



Nebraska 4-H Resident Overnight Camps Camper Information Packet



Important information enclosed.

Please read the entirety of this packet.

Table of Contents

Table of Contents

Welcome to the Nebraska 4-H Camp Experience	3
First Time Campers	4
Returning Campers	5
Our Counselors	5
American Camp Association (ACA) Accreditation	5
Camp in times of COVID-19.....	6
Health Procedures	6
Meals at Summer Camp	8
Additional Special Needs.....	8
Program Session Information	9
Typical Daily Schedule.....	9
Telephones and Cell Phones.....	9
Correspondence and Photos	10
Care Packages.....	10
Camp Store.....	11
Cancellations.....	11
Changing Camps	11
Modifications and Changes	12
Camp with a Friend	12
Sleeping Unit Placement	12
Camp Check in Process	12
Camp Check-out Process.....	13
Check in and Check Out Times	13
General Packing List	15
Directions to Nebraska State 4-H Camp	17

***Welcome* to the Nebraska 4-H Camp Experience**

We are excited to have your camper join us for their summer adventure! Please read through this entire packet as it contains essential information for you and your camper. Use the information to start conversations with your camper about their camp experience. What are they looking forward to? What do they need to do to get ready for camp? What are their concerns? This is also a great opportunity to answer these questions for you as a parent or guardian. The sooner those conversations start the more comfortable you and your camper will feel as their time at camp gets closer. Our 4-H resident camps are the perfect place for your camper to develop new skills and build self-confidence in a safe, fun, and inclusive environment. Many youth come to resident camp because they want to have fun, but they leave with so much more! Your child will come home with new friends, bolstered confidence, leadership and outdoor skills, and a lifetime of memories that you made possible - all by giving the gift of camp. If you or your camper has any questions, please do not hesitate to contact us!

Amber Stephens

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First Time Campers

We want your camper to have the best camp experience possible! The best thing you can do to prepare your camper is to use positive language and an excited, upbeat tone when talking about camp. Here are some tips to make their first experience the best it can be.

Preparation and practice for campers:

- Have your camper live out of a suitcase for a few days.
- Practice “going to camp” by having your camper spend a weekend at a friend’s or relative’s house to practice taking care of themselves.
- Have your camper take showers instead of baths.
- Have your camper practice washing their hair on their own.
- Go over the packing list and have your camper help so they know what is in their suitcase.
- Encourage drinking water with meals.
- Talk about living and working with others. At camp we practice living the Nebraska 4-H Code of Conduct. The camp community is like a big family, and we expect campers to respect themselves, others, and the environment.
- Talk with them about what to do if something is wrong. Encourage your camper to talk to a counselor when they have conflicts with a friend, if they are hungry or homesick, lost their toothbrush, etc. Counselors can help if they know what the problem is!

We want you to be prepared for questions your camper might ask. Below are some of the most common questions and responses for you to consider.

What if I wet the bed?

No big deal. Just tell a counselor and they will take care of it discreetly and wash the bedding and clothes.

What if no one likes me?

There will be a variety of campers in the unit and many campers who don’t know anyone else. Counselors will start the week off with games to help you get to know one another as well as check in during daily community circles.

What if I get sick?

Your cabin mates and counselors can help you and will take you to see our health supervisor. They’ll be able to fix you up in no time!

What if I really miss home?

That’s ok. I will miss you too, but you’ll be having a great time with your new friends! Your counselors are there to give you the support you need, and I’ll see you at pick up!

What if I’m scared of bugs?

There are bugs at camp, but they won’t hurt you if you don’t bother them. Your cabin mates and counselors can help you if you get too scared.

Missing Home

Most campers experience “homesickness” or missing home to some degree. We tell our staff that homesickness is not so much about missing home as it is about making sure this new place is safe and inclusive. This adjustment period usually takes about 48 hours. If you receive a “come get me letter” from your camper, a few days after camp has started, we have already worked through many of the homesickness thoughts. Homesickness is very common and is a great opportunity for your camper to gain new independence and grow from their experience of staying overnight at camp.

Returning Campers

Even though your camper has been to camp before, here are a few tips to keep things going smoothly.

Returning campers can also experience “homesickness.” This may be due to changes at home: marriage, divorce, a new sibling, death of a loved one, etc. If your camper is in any of these situations, talk about it before they come to camp. This will help process the changes, so they won't have to worry at camp.

You may choose to share this information with the camp staff so they can be aware and sensitive to your camper's situation.

Sometimes returning campers must adjust to the fact that camp is different than it was last summer. Talk with your camper about how things change, and that camp will be different and might just be better! Campers who are returnees are often “the experts” at camp. We encourage campers who are returning to be compassionate to new camper and show other them how exciting camp can be. **This is hands-on leadership development!**

Our Counselors

Our camp counselors are primarily college students who are studying fields such as education, recreation, sociology, and psychology and want the experience of working with children. All Nebraska 4- H Camp staff complete a thorough application process which includes a written application, employment history, two reference checks, verification of skills and certifications, a personal interview, and a background check. Hired staff are required to complete an extensive training program prior to working with campers. Training includes CPR/First Aid certification and emergency preparedness, youth development, group management, how to help with homesickness and much more. Staff are trained in safety and facilitation practices for the program activities at their site (e.g., archery, lifeguarding, and challenge course).

American Camp Association (ACA) Accreditation

We are an American Camp Association accredited camp. We voluntarily review over 300 industry standards related to the health and safety of campers and staff. In addition, we implement research-based policies, procedures, and practices throughout our programs. All of our programs also comply with UNL's *Youth Activities Safety Guidelines*.

COVID-19 Guidance

Nebraska 4-H Camp will work closely with state and local health authorities and follow recommendations from the ACA, CDC, University of Nebraska – Lincoln, and University of Nebraska Medical Center. We all have been impacted by the COVID-19 pandemic in some way. All information will also be updated on our website. The following is an outline of what could be expected at camp.

Masks & Cohorts

Mask policies will be dependent on guidance from the local DHM at the time of camp. Cabin cohorts will be utilized as much as possible including smaller group sizes. Modifications may be made to programming and activities to enable these layers of protection.

Handwashing and cleaning

Additional hand washing and hand sanitizing stations are being added throughout camp. Program supplies and equipment will follow procedures to be sanitized between uses. Common surfaces (door handles, bathrooms, tables, etc.) will see increased sanitization.

Health Procedures

Each camp is staffed by a trained staff member that has received additional training in health care practices.

A HEALTHY CAMP BEGINS AND ENDS AT HOME!

A healthy camp really does start at home. Please take note of the insert “Healthy Camp Update”, this provides some things you can do to help your child have a great camp experience.

Please note, Nebraska 4-H Camp reserves the right to not admit campers who are displaying symptoms of a communicable disease, such as COVID-19.

COVID-19 Pre-screen:

All campers are encouraged to self - prescreen for signs and symptoms of COVID-19 virus or other illness for 14 days before their camp session.

- Self-monitoring for signs and symptoms:

Fever of 100.4° F or greater	Fatigue	Loss of taste or smell
Cough	Headache	Sore throat
Shortness of breath	Muscle aches	Vomiting
Diarrhea	Nausea	

- Traveled domestically or internationally?
- Has the camper been in close contact with a person who has been diagnosed with, tested for, or quarantined as a result of COVID-19?
- Has the camper been diagnosed with, tested for, or quarantined as a result of COVID-19, in the last 14 days?

Health History

In order for your camper to attend camp and receive the best care in the event of an accident or illness, all campers must submit a current Camper Health History/Release form found in

your online profile. This form must be completed three (3) weeks prior to the camp session your camper is attending. Please provide us with all relevant information regarding your camper. If your camper has any special needs, our knowledge of these will only further the camp experience. This information is securely stored and only shared with staff working with your camper. If you have questions, please contact us.

Health Screenings

Campers will receive health screenings when checking in at camp. The screening must be completed before the adult dropping the camper off is able to leave. Each camper's current physical condition must be checked. This will include a check of temperature, questions about the camper's recent health, any COVID-19 exposure, and a head check for lice.

Head Lice

Head lice are common in children and adults so please check your camper before you bring them to camp. We will be unable to allow any camper to attend camp if there are any nits or lice in their hair. Refunds will not be provided if your camper has lice and decides not to attend camp. Some signs of head lice are:

- An itchy scalp and a great deal of head scratching.
- Nits in the hair. Unlike dandruff, nits attach themselves to the hair shaft and cannot be "flicked" off of the hair.

Parents/guardians will be contacted if the following situations occur:

- If your camper spends the night in the health center.
- If your camper needs to see a doctor or visit the emergency room.
- If the health supervisor has a question regarding information supplied on your camper's Health History/Release form (medications, chronic health conditions, etc).
- If signs or symptoms of COVID-19 are present.
- If a camp staff person needs your assistance/support regarding your camper's well-being.

Medications, Vitamins, Non-Prescription Drugs, Etc.

All medications, vitamins, herbal supplements, etc. must be handed in when campers check in at camp. Please make sure not to pack these items in your camper's gear. If your camper requires a rescue inhaler, epi-pen or other rescue medication, they can be carried in a day pack or carried by the counselors with your camper at all times. For safety of the camp community, no camper (including adult participants) will be allowed to keep medication on their person or in their belongings.

Please note the following as you are packing your camper's medications:

- All medicines, vitamins, non-prescription drugs, etc. must come to camp in the original containers.
- Prescription drugs must be in the name of the camper and have the instructions from a physician as to dosage, use, etc. accompanying the container. Please check carefully to ensure inhalers or other boxed medications and prescription samples either have the box with the prescription label or a note from your physician indicating the campers name, dosage, and any other instructions.
- Vitamins, non-prescription drugs, herbal supplements, etc. require a written signed note from the parent/guardian indicating dosage and frequency.

Medication Blister Packs

All prescription medications are required to be filled into provided blister medication packs during the check in process. You will be required to transfer information regarding the prescribed medication onto the provided medication labels. Please see the health counselor if you have any questions or need assistance.

Emergency Procedures

Parents will be contacted if there is an emergency that affects the camp community. Examples of emergencies include wildfire evacuation or other such occurrences. If these events occur, please do not call camp. You will be contacted by Nebraska 4-H staff with information regarding next steps.

Medical Insurance

Health insurance is the parent's/guardian's responsibility.

Illness at Camp

If your camper arrives at camp with signs or symptoms of COVID-19 or other communicable illness, we will not allow them to attend the session. We will work with you to arrange a new session. If your camper begins to show signs or symptoms, have been identified of being in close contact, or received a positive COVID-19 test result during their stay at camp, we will isolate them and call you to pick up your camper. We ask that you have your camper picked up within **6 hours** of notification as we do not have the facilities or staff to remain isolated with your camper.

Meals at Summer Camp

Campers will enjoy cafeteria style meals served daily in the dining hall. Meals are carefully planned to ensure generous amounts of healthy and nutritious options. Nutritional value and inclusion of the food groups are also considered when putting together menus for the summer. Breakfast will usually consist of a hot choice (pancakes, eggs, bacon) as well as a choice of cereal, yogurt, and other options. For lunch we may have burritos, sandwiches, or chicken nuggets. Dinner options often include pasta, burgers, or pizza.

Food is readily available all day for any camper who wants a snack, as we know how much energy is spent having fun!

Special Dietary Needs and Food Allergies

Most dietary needs can be accommodated (vegetarian, lactose-intolerant, gluten free, etc.). Special diets may require the participant to bring some of their own food to supplement the meals provided by camp. We are a **peanut and tree nut free environment** and ensure that a camper's meal is peanut and tree nut free. **If your camper has any specific dietary restrictions or needs, please put them on the Camper Health History/ Release form.**

Additional Special Needs

Please contact the program director for campers requiring special health care or with mobility limitations. Together, you and the program director can discuss the nature of your camper's needs and gather additional information to determine if the camp can provide the proper support,

supervision, and necessary accommodation for your camper to have a safe, fulfilling camp experience. To be successful at camp, your camper needs to be independent with self-care (shower, dressing, using the restroom). Your camper needs to feel comfortable in the following camper to counselor ratios:

Camper Age	Number Staff	Overnight Participants	Day-only Participants
4-5 years	1	5	6
6-8 years	1	6	8
9-14 years	1	8	10
15-18 years	1	10	12

We are dedicated to serving ALL youth at Nebraska 4-H and accommodation can be made in many cases. Please contact the program director if you would like to speak about special accommodations.

Program Session Information

The following are examples of activities that your camper will participate in at each of our camps, regardless of which program session they have registered for:

- Swimming
- Campfires
- Outdoor cooking
- Canoeing
- Hiking
- Games
- Crafts
- Singing
- Archery

Typical Daily Schedule

Depending on the session your camper is attending (Summer Fun, Getting' Messy etc.) the activities will vary by camp and may include archery, riflery, swimming, challenge course, creek stomping, etc. All activities are weather permitting.

- 8 a.m. Wake-up
- 8:30 a.m. Flag Ceremony
- 9 a.m. Breakfast
- 9:30 a.m. Activities
- 12:30 p.m. Lunch
- 1:30 p.m. Rest Hour (downtime for campers to rest, cabin time)
- 2:30 p.m. Activities
- 5:45 p.m. Flag Ceremony
- 6 p.m. Dinner
- 7 p.m. Evening program
- 9 p.m. 4-H Hour or S'mores/Campfire
- 10-10:30 p.m. Lights out

Telephones and Cell Phones

Campers are not, generally, allowed to receive or make phone calls while at camp. If there is a problem or if your camper is not doing well, a staff member will contact you as soon as possible. If in an emergency arises at home and you must contact the camp by phone, our camp phone number is:

Nebraska State 4-H Camp • (308) 533-2224

Please ask to speak to the Program Director. If they are not available, leave a message and they will return your call as quickly as possible.

Campers are not allowed to have a cell phone for any reason. Camera phones can create privacy and legal concerns. Camp is purposefully a place where campers can “unplug,” allowing them to better connect with each other and their environment.

Any cell phone brought to camp by a camper will be secured in the camp office until the camper is ready to leave for home. Nebraska 4-H is not responsible for lost, stolen, broken, or damaged property.

Correspondence and Photos

Happy mail from home is always a welcome addition to the camp experience. If you would like to send your camper mail, you can send them an email. Mail will be delivered to campers daily.

Email:

To send an email to your camper, please send to 4hcampst@unl.edu.

Subject line should include:

- “Camper mail”
- Camper name (First & last)
- Camper cabin (if you know)

Example: Camper Mail: Your Camper’s Name - Cabin: Apple

When writing a message, make sure your mail is cheerful and positive. Ask questions about what they are doing at camp, but we encourage you to not mention all the great things they are missing or how much you miss them. This can lead to homesickness. Mail with unhappy news (a pet passed away, a favorite relative is moving out of the area, etc.), while important, is sometimes better left until a camper returns home and can be with supportive friends and family.

Photos:

On a regular basis, we will post photos to our Facebook (@NebraskaState4HCamps) account. Our camp staff are busy making memories with your camper and don’t always capture every activity or camper at each activity. We do our best to capture the essence of camp to share online with families.

Care Packages

Please do not send any care packages to your camper at camp. Any care package received will be kept in the office until check out day for pick up. Nebraska 4-H is not responsible for lost or stolen care packages.

Camp Store

Camp store will be open for campers to purchase snacks, fun camp specific clothing and memorabilia as well as camping accessories to enhance their visit. You can add camp store money to your child's account by logging in to your Ultracamp account. Due to refund policies, we can no longer accept cash or check payment for camp store in person on the day of check in. We do not offer cash refunds at the time of check out. The ideal camp store deposit is \$30 or less. Please do not add more than \$30 in your Camp Store Account. Camp Store will be open at both Check-in and Check-out.

Adding Money to your Camp Store Account

1. Log in to your Ultracamp account: <https://go.unl.edu/qszp>
2. Click the “**Additional Options**” tab on the Menu bar
3. In the “Additional Options” tab, select “**Camp Store**”
4. Select “**Add money to the camp store/manage accounts>>**”
5. Add the amount of money you like to add to your selected camper's account(s). Click “**Next**”
6. Click “**Proceed to Checkout**”, review order
7. Click “**Proceed to Payment**”.
8. Select method of payment and provide credit card information.
9. Complete your order by selecting “**Process Order**”

Unspent Camp Store Money

In the event of unspent Camp Store money at the end of the summer season, any unspent money will be donated to the Camp Scholarship Fund. This fund helps send campers in need of financial assistance to attend our camp program. **We do not provide refunds or credits for unspent camp store money.**

Cancellations

A \$50 Cancellation fee will be applied to ALL cancellations. 100% (minus \$50 fee) refund will be issued if cancellation is made before April 1st. 75% (minus \$50 fee) if cancellation is made before May 1st. A 50% (minus \$50 fee) will be refunded if cancellation is made before May 15th. Any cancellation after May 15th will have the \$50 fee assessed, with remaining funds credited to account only. No refund will be given if cancellation is made within two weeks of the start of the camp session.

In the event a session must be cancelled by Nebraska 4-H Camp, a full refund will be issued.

Cancellation requests due to medical emergency or illness, accompanied by a doctor's note, will be considered for a transfer of fees to another session or a refund minus the cancellation fee.

There are no refunds for campers expelled for inappropriate behavior. Inappropriate behavior includes possessing any weapon at camp, violence, or threats of violence, use of illegal drugs or alcohol, smoking, stealing, repeatedly displaying an uncooperative attitude or disrespect for others, and any other action that in the camp administration's opinion threatens the health, safety, or well-being of any person or operation of Camp.

There are no refunds for campers who must leave camp mid-session due to illness or injury.

Changing Camps

If for some reason you wish to register for a different camp, the request must be made at least 2

weeks prior to the camp for which you were originally registered. Changes will be made only where feasible. There is no charge for changing camp sessions. The parent/ guardian is responsible for any difference in camp fees.

Modifications and Changes

For a variety of reasons, although rare, Nebraska 4-H must occasionally cancel a camp session. If this occurs, you can expect the entire camp fee (including the deposit) to be refunded or an alternative camp session to be found. Other times, certain activities described in the camp brochure must be suspended or changed due to circumstances beyond our control, such as inclement weather or safety considerations. In these situations, we try to adapt by offering equally valuable alternative program. Under circumstances of this type, refunds should not be expected.

Camp with a Friend

Camping with a friend can be a lot of fun and is a great way for campers to strengthen friendships while making new ones! If your camper wants to enjoy the adventure of camp with a friend, both campers must:

1. Meet age requirements and be registered for the same camp program.
2. Be listed as cabin mates on their registrations. While cabin mates will be placed in the same sleeping unit, all campers will be encouraged to try a variety of activities to make new friends!
3. We do our best to accommodate all cabin mate requests, however, please be aware that there are times where we cannot due to space or staffing.

Sleeping Unit Placement

The most frequently asked question is “Where will I live during camp?” Unit living placements are finalized only a day or two before the session begins and determined by total camp enrollment and numbers in each session. Campers will receive this information during check in.

Campers will be sleeping in cabins for our residential sessions, and tents for our state park camping sessions. Your child will bunk with campers similar to their age. Each cabin has access to restrooms and showers in or near your child’s sleeping quarters.

Mattresses and bunk beds are provided in all living units. You must provide your own bedding, including sleeping bag, pillow, and blankets.

In a sleeping unit, at least 1-2 staff members will be living in the cabins with your children. This provides the highest level of supervision to our campers.

If campers are on an overnight trip session, campers will sleep in tents in a designated campground space. All campers and staff will sleep in a “community” setting. All tents will be provided, please plan accordingly to bring sleeping bags, etc.

Camp Check in Process

Please do not plan to arrive early, as the camp staff will be preparing the site for campers. Doors open promptly at drop-off time. Please bring any medication with you to the check-in table. You and your camper will follow check in procedures and then visit the health

supervisor for the health screening.

- **Parking:** A staff member will direct you to find a parking spot in the specified parking area.
- You will be directed to the check in area which will include several stations. Please make sure you go through each station.
- **Camp Store:** The Camp Store will be open on check-in day to purchase items.
- After completing the health screening and check-in process you will find your camper's cabin sign where they will leave all their belongings until the designated time to go to their cabin.
- Campers can join other campers in activities, at this time, parents are asked to depart.
- Due to COVID-19 policies, we will not be having parents/guardians escort your camper to the cabin.

Camp Check-out Process

The person picking up the camper is required to show photo identification and be an authorized pick-up on the account holder's Ultracamp account.

There are no exceptions to this policy – even parents and guardians must show ID. This is for your safety as well as your camper's protection.

- **Luggage pick-up:** Camper luggage will be sorted by sleeping unit. Please take time to find ALL of your camper's luggage including laundry bag, sleeping bag, pillow, stuffed animal, etc. Due to the camp store and a week of living out of a suitcase, your camper's luggage may have expanded since they left.
- **Lost and Found Items:** Lost and found items at camp are kept in a central location. Items are displayed for claim on the last day of camp. Any items that have not been claimed will be donated or discarded. Nebraska 4-H is not responsible for lost, damaged or stolen items.
- **Meeting counselors:** At pick-up time, feel free to take a few minutes to meet the staff who worked with your camper during the week. They'll be happy to meet you and speak with you about your camper.
- **Leaving Camp Early / Coming and Going:** It is our goal to make your child's stay at 4-H camp one of the highlights of their summer. We strive to create a community in which all campers are actively involved 100% of the time. This is difficult when campers leave for sporting events or other engagements. Please try to make arrangements within your schedule so your child can remain at camp the entirety of the session.
- **Medications:** Remember to pick up your camper's medication from the health staff. Our health team also returns used Medication Blister Packets for all dispensed medication.

Check in and Check Out Times

The following check-in and check-out times apply. The first and last day of your camper's camp session can be found on your invoice. Only those listed on the Authorized Pickup form may pick up the camper. Please bring photo ID. Doors will open at the times listed below.

Check-In Time	Check-out Time
3:00PM- 4:00PM on the first day of camp session	12:00PM – 1:00PM on the last day of camp session

General Packing List

Campers are responsible for all items brought to camp. **Label everything** – especially sleeping bags and luggage! Have your camper play a part in their own packing so they will know where things are located and what they have at camp. Your camper must be able to carry their personal gear on a short walk to the sleeping unit from the main check-in area. Have your camper practice carrying their camp gear to ensure they will be comfortable doing so at camp.

The weather varies throughout the day. Please plan ahead and check out the forecast a few days before camp begins! Nights can be cool even on the hottest days. Please pack enough clothes for your camper's entire stay as the laundry facilities at the camp locations cannot accommodate campers' personal items.

Discuss with your camper the importance of not sharing their personal items (brushes/combs, toothpaste, toothbrush, contact solution, pillows, hats, clothing, water bottles etc.). These items belong to the owner. This will aid in decreasing the spread of germs and viruses among individuals.

CLOTHING (required):

- T-shirts or tank tops – at least one per day; no spaghetti straps
- 2 pairs of soes (1 older pair that can get dirty and muddy)
- Long pants and shorts
- Socks – pack extra!
- Raincoat or poncho
- Underwear – pack extra!
- Pajamas
- Swimsuit – no speedos or string bikinis
- Water socks/shoes that can get wet
- Hat
- Sweater, sweatshirt, or jacket

PERSONAL CARE (required):

- Medications
- Sleeping bag
- Blanket
- Pillow
- Bag for dirty and wet clothes
- Washcloths (2 recommended)
- Bath towels (2 recommended)
- Swim towel
- Sunscreen – SPF 30 or higher
- Insect repellent
- Chapstick (with SPF recommended)
- Shampoo & Conditioner
- Soap
- Deodorant (no aerosol cans)
- Toothbrush & Toothpaste
- Brush or comb
- Sanitary products
- Flashlight and extra batteries (glow sticks are great for campers who want a night light)
- Water bottle (no glass)
- Sunglasses
- Small backpack/daypack

NICE TO HAVE ITEMS (optional)

- Camera (not a cell phone)
- Stationary (pre-addressed and stamped envelopes recommended)
- Stuffed Animal
- Book
- Shower shoes (flip flops work well).

DO NOT SEND TO CAMP

- Cell Phones
- Video games or video cameras
- Gum, candy, or other food items
- Laptops or portable DVD players
- Expensive items you don't want to get dirty or damaged
- Weapons including but not limited to guns, knives, or bows- even toy replicas
- Irreplaceable items
- Radios, ipods, or mp3 players
- Tobacco, illegal drugs, alcohol

Our 2023 4-H Camp Locations

Chadron

Camp Norwesca

79 Camp Norwesca Rd, Chadron, NE 69337

Cozad

Camp Comeca

75670 Rd 417, Cozad, NE 69130

Ashland

Mahoney State Park

28500 W Park Hwy, Ashland, NE 68003

Burwell

Kamp Kaleo

46872 Willow Springs Rd, Burwell, NE 68823

Louisville

Platte River State Park

14421 346th St, Louisville, NE 68037