



## Information for Parents

**Transportation:** Many counties coordinate group transportation/car pool to the camps. Please contact your county extension office to inquire.

**Medications:** To assure the safety of our campers, prescription and non-prescription medications (except asthma inhalers and Epi-pens) will be checked into our camp staff at registration. No medications of any kind (except asthma inhalers and Epi-pens) are allowed in the cabins.

1. \_\_\_\_ Please leave all prescription medications in the original container with the official prescription label. For your child's safety, we will not be able to accept any medication which is not in the original bottle with the official directions or prescription label nor will your camper be allowed to stay in camp.
2. \_\_\_\_ Please place all prescription and non-prescription medications in one zip-lock bag. Write your child's full name with a permanent marker on the bag.

**Medical Insurance:** Health insurance is the parent's/guardian's responsibility. Camp does have minimal short term medical insurance that covers your child while at camp.

**Illness or Accident:** In the event of a significant illness, injury or if professional medical care is sought, parents will be notified by camp staff. Summer staff have been trained and certified in the use of CPR and First Aid to include the use of Epi-pens. Please be aware of the risk associated with outdoor activities and be assured we have taken every reasonable precaution. The safety and well-being of your child is our highest priority!

**Weather or Emergencies:** Staff and counselors are trained for these situations and we have shelter from tornados and severe weather. Weather radios and internet access provide detailed and timely information concerning severe weather. Also, arrangements have been made with local emergency officials to warn us first hand of weather emergencies. We would like to keep the phone lines clear during these demanding times. Please help us in this effort and refrain from calling camp. Please be assured we have plans for all foreseeable emergencies.

**Registration Times:** The registration (drop off) and departure (pick up) times for all camp sessions are listed in the camp brochure; at [4h.unl.edu/camp/youth](http://4h.unl.edu/camp/youth); and in the parent's letter that accompanied this information sheet. The 4-H Center has no provisions for early arrival. Please plan accordingly.

**Departure Times:** You are invited to attend our closing ceremony in the lodge approximately 30 minutes prior to your scheduled departure (pickup) time. The 4-H Center has no provisions for late pickup. Please plan accordingly.

### What to Bring to Camp

- Please pack only clothes which are appropriate for outdoor activities. They will get dirty! (We promise!)
- Label everything with your child's name.
- Laundry facilities are not available. Please pack adequate clothing for the entire stay at camp.

### Essential items:

- ✓ **At least two pairs of shoes- One pair for hiking and one older pair to wear in the river or creek.**

**NOTE: To be allowed on our T.R.U.S.T. course each camper must have at least one pair of "closed toed and closed heeled" shoes or boots. Tennis shoes are acceptable. "Crocks" and sandals are NOT.**

- ✓ Shirts (T-shirts are fine) (daily change +1)
- ✓ Pants (Shorts, jeans, sweatpants are all OK) (daily change +1)
- ✓ Socks (daily change +1)
- ✓ Underwear (daily change +1)
- ✓ Sleeping Bag or sheets and blanket
- ✓ Pillow
- ✓ Towels (At least 2)
- ✓ Toiletries
- ✓ Sleep wear
- ✓ Wash Cloths
- ✓ Swimming suits ( at least 2)
- ✓ Sweatshirts
- ✓ Cap or hat
- ✓ Jacket
- ✓ Poncho or raincoat for rainy weather
- ✓ Flashlight
- ✓ Sun Screen
- ✓ Insect Repellent
- ✓ Water bottle
- ✓ Laundry bag or spare pillow case for laundry

**Optional items:**

- ✓ Sun Glasses
- ✓ Camera
- ✓ Pre-addressed, stamped envelope, paper, pencil

**Do Not Bring to Camp:** As you know Camp is a special place. We intentionally try our best to setup the right camp atmosphere. The following items detract from this atmosphere and the spirit of camp. Please help us provide the best possible experience by ensuring these items are left at home:

- ✓ Firearms - includes BB and pellet guns
- ✓ Fireworks

**If above items are found in camp, parents will be called immediately and the camper will be sent home.**

- ✓ Pagers
- ✓ Radios, headsets, CD players, I-pods etc.
- ✓ Electronic games
- ✓ Knives and multi-tools
- ✓ Lighters/matches
- ✓ Expensive jewelry, watches, other valuables

**These items will be confiscated until the camp session is over. They will be returned to the parent/guardian picking the camper up on checkout day.**

**Cell Phones** - Campers are not encouraged to bring a cell phone to camp - however, if you need to make unique arrangements please contact the camp director in advance. All phones must be checked in at registration by a parent/guardian. They will be secured in the Camp Director's office.

**Camp Store:** Souvenirs and snacks are available in the camp store. The camp store will be open during camp and at registration and check out.

**Camp Store Money Check In:** All campers are asked to check in all their money at registration. When your child goes to the camp store, the camp staff will have sheets to track the funds each camper has in their "account." Campers can then make purchases at the camp store and the staff will deduct the amount spent from their remaining balance. Money which has not been spent will be returned at check out.

**Lost and Found:** Please be sure to label everything you send to camp with your child's name. With so many children at camp, we cannot be responsible for possessions which are lost or left at camp. Lost and found items not claimed at the end of the summer will be taken to Goodwill.

**Cancellation:** All cancellations are subject to a \$25 processing fee. No fees will be returned if the camp being attended is not notified 14 days prior to the camp session commencing.

**Changing Camps:** If for some reason you wish to register for a different camp, the request must be made at least two weeks prior to the camp for which you originally registered. Changes will be made only when feasible. There is no charge for changing camp sessions.

**Leaving Camp Early and/or "Coming and Going:"** It is our goal to make your child's stay at 4-H camp one of the highlights of the 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 for the entire session.

**Phone Calls to Camp:** A large benefit of attending camp is gaining independence and confidence. Homesickness is an occasional problem - one that we deal with regularly and successfully. It can be made more difficult when parents call camp. Please call only in an emergency.

**Mail:** Mail from camp is taken to the post office daily. If your child would like to write home, please include some self-addressed stamped envelopes or post cards. Please do not be upset if you do not receive a letter. Camp life is very busy and "no news is good news."

Please feel free to mail letters or email your child while at camp. An upbeat and positive letter/email from home can help make your child's stay at camp more comfortable. For a three day camp session, we recommend putting the letter in the mail a day or two prior to their session. Please write your camper's name and the name of the camp session they will be attending on the envelope. Mail arrives at camp at approximately 2:00 p.m. every day and is delivered to each cabin's "mail box" in the lodge. Campers and their counselors are asked to check them regularly. Mail and packages delivered after departure day will not be forwarded.

**E-mail:** E-mail is explained in the Bunk1 attachment. The camp e-mail is checked first thing every morning and is delivered to each cabin's "mail box" in the lodge. Campers and their counselors are asked to check them regularly. E-mails will not be forwarded.