

# 4-H Camp Newsletter

Rowan County Extension Office • 600 West Main Street • Morehead, KY 40351  
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**Camp Date: June 20-23 2023**

## **HELPFUL TIPS TO ASSIST YOU!**

### **BUS LEAVING**

✓ The bus will be leaving from the bus loop behind the Rowan County Senior High School on Tuesday morning, June 20th. Plan to arrive at 7:30 A.M. so that we can load luggage at 7:45 A.M. The bus will depart at 8:30 A.M. sharp. All campers must sign in at the registration table. Campers need to check in before loading luggage.

✓ Before the bus departs, each camper needs to use the restroom because there will be no stopping on the way to camp unless it's an absolute EMERGENCY. The reason being is there is not a comfortable place to house this many kids.

### Traveling to Camp

✓ The trip will last about an hour and forty-five minutes. Snacks on the bus are prohibited. Please let the bus driver know of car sickness. Those campers need to sit up front.

✓ **Each camper is limited to two suitcases or 1 big one.** YOU will have to carry your own suitcase! Please be considerate that there are others with suitcases as well. Campers are responsible for keeping up with all their belongings. Parents, you may want to label your child's belongings.

✓ We strongly recommend a sleeping bag or sheets, instead of blankets. Sleeping bags should be placed in a plastic bag and clearly labeled with your name and county. Don't forget your pillow!

✓ Your luggage needs to be clearly marked so that **YOU** identify it.

# USEFUL POINTERS



Campers are required to always wear shoes. **Tennis shoes or sandals with a strap around the heel for example: Chaco/Teva type are needed for the day and night activities. Please pack an extra pair in case it rains.** Flip flops are fine for inside the pool area or shower house...not during classes. Campers must have closed toe shoes if they want to participate in high ropes and climb the rock wall. Crocks do NOT count.

- Label all clothes and towels if possible.
- Towels should not be the family's best towels.
- Bring a hat (male and female).
- Put items such as: shampoo, soap, toothpaste, toothbrush, deodorant, comb & brush, and other personal hygiene items into a small accessory bag. (This will help with carrying these items to the bath house).
- Use a permanent marker to write your camper's name on every item.
- Pack a mesh or garbage bag for wet clothes (put name on outside of bag)
- Bring a water bottle; it could get very hot!
- Bring at least one pair of long pants and a sweatshirt...just in case.
- Bring a positive ATTITUDE!

## Leave the following at home:

- ❖ Cell phones (privacy issues)
- ❖ Radios, CD players, MP3 Players, iPods, iPads
- ❖ Portable video games
- ❖ All electronics
- ❖ Hunting Knives and/or pocket knives
- ❖ Fireworks of any kind
- ❖ Expensive clothing or jewelry
- ❖ Anything you wouldn't want broken or lost
- ❖ Bad, negative ATTITUDE!

## Camp Checklist

- ▶ At least 5 changes of clothing. One evening program will be messy games so please pack at least one outfit that can get very messy with paint and other fun things.
- ▶ Swimsuit and beach towel (NO BIKINIS); if the Dean of Women considers the camper's swimsuit is inappropriate, they will be asked to change or cover up with a t-shirt. No discussion, so please make sure the attire is appropriate.
- ▶ Two pairs of shoes with a back, plus flip flops or shower shoes
- ▶ Jacket or sweatshirt for cool evenings
- ▶ Rain gear
- ▶ Bath towels and wash clothes
- ▶ Personal hygiene supplies and toiletries (shampoo, toothbrush, etc.)
- ▶ Bug repellent and sunscreen
- ▶ Medications taken regularly (please follow medication guidelines) Check all medications in on Tuesday. Please separate out Tuesday lunch meds.
- ▶ Sleeping bag, sheets & pillow (rolled and tied)

# USEFUL DETAILS

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## Unpacking

Now that you know what to pack, let's look at the schedule for arrival. Your adult leaders will check your cabin before you move in. Once the cabins have met our approval, your teen and adult leaders will take you to your cabins. Remember, YOU must carry what you pack! You'll claim a bunk bed and get all set up. If you are a sleepwalker, then you must claim a bottom bunk.

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## Snack & Spending Money

Campers will want to take extra money for snacks and souvenirs. **One dollar bills and quarters are best.** Please do not send a lot of money to camp. Campers will have the opportunity to visit the country store daily to purchase pop, ice, snacks, and souvenirs. Camp is nut free so please do NOT pack snacks with any kind of nuts or nut butter. A list of country store items can be provided upon request.

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## Camp Visits

There is no official visitation time at camp. We request that you please **do not** come to camp to visit campers. The camp is filled with several hundred campers and the facilities are not designed to accommodate multiple visitors with vehicles.

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## Daily Schedule

Breakfast is served between 8:00 A.M. & 8:30 A.M. daily. Campers will have some responsibilities each day such as cleaning up the cafeteria after meals, cleaning cabins, making beds, and cleaning up campground. Flag service will be after meals...then off to classes. Lunch is at noon sharp. In the afternoon, there is swimming, recreation, and a variety of fun activities! After dinner, the nightly programs will begin.



arts & crafts



Night



Programs

Night programs include:

- Sally
- Line dancing
- Messy Games
- Playground/CS
- Camp Fire



# MEDICATIONS

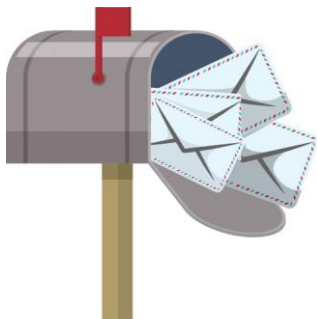


There is a full time HCP (Health Care Provider) on camp staff which administers **ALL** medications. No adults or teens may give campers any type of medication including Tylenol, Benadryl, etc. No camper may keep Ibuprofen, Tylenol or any other over the counter medication with them. **All medications must be in the original container and labeled with dosing instructions.** Medications must be placed in a clear zip-lock bag labeled with the child's name and county. **Do not pack the medication in the suitcase.** All medications will be collected prior to camper loading the bus.

These are state rules and there can be no exceptions. Tylenol, Benadryl, etc. are kept at camp and there is no need to send these types of over the counter medications. This form is included in the newsletter.



# Write Letters to Home



- Campers can write letters home. Please send stamped, addressed envelopes, paper and pen if your child wishes to write home.
- **The EMERGENCY phone number is 606-289-5308.** Parents please use this number in case of an emergency **only.** **Please do not send a cell phone to camp with your child. They will not be allowed to keep it with them.** The best thing you can hear from us all week is nothing at all!



## TEAM REACH APP

Please join Team Reach for reminder text message. Download the FREE app and use code: **RC4H23**. We will use this form of communication while at camp. If you would like to be added to this text reminder, call (606) 784-5457. We will try extremely hard to send out updates, reminders, and pictures during camp. Please do not ask us to take pictures of your individual child, we will capture as many memories as we can.



**Important**

## **Camp Policy and Cell Phone Use**

A positive and fun 4-H Camping experience **does not** include time spent on a cell phone. For this reason, the following guidelines are in effect for cell phone use during the camping week:

1. **Campers are NOT permitted to bring cell phones to camp.**
2. Phones that are brought to camp will be held by the County Extension Agent until first full business day.
3. Camp Staff must not allow a camper to use their cell phone at any time. Cell phones are to be used only in privacy unless conducting camp business as needed
4. Adults who bring cell phones to camp should not use the phones during classes or any other activity where they are responsible for supervising campers. Any adult with a cell phone should use discretion when using it. Cell phones should be used in private, not in the presence of campers.
5. Under no circumstances should a camper be allowed to use an adult's cell phone without prior approval from the County Extension Agent.

The 4-H Program, the 4-H Camp and the University of Kentucky are not responsible for any damage, loss or theft of cell phones that are brought to camp.

# WE APPRECIATE OUR Camp Counselors

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## Adult Counselors

Trinity Hughes  
Misty Lilley  
Katherine Rowe  
Mitchell Hollan  
Jacob Blevins  
Keyairah Bailey  
Nick Menard  
Zack Menard  
Kaleb Sergent  
Kathryn Snowden  
Duque Andres  
Amanda Potter- Agent  
Peggy Jones – Agent  
Kim Hacker – Program Assistant

## Junior Counselors (JC's)

Skylar Perry  
Alana Kidd  
Cadence Caskey  
Emma Brown  
Destiny Utterback  
Isiah Hamm  
Dashawn Watson  
Kevin Roberts  
Aston Lilley  
Peyton Lilley

## HEAD LICE POLICY FOR CAMP

A lice check is a mandatory procedure for attending 4-H Camp. You will need to have the camper's head checked by a licensed beautician or a health-care professional within 72 hours of checking in before boarding the bus to camp. Please bring your signed lice forms the morning of 4-H camp and take them to the head lice check-in table in order to board the bus.

# WHAT YOU NEED TO KNOW?



## LEAVING FOR CAMP

Tuesday morning, June 20, 2023  
Bus loop behind the Rowan County  
Senior High School

- Arrive at 7:30 A.M. for campers
- Unload luggage
- Check in at registration table/submit meds
- **LOAD LUGGAGE ON BUS**
- Board bus by 8:30 (USE RESTROOM BEFORE BOARDING THE BUS)
- Depart at 8:30 A.M.



## GETTING BACK HOME

Friday, June 23, 2023  
Bus loop behind the Rowan County  
Senior High School



- Parents please leave room for the buses.
- Arriving back at approximately 3:00 P.M.
- \* An announcement will be made via Team Reach prior to leaving JM Feltner.
- Pick up all luggage from designated area, sign camper out, pick up medicine.
- ALL adults will need a Photo ID to pick up camper.
- If the pickup person's name is not on the Pickup Release Form, they are not ALLOWED to sign camper out...NO EXCEPTION. (This is a safety precaution).
- With the number of campers attending camp, this process may take some time, so patience is the key. Parents please plan accordingly.
- There will be a checkout line for both boys and girls; this will be announced that day.

# BACK TO 4-H CAMP

MONTH

DAY

YEAR

06

20

2023

TO

06

23

2023

# Happy Camping!



Sincerely,

A handwritten signature in cursive script that reads "Peggy F. Jones".

Peggy Jones  
County Extension Agent for  
Family & Consumer Sciences/4-H

A handwritten signature in cursive script that reads "Amanda Potter".

Amanda Potter  
County Extension Agent for  
Agriculture & Natural Resources/4-H

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