

June 30, 2023

Dear Junior Campers and Parents:

It is almost time to pack up and head to 4-H Junior Camp. This year the theme is Shipwrecked! You are in for a great week of fun, friends and learning new things! Read this letter carefully to prepare for an enjoyable week at camp. Be sure to note items that have immediate deadlines. The forms are available on the web if you misplace them. Go to <https://delaware.osu.edu/program-areas/4-h-youth-development/delaware-county-4-h-camp>

Arrival

A map is included on the blue sheet. 4-H Camp Ohio is located at 11461 Camp Ohio Road, St. Louisville, OH 43071. It will take about 70 minutes from downtown Delaware. Caution: Black Snake Road in Utica is about 50 feet south of the stoplight and it is easy to miss.

Check-in is **3:30 to 4:30 PM, Thursday, July 13.** Please do not arrive prior to 3:15 PM, as we will be setting up. We will use a drive through health check and form drop off method like last year, in which you will stay in your vehicle. The drive through check in is described below.

After check-in you can park on either the girl side or boy side and help move your camper into their cabin.

First Stop at Campbell Lodge Driveway Loop: Basic health screening and temperature of the campers in the vehicle. No one will get out of the vehicle. We will collect the Early Release Form (if applicable) at this stop. We will give you your cabin assignment and camp program.

Second Stop at Rec Hall: Nurse All vehicles will stop to check in with the nurse. Campers with medications and other health concerns will have the opportunity to discuss 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. (See more information about Medicine on the next page.)

Third Stop: Unloading 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. You may help your child take their belongings to the assigned cabin. Camp store will be open during check in, and you are welcome to make purchases after stopping at the nurse's station.

Pick Up

Camper pick-up is at **10:00 AM, Monday, July 17.** Campers must be picked up by 10:30 AM so that Camp Ohio staff has time to prepare for the next camp. Parents should not arrive earlier than 9:30 AM. We dismiss campers from the cabins. You will sign out your camper with the cabin counselors.

Camp Store – Open during Camper Check In and Friday during Free Time

The store will be open from 3:30 to 4:30 PM during registration and during free time on Friday. Campers should only be left with money if they will make a purchase Friday afternoon. Most store items are shown with prices at www.4hcampohio.org/camp-store. It helps if you can bring smaller bills to camp - \$1, \$5 and \$10 bills so they can make change. If you buy a t-shirt during registration, please write your child's name on the tag. We'll have a fine tip marker available.

Early Departure

Any camper that must leave camp prior to dismissal time must have the cherry-colored Early Release Form. Please turn it in at the first stop during camp registration. Please list who may pick up your child.

Restricted Release

Sometimes in the case of guardian custody issues, it is necessary to let us know of restrictions of with whom your child is allowed to leave. If this is the case, please email Laryssa at hook.26@osu.edu for the form. Please request this form only if necessary.

What to Pack

The enclosed blue sheet (on back of the map) lists the items you will need to pack. If your camper wants to do tie dye at crafts, bring a **white t-shirt** for tie dye. Those doing High Ropes must have **long pants and sturdy shoes**. This is also suggested for Shotgun/Rifle. Remember to put your name on everything possible with a permanent laundry marker. We want you to return home with everything you brought to camp.

Medicine

Bring any prescription medicine you normally take with you to camp. You will give all medications to our camp nurses during the second stop you make during drive through registration. Have medicine ready to check in and don't pack it in your suitcase. **Please put your medicine in a clear ziplock bag with campers name on the bag.** Camp has the medicines that you could check when you completed the health form and there is no need to pack an entire medicine closet. **Any prescription medicine must have the pharmacy label attached with camper name, dosage, etc. All medicine of any kind, including over the counter items like allergy medicines, etc., must be kept with the nurse.**

Camp Rules

OSU requires a standard of behavior form for all camp participants. The Camp Ohio rules are listed on the back side. Please review these rules with your child before camp. You signed these as part of the online registration and we do not need a signed copy brought to camp.

Phone Use

There is not a phone available for campers to use for calling home. The number a parent can use only in case of emergencies is **740-745-3388**. Please write this number down in case you need to reach us in an emergency. If no one answers, we could be at programs or a meal so please try back later. If you call 411/information to get the 4-H Camp Ohio phone number, you will be given the camp business line. This number will not reach us.

Cell phones and other electronic devices with internet capabilities are **not permitted**. This is Ohio 4-H and 4-H Camp Ohio policy. These devices are distracting to the purpose and objectives of camp. If you choose to send your child to camp with a cell phone or internet capable device, it must be turned in to our staff, and will be held in the office. Campers not following this policy will be sent home.

Optional Camp Activities

Rifle and Shotgun: Our Delaware County 4-H Shooting Sports certified instructors will be leading these sessions. If you registered your child for these sessions, we will notify them during camp when to attend. There are currently no spaces left. (Campers must be 12 to do Shotgun.)

High Ropes: Campers age 12 and older have the opportunity to do this program. Campers must have long pants and sturdy shoes. There are currently no spaces left to add this activity.

Outpost: Outpost is a group of up to 20 campers, supervised by a few counselors and 1 adult staff, who spend the night at a site posted away from main camp at the pond. Sign up for this fun opportunity with camp naturalists is after morning announcements during breakfast at camp.

Crafts: If you want to do tie dye you should bring a white shirt for that session. All other craft supplies are provided.

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 planning to have fun all week usually do. Children who come anxious or worried about home will have more trouble concentrating on camp. 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.

There are some great resources on this topic at <https://www.acacamps.org/press-room/how-to-choose-camp/homesickness>

Social Media While At Camp

While at camp, adult staff will be posting pictures to a private Facebook group page as a way to share what is happening at camp. We try very hard to only take pictures of those who selected to have a photo release in the registration form. Here is the link to request approval to join the group.

<https://www.facebook.com/groups/732886755258452/>



If you have questions as you prepare for camp, please contact me. We will see you at camp!

Sincerely,

A handwritten signature in black ink, appearing to read "Laryssa Hook", is written over a light beige rectangular background.

Laryssa Hook
Extension Educator
4-H Youth Development

Enc.: Map/Camp Packing Check List	Blue
Early Release Form	Cherry
OSU Standards of Behavior/Camp Ohio Rules	Gray
4-H Camp Ohio Packing for Prevention	Salmon