to you, you'll need to send writing supplies/envelopes/stamps. It's also helpful to have the envelope already addressed for them.

### Phone Calls and Visitors

#### During Camp - Emergency/Important Calls Only:

Nurse's Station (in director's cabin): 740-745-3388

Camp Office (only during office hours): 740-745-2194

#### Visitors

We ask that you do not drop by to visit anyone at camp. For the safety of our campers, there should be no one at camp except for staff and campers.



### Optional Form for Camp Dismissal

**Restricted Release Form** (only if you are restricting who can pick your child up):

- ☐ All campers are signed in and out at the start and end of camp. Sometimes in the case of guardian custody issues or other issues, it is necessary to let us know of restrictions of whom your child is allowed to leave with. If this is the case, complete a *Restricted Release Form* if someone other than you, his/her parent/legal guardian, is picking up your camper. Please only complete this form if it is absolutely necessary. The form is available at [www.go.osu.edu/camp](http://www.go.osu.edu/camp)

## Preparing Your Child for Camp

Children react differently to their first experience being away from home. The way you, as a parent/guardian, help them prepare can make a big difference in whether your child enjoys camp.

Prepare your child to stay all week. Don't say "We'll come and get you if..." Children who come anxious or worried about home will have more trouble concentrating on camp. Children who come planning to have fun all week usually do.

Talk to your child about the things he/she can look forward to doing (swimming, hikes, making new friends, crafts, games, and campfire).

- Discuss that some things will seem different (the food, schedule, bunkmates etc.), but that different can be good. Flexibility and adaptability are important life skills for everyone to learn.
- When you drop your child off at camp, say something like, "Have a good time! We'll look forward to hearing all about your week when we pick you up."
- Don't say, "We'll miss you," "The dog will miss you," "How will we manage without you?" or "Too bad you are going to miss doing...."

- Remember, campers are not permitted to have cell phones. Tell them to write to you if they want to talk to you. Also, remind them that they can talk to their counselor or any adult staff member about anything they need.

Thanks for helping your child have a fun and adventurous week of new experiences at camp.



## Set Your Child Up for Success

- Teach your child how to care for him/herself. Children need to know how to select appropriate clothing, make a bed, put clothes away, set a table, carry out chores, share a living space, etc.
- Problem solve with your child by using "what if" situations to prepare for unexpected events. What if you lose your towel? What if you don't get along with another child? What if you don't feel well? Let your child brainstorm for solutions and make sure he/she knows the "chain of command" at camp for handling problems. Their cabin counselor is always a great place to start!
- Homesickness is fairly common. Missing home, parents, pets, or friends is normal. It is part of growing up and leaving home. Speak openly about it and your child will experience these feelings with less anxiety and more understanding. Camp staff is trained to help your child through these ups and downs.

## Severe Weather at Camp

Camper safety is our number one priority at camp. The camp has a loud siren system, and the campers are taught where to go for safety and what to do in the event that the siren goes off.

All risk management policies follow mandates of the American Camp Association. Camp takes preparation very seriously and campers are never without supervision from counselors and staff who will follow these policies.

For your own peace of mind, you can check 4-H Camp Ohio's Facebook page which is often updated during or after severe weather. 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.

NOTE THAT EVEN THOUGH THERE IS SEVERE WEATHER IN FRANKLIN COUNTY, THERE MAY NOT BE SEVERE WEATHER AT CAMP.



**THE OHIO STATE UNIVERSITY**  
EXTENSION



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# 4-H Camp Packing List

Linens	Clothing	Toiletries	Additional Supplies	Medication
<input type="checkbox"/> Sleeping Bag and/or Blankets <input type="checkbox"/> Twin Sized Sheets <input type="checkbox"/> Pillow/Pillowcase <input type="checkbox"/> 1-2 Bath Towels <input type="checkbox"/> 1 Pool Towel <input type="checkbox"/> Washcloths/Bath Poof & Zip Top Bag	<input type="checkbox"/> Shorts and T-shirts (5 sets) <input type="checkbox"/> Jeans/Pants (1-2 pairs) <input type="checkbox"/> Sleepwear <input type="checkbox"/> Socks and Underwear <input type="checkbox"/> Extra Socks <input type="checkbox"/> Sweatshirt/Jacket <input type="checkbox"/> Modest Swimsuit <input type="checkbox"/> 1 or 2 pair of Tennis Shoes <input type="checkbox"/> Water Shoes/Boots for creaking <input type="checkbox"/> Flip-flops (Shower/Pool Only) <input type="checkbox"/> Rain Jacket/ Poncho/Umbrella	<input type="checkbox"/> Shower Caddy/Toiletry Bag *We walk to the shower house. <input type="checkbox"/> Soap/Body Wash <input type="checkbox"/> Shampoo & Conditioner <input type="checkbox"/> Toothbrush & Toothpaste <input type="checkbox"/> Deodorant <input type="checkbox"/> Comb/Hairbrush <input type="checkbox"/> Insect Repellent <input type="checkbox"/> Sunscreen  OPTIONAL: You can pack your Hollywood red carpet/star attire for the last night's celebration. (Nothing fancy – maybe sunglasses or a fun feather boa.	<input type="checkbox"/> Laundry Bag <input type="checkbox"/> Flashlight <input type="checkbox"/> Battery Powered Alarm Clock (optional) <input type="checkbox"/> Swim Goggles (optional) <input type="checkbox"/> Card Games (optional) <input type="checkbox"/> White T-Shirt for Tie-Dying (optional)	<input type="checkbox"/> Meds should not be packed in your luggage as you will turn them in to the camp nurse during check-in. * All prescription medicine must have the pharmacy label attached with the camper's name, dosage, etc. Medicine/prescriptions should be current and not expired.

## Pack like the Pros:

- Sometimes parents pack for the camper and then the camper doesn't know what they have or where their stuff is. This is a great opportunity for learning by doing by including your camper in the packing process.
  - It is a great idea to label your campers items and only send items you won't mind getting dirty or lost.
  - We have found that large plastic storage totes (10- 20 gallon or under-bed style) are great as they are slightly waterproof and stack easily. Duffel bags are also an option that will fit at the bottom or beneath bunks as well. Locks are not advisable as keys are often lost and combinations forgotten.
  - Leave electronics, precious, sentimental, and other irreplaceable items at home.
  - Pack a plastic bag (garbage bags work great) and explain that all dirty clothes go there, keeping the clean clothes clean. Mark the bag with masking tape and the camper's name.
  - While plenty of food is provided during meals, we know that some campers like to bring snacks. Any snacks brought to camp must be kept in a plastic/re-sealable container to ensure no unwanted critters visit the cabin.
- PLEASE NOTE: The camp store will not be selling any snacks or drinks this year; only souvenir items.
- You many send a small amount of money for campers to purchase something at the camp store if you wish. See the next page of this packet for details.





## 2023 4-H Camp Ohio Store

T-Shirts, stickers, sunglasses...Oh My! The 4-H Camp Ohio Store is a one stop shop for campers to grab their favorite 4-H Camp Ohio swag!

The 4-H Camp Store will be open during free time on Thursday, June 15, for campers to purchase apparel or other merchandise. Note that the Camp Store will not be selling snack or drinks this year.

Campers are encouraged to explore the Camp Store before coming to camp at the link below to help plan accordingly with purchase decisions and funds.

### Explore the Store

<https://www.4hcampohio.org/camp-store.html>

