

## Eastern Nebraska 4-H Center Information for Parents Residence Camps – Explorer or Discovery

**Contact Information:**

Eastern Nebraska 4-H  
Center 21520 W Hwy 31  
Gretna, NE 68028  
402-332-4496 phone  
402-332-2580 fax  
[4hcampea@unl.edu](mailto:4hcampea@unl.edu)

**Directions to Camp:** From the north, east and west: Take I-80 Exit 432 then Highway 31 south 5 miles to the Center. From the south: Highway 50 north from Louisville across the Platte River. Turn left on Highway 31 and go 6 miles to the Center. Note: Our driveway is separate from the Aksarben Aquarium.

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

**Registration Times:** The registration (drop off) time for all camps is 3:00 pm to 3:45pm on the first day of your camp and departure (pick up) time is 10:00 am on the last day of your camp. In order to keep the sign in process as quick as possible, please do not come more than 15 minutes prior to check in. Please keep in mind that the lodge doors will open for registration promptly at 3:00 pm and we have parking for only approximately 60 cars. The 4-H Center has no provisions for early arrival. Please plan accordingly.

**Special Dietary Needs:** If your child requires special dietary needs please make sure to note that in the appropriate section on the registration form. We can accommodate most common allergies including peanuts, tree nuts, dairy, and gluten. You may also bring your own food that we can individually prepare for your child at each meal. Please call the office with any questions.

**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.

- ***Please leave all prescription medications in the original container with the official prescription label with only enough medication for your camp session.*** 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.
- 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.

**Significant 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. 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!

**Illness at Camp:** Campers will be asked to return home for the following:

- If head lice is discovered at check in.
- A sustained temperature over 100 degrees.
- Vomiting or diarrhea.
- Sore throat accompanied by an elevated temperature.
- Ear ache accompanied by discharge or elevated temperature.
- If the child is feeling uncomfortable and sick to the extent that the child is unable to accomplish normal camp activities.
- If a child becomes ill with an easily communicable disease.

**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.

**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.

**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*.

**Departure Times:** You are invited to attend our video/slide show in the lodge approximately 30 minutes prior to your scheduled departure (pickup) time. Check out time is promptly at 10:00 AM. The 4-H Center has no provisions for late pickup. Please plan accordingly.

**Check Out:** A counselor will be waiting with a form for the person picking up your camper to sign. Ensure that your camper and the person who is picking them up notifies the camper's counselor and signs the check-out form.

#### **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.**

- ✓ Cell phones, radios, headsets, CD players, I-pods, etc.
- ✓ Electronic games
- ✓ Knives and multi-tools
- ✓ Lighters/matches
- ✓ Expensive jewelry, watches, other valuables
- ✓ Personal sporting equipment including Archery Bows, BB guns, etc.

**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 to bring a cell phone to camp – however, if you need to make unique arrangements please contact the camp director in advance.

**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. Please check the Lost and Found table before leaving camp. 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:** We happily accept mail for our campers. The easiest way to send a letter to your camper is via email. Camper email can be directed to [4hcampea@unl.edu](mailto:4hcampea@unl.edu). If you would like to send a letter via email, please include the Camper Name, Cabin Number, and Camp Session Name in the subject line. We will print out the email and deliver it to your camper at the next meal time.

Postal Mail from camp is taken to mail daily. If your child would like to write home, please include 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."

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 and is delivered to each cabin's "mail box" in the lodge. Campers and their counselors are asked to check them regularly. Mail delivered after departure day will not be forwarded. **Please do not send any care packages to your child at camp. Any care package received will be kept in the office until check out day for pick up.**

**Camp Pictures:** The camp staff will make every effort to post several pictures on our Facebook page each day of what is happening at camp. That page can be found at <http://www.facebook.com/pages/Eastern-Nebraska-4-H-Center/157951318146>

**Attachments:**

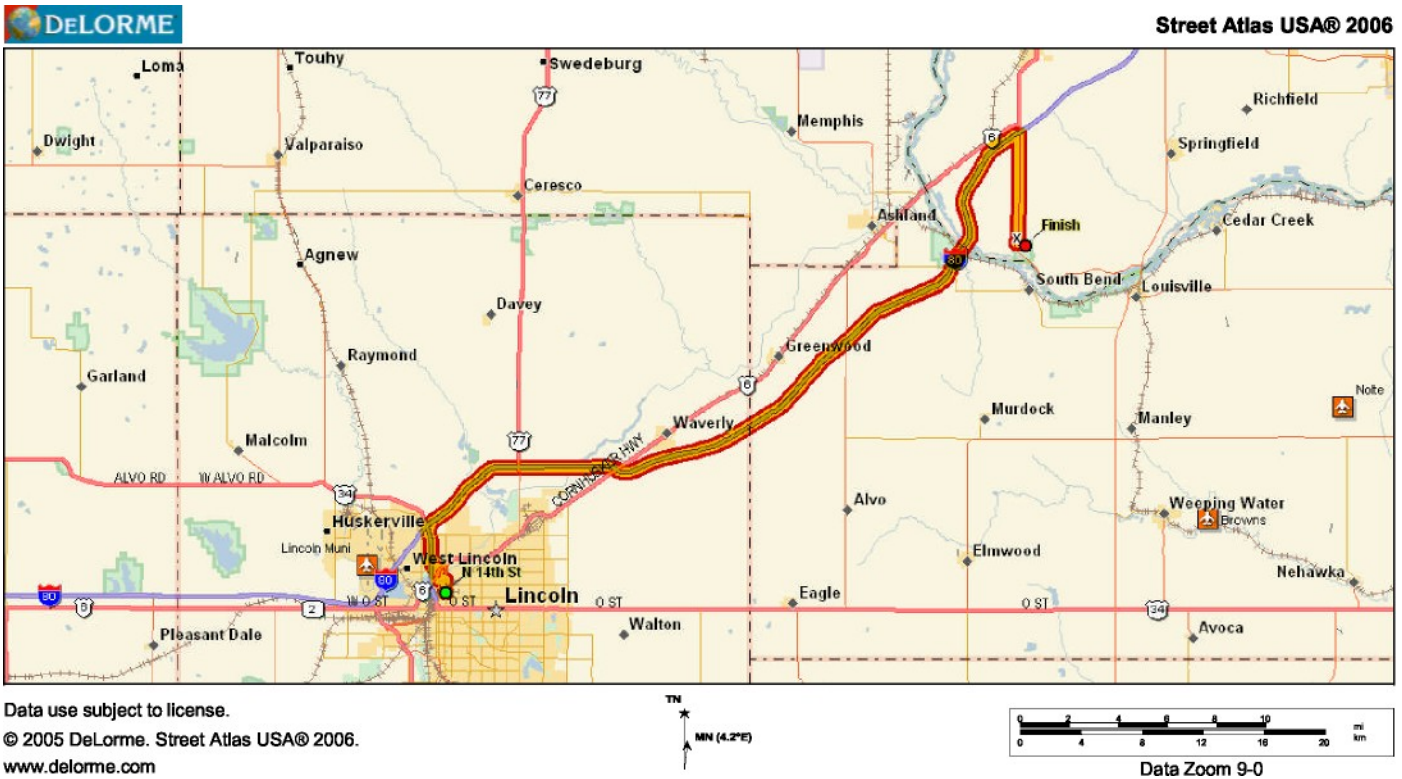
1. Map to Eastern 4-H Center

Thank you for selecting Eastern Nebraska 4-H Center – a great place for anyone to discover, learn, and grow.

Sincerely,  
Sean  
Gundersen  
Camp Director  
402-332-4496  
[sgundersen2@unl.edu](mailto:sgundersen2@unl.edu)

### UNL (Lincoln) to Eastern Nebraska 4-H Center

Take I-80 East towards Omaha, NE. Cross the Platt River and take Exit 432 (Nebraska Crossing Outlet Mall and Flying J Truck Stop). Turn right (South) onto Highway 31. The entrance to the 4-H Center is exactly 5 miles south from the entrance to the Flying J.



### Eppley Airfield in Omaha, NE to the Eastern Nebraska 4-H Center

Take I-80 West towards Lincoln, NE. Take Exit 432 (Nebraska Crossing Outlet Mall and Flying J Truck Stop.) Turn Left (South) on Highway 31. The entrance to the Center is exactly 5 miles south from the entrance to the Flying J.

