



2019

Nebraska 4-H Resident
Overnight Camps
Camper Information Packet



Important information enclosed.

Please read the entirety of this packet.

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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 your camper's camp experience. What is h/she looking forward to? What does h/she feel she needs 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. 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 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!

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Options for Visiting Camp

Open Houses

We invite you to visit camp during an open house so you can get to know our staff and facilities. We especially encourage first time campers and their families to attend. Bring the whole family and tour camp, meet the full-time staff, and get your questions answered! Check our Facebook page for dates!

Only camp staff and campers are allowed in camp during sessions so we encourage you to take advantage of this opportunity to learn more about the camps and the staff. When you drop off your child at camp, your access to the property will be limited. For more information on Drop Off, see Camp Check-In Procedures.

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 her 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 h/she knows 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 camp 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 h/she has conflicts with a friend, if h/she is 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. She'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 on Friday!

What if I'm scared of bugs?

There are bugs at camp, but they won't hurt you if you don't mess with 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. This adjustment period usually takes about 48 hours. So by Wednesday, when you just received your first "please come get me" letter, your camper is already feeling better and having fun.

At this point, you have two choices:

- Call the camp director and see how your camper is doing.
- Wait a day or two for the next letter.

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 h/she won't have to worry at camp.

Returning Campers continued...

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 have to 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, three reference checks, verification of skills and certifications, a personal interview, and a background check. Hired staff are required to complete a two week long training program prior to working with campers. Training includes CPR/First Aid certification and emergency preparedness, child development, group management, how to help with homesickness and much more. Staff at each camp are trained in safety and facilitation practices for the program activities at their site (e.g., archery, lifeguarding, and challenge course).

Health Procedures

Each camp is staffed by a trained staff member known as a health supervisor and helpers known as med aides.

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 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 her recent health 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.

Parents/guardians may be contacted in the following situations:

- If the health supervisor has a question in regards to information supplied on your girl's Camper Health History/Release form (medications, chronic health conditions, etc).
- If a camp staff person needs your assistance/support in regard to 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 will be 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.

Health Procedures continued...

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 insure 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 supervisor, 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, tsunami 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.

Meals at Summer Camp

Campers will enjoy a cafeteria style meal 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 self-serve buffet with cereal, yogurt and other options. For lunch we may have burritos, sandwiches, or soup. Dinner options often include spaghetti, chicken, or stroganoff.

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 free environment** and ensure that a camper's meal is peanut 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 outdoor program manager for campers requiring special health care or with mobility limitations. Together, you and the Camp 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 girl 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 Camp Director or Camp Manager if you would like to speak about accommodation.

Program Session Information

Your camper is registered for a particular camp session for the camper's age at the beginning of the program session. The following are examples of activities that your camper will participate in at each of our camps, regardless of which program session h/she has registered for:

- Swimming
- Campfires
- Outdoor cooking
- Canoeing
- Hiking
- Games
- Crafts
- Singing
- Archery
- Riflery
- Challenge Course/ Zip line

American Camp Association 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*.

Typical Daily Schedule

Depending on the session your camper is attending (Summer Fun, Tank and Tube the Loop, 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, write letters, or hang out in cabins)
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 Party (Back in units getting ready for bed)
10 p.m.	Lights out (time will vary depending on age and daily activities)

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 summer phone numbers are:

Eastern Nebraska 4-H Camp • (402) 332-4496

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

Please ask to speak to the camp director or assistant camp 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 – Snail mail, email, and packages

Happy mail from home is always a welcome addition to the camp experience. To ensure that your camper receives a letter each day, we recommend writing letters ahead of time and giving them to staff at camper drop-off. Staff will hand deliver them to your camper throughout the week. If you use the U.S. Postal Service, allow three or more days for mail to arrive. Consider sending letters before h/she leaves for camp and we will store those until your camper's session.

Make sure your mail is cheerful and positive. Ask questions about what they are doing at camp, but please do not tell them about all the great things h/she is 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. When sending mail, please use the following addresses and format:

Eastern Nebraska 4-H Center	Nebraska State 4-H Camp
[Camper's Name] [Camp Session] Eastern Nebraska 4-H Center 21520 W Hwy 31 Gretna, Nebraska 68028	[Camper's Name] [Camp Session] Nebraska State 4-H Camp 83222 4-H Camp Road Halsey, Nebraska 69142

To encourage mail to you from camp, you might consider including pre-addressed, pre-stamped envelopes and postcards in your camper's gear. Please send all stamps and envelopes in waterproof ziplock bags to withstand the humidity at camp.

You may email your camper at camp. Please put their name and session name (ex. Summer Fun, Tank and Tube the Loop, etc.) in the subject line. A staff member will check the email address once a day and distribute the emails with the snail mail to the camper. Due to the limited number of computers at camp your camper will not be able to email you back. Be aware that attachments and e-cards cannot be opened or printed. Camp email addresses are as follows:

Eastern Nebraska 4-H Camp • 4hcampea@unl.edu
Nebraska State 4-H Camp • 4hcampst@unl.edu

Care Packages

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. Nebraska 4-H is not responsible for lost or stolen care packages.

Camp Store

There is a camp store at both of our resident and day camps. 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. 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

At the end of the camp season, you will receive a refund for the remaining unspent camp store funds directly to your UltraCamp account. Please allow 3-5 weeks for processing. **We do not offer cash refunds at the time of check out.**

Cancellations

All cancellations are subject to a \$25 processing fee. No camp 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 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 grade 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 can't 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 particular program. You will receive this information upon arrival.

You will be sleeping in cabins at our resident camp site. Your child will bunk with campers similar to their age. Each resident camp site 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 2 staff members living in the cabins with your children. This provides the highest level of supervision to our campers.

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 lot at each site. Only park in specified parking spaces and do not park in the grass.
- 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 are invited to walk your camper to their sleeping unit to see where h/she will be sleeping, help them get settled, and meet their counselors.

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 child'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 box in the lodge. Items are displayed for claim on the last day of camp. Unclaimed items will be held for two (2) weeks after the last day of the camp session. 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 at our family picnic. 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 supervisor.

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
5:00PM- 6:00PM on the first day of camp session	3:00PM – 4:00PM 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 h/she 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 lodge. Have your camper practice carrying their camp gear to ensure they will be comfortable doing so at camp.

The weather varies at all camp. Please plan ahead, and check out the forecast near camp! Nights can be cool even on the hottest days. Please pack enough clothes for your camper's entire stay as our camps' laundry facilities cannot accommodate campers' personal items.

CLOTHING (required):

- T-shirts or tank tops– at least one per day; no spaghetti straps
- 2 pairs of shoes (1 older pair for Creek Stomp)
- Long pants and shorts
- Socks – pack extra!
- Underwear – pack extra!
- Water socks/shoes that can get wet
- Swimsuit- No Speedos or String Bikinis
- Rain coat or poncho
- Pajamas (we recommend sweats or flannel)
- Hats – at least one for warmth at night and one for sun during the day
- Sweater, sweatshirt or jacket

PERSONAL CARE (required):

- Medications
- 2 washcloths
- 2 bath towels
- 1 swim towel
- Sunscreen AND chapstick – SPF 15 or higher
- Shampoo, conditioner
- Brush, comb
- Soap and deodorant (no spray cans)
- Toothpaste, toothbrush
- Sanitary items (if appropriate)
- Warm sleeping bag, plus blanket
- Pillow
- Bag for dirty and wet clothes
- Flashlight and extra batteries; glow sticks are great for campers that want a night light
- Water bottle – no glass
- Sunglasses
- Small backpack/day pack
- Insect repellent

NICE TO HAVE ITEMS (optional):

- Camera (not a cell phone!)
- Stuffed animal
- Book
- Stationary (pre-addressed and stamped envelopes recommended)
- Swim shirts or warm swim wear
- Wool, fleece or polypropylene layers of clothing (stays warm when wet)
- Shower shoes – flip flops for showering

DO NOT SEND:

- Radios, iPods, or MP3 Players
- Cell phones
- Video games or video cameras
- Gum, candy or other food items
- Laptops or portable DVD players
- Tobacco, illegal drugs, alcohol
- Weapons including guns and knives – even toys
- Expensive name-brand articles
- Irreplaceable items

Directions to Nebraska State 4-H Camp

Please do not rely solely on Google Maps/Apple Maps or GPS as they can be inaccurate.

Camp Office: (308) 533-2224

Camp Address: 83222 4-H Camp Rd, Halsey, NE 69142

From: Grand Island, Nebraska

- **Take US-281/ US-34 E toward Broken Bow, Ne.**
- **Turn left on to NE-2 W continue for 130 miles.**
- **Turn Left onto NE-86B Spur.**
- **Slight right to stay on NE- 86 Spur.**
- **Turn Right onto Natick Road.**
- **Turn Right on to 4-H Camp Road.**

From: North Platte, Nebraska

- **Take US 83- N 82 miles towards Thedford, NE.**
- **Turn left toward Halsey, NE.**
- **Turn right onto NE-86B Spur.**
- **Slight right to stay on NE- 86 Spur.**
- **Turn Right onto Natick Road.**
- **Turn Right on to 4-H Camp Road.**