



# 2026

## Overnight

## Handbook

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# Section One: Introduction to Peconic Dunes 4-H Camp



## Cornell Cooperative Extension of Suffolk County

The Cornell Cooperative Extension of Suffolk County (CCE Suffolk) is the local branch of Cornell Cooperative Extension (CCE), a statewide community education agency established in 1917. As part of the U.S. Land-Grant University System, created in 1862 to advance public education and community development, CCE Suffolk operates under the administration of Cornell University, New York's land-grant institution.

CCE Suffolk is a subordinate governmental agency with an educational mission, structured in accordance with guidelines set by Cornell University on behalf of the State of New York. As a 501(c)(3) tax-exempt organization, it is part of the national cooperative extension system—an educational partnership among county, state, and federal governments. Each Cornell Cooperative Extension association is independently governed by an elected Board of Directors, with oversight from Cornell, ensuring that local, state, and national priorities are met.

Dedicated to addressing Suffolk County's most pressing challenges, CCE Suffolk collaborates with elected officials at all levels, government agencies, local nonprofits, and community organizations to deliver research-driven solutions. Our team of over 200 educators, specialists, and researchers works across four core program areas: 4-H Youth Development, Community Education, Agriculture, and Marine. Through our affiliation with Cornell University, we leverage world-class expertise, technology, and programming to foster a more resilient and sustainable Suffolk County.

The location of Peconic Dunes 4-H Camp has been used to provide summer camp experiences to youth since 1924, the county owns the property and in 2003 contracted with Cornell Cooperative Extension of Suffolk County to operate it.

For more on what CCE Suffolk has to offer [www.ccesffolk.org](http://www.ccesffolk.org)

## Peconic Dunes 4-H Camp

Peconic Dunes 4-H Camp is a place for young people to get outside, unplugged, and enjoy the best things in life—friendships, fresh air, discovery, confidence, and a sense of belonging. Located on the North Fork of Long Island, nestled between the shores of the Long Island Sound and Great Pond, Peconic Dunes offers one-week overnight and day camp sessions. Activities include kayaking, stand-up paddle boarding, snorkeling, fishing, archery, outdoor cooking, team sports, environmental sciences, crafts, multimedia, music, theatre, and more.

Evening programs offer time for fun, fellowship, and reflection. Overnight campers can enjoy campfires, talent shows, a dance, and other activities that encourage campers to create meaningful friendships and lasting memories.



## 4-H is Community for ALL Kids

For more than 100 years, 4-H has welcomed young people of all beliefs and backgrounds, giving kids a voice to express who they are and how they make their lives and communities better.

Through life-changing 4-H programs, nearly six million kids and teens have taken on critical societal issues, such as addressing community health, engaging in civil discourse, and advocating for opportunity for all.

New York State 4-H is a part of Cornell Cooperative Extension and our state office is housed in the Bronfenbrenner Center for Translational Research on the Cornell University campus, in Ithaca, NY.

Peconic Dunes Camp supports this and is open to all and believes in a model where young people can express their unique differences in a safe environment.

In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us. 4-H is delivered by Cooperative Extension—a community of more than 100 public universities across the nation that provides experiences where young people learn by doing.

New York State 4-H provided summer camp programming to 10,000 young people attending our 30 day and overnight camps across the state. Making each camper's experience fulfilling and memorable were hardworking 500 camp counselors, staff and volunteers.

4-H'ers are...

- 2x more likely to feel positive about their wellbeing;
- 3x more likely to feel competent;
- 2x more likely to make healthier choices;
- 2x more likely to participate in out-of-school-time science programs; and
- 4x more likely to make a positive contribution to their communities.



# POSITIVE YOUTH DEVELOPMENT

## Positive Youth Development: PYD

The science behind the success of 4-H is Positive Youth Development, a comprehensive approach to promoting learning and development. Its goal is to help young people feel empowered and develop critical life skills that allow them to reach their fullest potential.

PYD is a part of every 4-H opportunity, helping kids thrive with the following elements.

### Helping Youth Thrive

- Sparks: Providing a place where youth can find and explore what sparks their interest.
- Belonging: Creating spaces of belonging—where ALL kids feel welcome and physically and emotionally safe.
- Relationships: Nurturing positive, supportive and empowering relationships between youth and adults and youth and their peers.
- Engagement: Challenging and encouraging youth to pursue their own learning and growth. Promoting active engagement where youth have a voice.

PYD also has six core concepts, referred to as the "6 C's of PYD." These include:

1. Competence—positive view of one's actions in specific areas, including social and academic skills
2. Confidence—an internal sense of overall positive self-worth and self-efficacy
3. Connection—positive bonds with people and institutions that are reflected in exchanges between the individual and their peers, family, school, and community and in which both parties contribute to the relationship
4. Character—respect for societal and cultural norms, possession of standards for correct behaviors, a sense of right and wrong (morality), and integrity
5. Caring—a sense of sympathy and empathy for others
6. Contribution—contributions to self, family, community, and to the institutions of society



## Section Two: Goals and Outcomes

### Goals

#### Make Friends

One of the great benefits of sleepaway camp is the opportunity to make friendships that last a lifetime. Every activity at Peconic Dunes strives to build caring relationships between every member of the camp community. Camp traditions also reinforce positive relationships and provide lasting memories.

#### Be Healthy

Healthy minds work best with healthy bodies! We continually work to create a healthy balance of activity, nutrition, and rest. Everyday our entire community gets at least 8-hours of sleep, plus a mid-day siesta...and when we're not relaxing we're playing!

#### Learn

**“Learning by doing” has been the 4-H motto since 1902. There are five program areas that support hands-on learning: Expressive Arts, Outdoor Skills, Sports, Environmental Science, and Waterfront.**

**There are many in-depth activities covering a range of topics so our developing scientists, artists, leaders, athletes, and outdoors people can all find something they like best. Challenge activities are 2 hours long and campers work in age appropriate groups. Campers can pick the same activity all week, or a different one each day.**

#### Have Fun

We believe everyone learns best when they're having fun. No one makes camp more fun than a Peconic Dunes counselor. Our staff shares their passions and interests in an engaging and enjoyable way.

**“Everything good, everything magical happens between the months of June and August.”**

**— Jenny Han**



## Outcomes

### Specific outcomes that address camper physical, social, and mental well-being:

- An increased sense of independence, self-confidence, and self-reliance.
- A greater knowledge of the natural world and the interconnection of all living things.
- Appreciation and acceptance of social and cultural differences.
- Understanding that flexibility, sharing, and consideration of others are essential for group living.
- Excitement and enthusiasm for new experiences.
- New and lasting friendships with people of all ages.
- Further develop respect for themselves, peers, and environment.



## Section Three: Program

7:00 AM	Morning Bears (Optional)
7:30 AM	Wake Up
7:40 AM	A Breakfast   Challenge Sign Up
8:20 AM	B Breakfast   Challenge Sign Up
9:10 AM	Round Up   Announcements   <del>Flag Raising</del>
9:15 AM	Challenge
11:00 AM	Cabin Activity
12:00 PM	A Lunch   Siesta
12:40 PM	B Lunch   Siesta
1:45 PM	Choice
2:45 PM	Cabin Activity   Snack
3:45 PM	Cabin Activity
4:45 PM	Flag Lowering
5:00 PM	A Dinner
5:40 PM	B Dinner
6:30 PM	Choice
7:30 PM	Evening Program
8:15 PM	Snack
8:30 PM	Embers
9:00 PM	Cabin Time
10:00 PM	Lights Out

**Morning Bears:** Optional activities that run before breakfast. Activities vary and can include Yoga Bear, Bear Jordan (basketball), Fishy Bear, and Polar Bear (swim in the Sound).

**Challenge:** Peconic Dunes strives to foster independence in our campers. One way we encourage this is through giving them agency over portions of their daily schedule. Challenge is a two hour elective activity that campers pick during breakfast. Challenge options are rotated daily.

**Cabin Activity:** Campers will also have fun with their cabins each day participating in a variety of activities around camp. Cabin activities are set in the schedule with intention to ensure that your camper experiences a wide breadth of activities that camp has to offer. Each cabin group has a carefully curated schedule of cabin activities throughout the week to foster engagement with all program departments at camp.

**Choice:** One hour camper electives that are rotated on a daily basis. Overnight campers pick choice activities at lunch and dinner.

Peconic Dunes offers programming that allows campers to learn new skills, challenge themselves, and accomplish meaningful goals while fostering connections with peers and staff. We split our activity time between electives (Challenge and Choice) and group-based activities (Cabin Activities). Campers select their electives daily and their options are always rotating so each week is a unique experience!



## Program Activities

### Expressive Arts

#### **Art & Design**

Explore a variety of art mediums at the Art Barn. Showcase your creativity through blockprinting, clay sculpture, weaving, sandart, leathercraft and more!

#### **Improv**

Our counselors lead campers in engaging and hilarious improvisational games that will have the whole group laughing! Improv games activate creative thinking and language while building confidence in our campers.

#### **Music**

Campers will explore a variety of instruments during our music sessions including drums, recorders, and ukuleles! Counselors lead campers in high energy games that expose them to rhythm and tempo.

#### **Multimedia**

Photo and video challenges are offered every week at Peconic Dunes. Campers will learn the mechanics behind the equipment as well as how lighting, exposure, and sounds can impact a composition.

### Waterfront

#### **Kayak**

Paddle on the Great Pond with our boating instructors and an American Red Cross (ARC) certified lifeguard! Learn the correct strokes and how to maneuver on the water. Play games on the kayaks such as relay races, piano keys, and freeze tag.

#### **CORCL**

Spin, paddle, and race your way into paddling skills on the Great Pond. A round boat that is easier for our younger campers to maneuver and a great introduction to watercrafts! Campers play games such as infection, relay races, and freeze tag accompanied by boating instructors and an ARC certified lifeguard.

#### **Standup Paddleboard**

Work on paddling and balance while standup paddleboarding on the Great Pond! Games to play include gladiator, piano keys, relay races, and SUP yoga. This activity is supervised by our boating instructors and an ARC certified lifeguard.

#### **Swim & Snorkel**

The Long Island Sound is home to our designated swim area where campers can cool off from the summer heat! Compete in snorkel challenges or play water games like Marco Polo or Sharks and Minnows. ARC certified lifeguards supervise all swimming and snorkelling activities.

### ECO

#### **Long Island Sound**

The Long Island Sound project provides campers with the opportunity to explore marine ecology. Throughout the week they will go seining in the sound to discover many different shells on the beach, live snails, crabs, fish, horseshoe crabs, and much more.

#### **Great Pond Study**

The Great Pond project gives campers the chance to explore the pond at Peconic Dunes more closely. Campers will observe and identify aquatic insects, fish, other animals, and plants. They often will get a chance to go boating to observe the aquatic vegetation (phragmites, pond weed, lily pads, etc) up close, as well as do water quality, turbidity, and visibility tests. Campers will go seining in the pond to catch fish and insects. This project provides campers with the opportunity to explore the relationships and interactions that happen in and around the Great Pond.

## **Woodlands & Wetlands**

The Woodlands & Wetlands project provides campers with a chance to engage in exploration-based learning within the woodland area at Peconic Dunes. Campers go bug hunting, birdwatch, practice plant and mushroom identification, test soil samples, expand observational skills, hike, explore, and much more. We often use art, crafts, and games to help demonstrate complex ecological relationships.

## **Garden Science**

Campers connect the food on their table with how and where it is grown. This project educates campers on the work and time put into growing food. Campers learn about vegetable and fruit identification, weeding, fertilization, the water cycle, pollination, seeding, harvesting, soil types, nutrition, parts of a flower, and much more. Garden Science offers hands-on education on gardening topics and engages campers with engaging activities including collaborations with Backyard Cooking to enjoy the fruits of their labor.

## **BUILD**

Campers develop critical thinking skills while working on STEAM-based projects like Rocketry, Lego-Coding & Robotics, Woodworking, and Catapults. Projects rotate on a weekly basis so there is always something new to try!

## **Wilderness**

### **Wilderness**

Have fun exploring outdoor skills in this activity! Fire building, shelter building, orienteering, geocaching, knot tying, and raft building are skills you can learn in Wilderness.

### **Fishing**

Campers practice catch-and-release fishing, as they hook the fish in the Great Pond. They learn to bait a hook, cast spin rods, and reel in a big one!

### **Backyard Cooking**

Get creative and whip up delicious treats at Backyard Cooking! Instructors will teach campers how to operate a grill or cook over an open fire. Campers will work together to cook a treat for everyone to share.

### **Archery**

4-H Shooting Sports trained instructors teach campers proper bowman-ship techniques and safety protocols to improve their aim and confidence with our recurve bows. We incorporate fun archery games to challenge campers of all abilities.

### **Leadership**

Campers use teamwork and collaboration to work through challenges and trust building activities. Instructors guide campers through the Broken Bridge, 2D & 3D Spiderwebs, Whale Watch, and more!

## **Sports**

### **Court Sports**

Get moving on the sports court and play basketball, pickleball, four square, and more. Campers will get their blood pumping and develop confidence in a variety of court sports.

### **Beach Volleyball**

Bump, set, spike, and SERVE on our beach volleyball court! Develop skills needed to play a fun and competitive volleyball game. Beginners start with playing Newcomb to hone their skills.

### **Field Games**

Campers rotate through a variety of games including badminton, crossnet, handball, and frisbee.

### **Soccer**

Sessions begin with skill building drills and games to develop techniques in soccer. Campers will then get competitive in a game for points.

### **Adventure Trail**

Campers will complete physical and mental challenges along the Adventure Trail including balance beams, monkey bars, and use team work on our low ropes elements.



## Evening Programs

### **Opening Campfire**

The whole camp community gathers together every Sunday evening for the Opening Campfire. New and returning campers are welcomed to camp for the week with a campfire, traditional camp songs, and a tale about the Wiseman.

### **Field Games**

Monday nights are packed with fun! Activities rotate weekly between Organized Mass Chaos, Counselor Hunt, Capture the Flag, and more!

### **Counselor Games**

The Sports Department hosts Counselor Games every week! Counselors compete every Tuesday evening to win points for the Blue or Green team. Campers cheer on the counselors from their team in various sports including beach volleyball, soccer, and ultimate frisbee.

### **YAYAs**

Our weekly talent show is hosted by the Art Department on Wednesday nights. Campers join us on stage to showcase their talents from singing and dancing to comedy skits and magic tricks!

### **Dance**

Get groovy with us on Thursday evenings at our weekly dance! Dance themes are different every week and Turtle Games points are awarded to the best dressed and best dancer in the crowd!

### **Closing Campfire**

Peconic Dunes finishes the week off with a Closing Campfire that includes camper awards, photo and video slideshow, and an ice cream party!



## Camp Traditions

Peconic Dunes has developed many traditions that support a sense of community and provide lasting memories. Through these traditions our campers will develop skills, knowledge, attitudes, and aspirations, but what they will remember are the times they shared with their new friends.

### **Turtle Games**

This is a camp-wide event with activities scattered throughout the week, culminating with the Friday afternoon Turtle Carnival. Campers are challenged individually and as a team in a variety of activities. Turtle Games offer a chance for our campers to play, compete and challenge themselves in an appropriate manner. Sportsmanship and team spirit are qualities we wish to embrace and display.

### **Quote-Meister**

This is a coveted role in camp, which is passed around the counselors throughout the summer. The role of the Quote-Meister is to check the weather forecasts in the morning and to inform the camp about the day's forecast. The Quote-Meister also delivers an inspiring quote to the camp, as well as running all announcements and Kudos.

### **Cabin Inspections**

Cabin inspection rules are posted in each cabin and cabins are inspected daily to ensure compliance with health and safety requirements. Chores also teach responsibility and provide an opportunity for campers to work together. A daily cabin inspection report is posted on the board in the Carapace Cafe.

### **Siesta**

Siesta takes place before or after lunch. Campers and staff can take this time to relax in their cabins, go to the Camp Store, or plan a group activity. Many cabins use this time to tidy their cabin spaces for cabin inspections.

### **Round Up**

Our central meeting location at Peconic Dunes where every cabin has their own bench. We meet here between attendance to regroup, take attendance, and make announcements.

### **Kudos**

A "kudo" is basically a shout-out to anyone in the community who went out of their way for an individual or the community in general. This encourages peers to support/encourage each other.

This is an opportunity for us to build relationships within the community by recognizing special effort!

### **Flagpole**

Raising and lowering the flag every day at camp offers our campers and staff a chance to reflect on the freedom we all enjoy in the United States.

## Section Four: Camp Life

### Check In

Overnight campers will be emailed their drop-off and pick-up times the week prior to their camp session. Drop-off times will be assigned in time slots from 1:30 to 4:30pm on Sunday. If bringing more than one camper, please arrive at the latest time slot.

Drivers will approach the inner gate and check in. There they will be directed to a parking spot to unload the camper's belongings. Counselors will assist with bringing the camper's luggage to the cabins. Parents, guardians, other adults and children are not permitted to enter the camp. Bathroom facilities are not available, and dogs are not allowed on the property per NYS Health regulations. Vehicles with campers dropping off medication will be flagged for the Camp Nurse to check in. Each camper will undergo a health screening that includes a temperature check and head check for lice or nits. Peconic Dunes 4-H Camp has a NO LICE or NITS policy. Campers who appear ill or have a temperature of 100.4°F or above will not be permitted to remain at camp.

Due to limited parking, please leave camp promptly after drop-off so we can accommodate all our families in a timely manner.

### Check Out

Pick-up times will be assigned in increments ranging from 9:00am to 10:30am on Saturday. Please arrive at your scheduled time. If you are picking up more than one camper, arrive at the earliest time slot. Campers will meet you at the inner gate with their counselor. Please remain in your vehicle except to help your camper load their luggage. Please double-check to make sure you have all your child's belongings before departure.



## Cabinmate Requests

### Our Philosophy

Camp has always been a place where campers forge some of their closest, lifelong friendships. One of the great benefits of overnight camp is making new friends from different places and backgrounds. Peconic Dunes 4-H Camp encourages campers to attend without being concerned whether they will know their cabin-mates since there will be many opportunities to meet and make friends. We attempt to provide as diverse a cabin group experience as possible by limiting the number of campers in each cabin from any known social circle or specific town. Our goal is to create cabin groups that offer campers the opportunity to meet as many new people as possible from a variety of backgrounds, interests, and life experiences.

### Concerns

We want to avoid cliques that can form when too many campers from the same school or hometown are in the same cabin. These cliques can make camp life difficult for campers who don't belong and for counselors who are trying to foster bunk unity and comradery. While we understand the excitement that goes along with the possibility of bunking with a good friend, we want to make sure campers do not end up feeling "tethered" to one individual, counting on them for consistent companionship and support while they are at camp. This can create an uncomfortable dynamic for the rest of the cabin group. There are also times when friends come to camp as bunk mates but have a minor (or even major) falling out, creating unnecessary drama and discomfort for other campers and staff.

### Policy

**We will do our best to accommodate (but can't guarantee) one and only one cabin mate request from each overnight or day camper.**

Cabin mate requests must be mutual; that is, the other camper must submit a request for your camper. Campers making requests to bunk with each other must be the same age by August 31, 2026. Requests for more than one cabin mate will not be honored.

While cabin mate requests are not guaranteed, your camper will have multiple opportunities throughout the day to do activities with their friends from home. The schedule at Peconic Dunes Camp consists of Choices, Challenges, and Cabin Activities. Cabin Activities are set in the schedule and done with their cabinmates but, campers who have not been placed in the same cabin may sign up for the same Choice and Challenge activities. Evening programs, such as the Thursday night dance, provide even more opportunities for campers to interact with friends outside of their bunk. Cabin requests or changes to existing requests will not be accepted after May 15th.



## Photos & Videos

Photos are regularly uploaded to the Photo Gallery of our registration system where parents can view them for all the weeks their camper is registered. Videos are uploaded to the camp YouTube channel on a weekly basis. Our social media accounts will also feature curated photos, videos, and interviews.

## Homesickness

There are many things parents/guardians can do to prevent homesickness and help your child adjust to camp.

1. Visit the camp in person or online so that your child will become familiar with the camp and its programs. The more a child knows about the camp, the greater the comfort level.
2. Be positive about all the activities and opportunities camp has to offer. Highlight activities that aren't available in school or at home.
3. Prepare together. This may include shopping for camp supplies and packing.
4. Practice some skills that will help the adjustment to camp life, like walking around at night with a flashlight or living out of a duffel bag for a weekend.
5. Avoid sharing your worries with your camper. Sometimes, what parents are feeling is a form of "child sickness", that is, they are anticipating missing their children as much as children may miss home. Saying "I'm really going to miss you," or "We're not going to have as much fun without you," may increase a child's anxiety.
6. Set reasonable expectations for your camper. If you went to camp, share your experience but remember, each child is unique and leave room for your child to have his or her own unique experience. If you did not go to camp, just be positive and optimistic as you would in preparing your child for any new experience.

Facebook is a great tool to connect with other parents and ask for advice. You can also contact the camp office and we'll be happy to help.

## Important Note About Homesickness:

Camp staff make every effort to help campers who struggle with separation from home. If, after one or more nights at camp, a camper is still homesick and unwilling to adjust to camp life, the parent will be asked to take the child home from camp, in which case, there will be no refund or credit.



## Supervision

### Ratios

Campers are supervised at all times. Staff are provided with rosters and attendance sheets for all cabins and activity groups at camp. Attendance is taken at meals, round up, activities, periodically throughout the day when cabins reconvene, and through visual scans at group events such as flag or evening program.

The New York State Department of Health sets supervision requirements for children's camps based on program area, age, and activity level. We meet or exceed the standard ratios described below:

Overnight Camp (ages 8+):

- 1:10 – general supervision
- 1:8 – specialized activities
- 1:25 – passive activities

Day Camp (ages 6+):

- 1:8 – general supervision
- 1:12 – passive activities

Specialized Activities:

- 1:25 – lifeguards on duty
- Archery lead instructor must be 21+ years old

### Certifications

Peconic Dunes staff are trained and receive certifications for their roles at camp as detailed below:

- Lifeguards—American Red Cross certifications in Responding to Emergencies, First Aid and CPR, and Lifeguarding
- Boating Instructors—Training and assessments by American Canoe Association instructors
- Archery—Certified by NYS Shooting Sports Instructors
- Low Ropes—Trained and assessed by Adventure Network
- Health Center—staffed 24/7 with a certified RN while campers are onsite



## Rules & Code of Conduct

Please review the camp rules with your child before he or she comes to camp. We have 3 simple rules to create a healthy and happy community:

1. Be Safe
2. Be Respectful
3. Have Fun!

All youth participating in Peconic Dunes 4-H Camp program are required to uphold the values of the NYS 4-H program and conduct themselves according to these standards. The NYS 4-H Camp Code of Conduct is signed during registration for all camp programs.

### **NYS 4-H Camp Code of Conduct**

#### **Head: Think Clearly and Make Informed Decisions**

- I will follow all camp rules, schedules, and guidelines, and comply with the expectations of camp staff and volunteers.
- I will make thoughtful choices that promote safety, belonging, and learning for myself and others.
- I will accept outcomes of camp activities and contests with grace and be open to new ideas and feedback.
- I will ask for what I need and be clear about what that is and let staff or fellow campers know how they can help.

#### **Heart: Build Strong Relationships and Show Loyalty**

- In words and actions, I will treat all campers, staff, and volunteers with kindness, respect, and understanding.
- I will avoid bullying, harassment, or exclusionary behavior, help others feel welcome and valued and speak up if I witness this behavior.
- I will refrain from inappropriate behavior in public or private settings.
- I will report any unsafe conditions, accidents, or concerns to camp staff immediately.

#### **Hands: Serve Others and Contribute to the Camp Community**

- I will participate fully in all camp activities, be on time, and complete assigned responsibilities to the best of my ability.
- I will work cooperatively with others and support group decisions by listening to everyone's perspectives and opinions.
- I will respect camp property, the environment, and the belongings of others.
- I will be a positive role model, demonstrating responsibility, teamwork, and leadership.

#### **Health: Maintain Personal Well-Being and Promote Safety**

- I will not possess or use illegal drugs (including the misuse of prescription drugs), alcohol, tobacco or marijuana products or paraphernalia.
- I will not possess or use firearms (except in supervised Shooting Sports programs) or objects that can harm myself or others.
- I will follow all safety guidelines, including staying in designated camp areas.
- I will prioritize my physical, emotional, and mental well-being. I will take care of my personal needs and follow the direction of camp staff and speak up when needed.
- I will support the health and safety of others including fellow campers, camp staff, and the camp community.

## NYS 4-H Camp Code of Conduct Consequences

Failure to comply with the camp code of conduct can result in any of the following consequences, depending on the severity of the situation:

1. Camper will receive a verbal warning by camp staff stating the specific behavior that goes against the Code of Conduct. The camp staff member and camper will review the Code of Conduct again and give the camper an opportunity to ask questions.
2. Camper may remain at camp but may possibly be prohibited from specific activities and/or from attending in the future.
3. Camper may be asked to leave camp. The parent(s) or guardian(s) will be called, and the camper will be sent home at the family's expense. No refund will be issued.



## Inclement Weather

Inclement weather can impact camp activities. Light rain does not alter the camp schedule, but, for the safety and well-being of our campers and staff, severe weather conditions require changes in schedule and program.

If the weather is extremely hot, some activities will be cancelled or modified. Counselors will make sure campers take frequent breaks out of the sun and drink plenty of water. When rain is heavy, outdoor activities will be cancelled. Campers will move under shelter for alternate activities.

In the event of severe downpours or thunderstorms, campers and staff will go back to their cabins for quiet cabin activities.

The safety of your children is always our top priority at Peconic Dunes 4-H Camp.

## Emergency Response Procedures

Our staff is trained to respond quickly and effectively to any situation. The core elements of our emergency protocol include:

**Monitoring:** We continuously assess weather conditions and environmental factors throughout the day and night

**Shelter-in-Place:** If conditions become hazardous but not life-threatening (e.g., heavy rain, high wind), campers remain in their cabins. Overnight and Day campers may be moved to the Dining Hall for added protection.

**Evacuation:** If conditions escalate to the point where remaining on site is unsafe, we have a designated off-site evacuation location at the nearby Southold school. Transportation and logistics are pre-coordinated to ensure a smooth transition if needed.

**First Responders:** Peconic Dunes 4-H Camp is served by highly qualified Emergency First Responding agencies of the Southold Fire Department and Southold Town and Suffolk County Police Departments.

As part of this oversight:

- We are inspected at least twice each year by Suffolk County officials.
- We are required to maintain a comprehensive, county-approved safety plan, covering emergency procedures, evacuation protocols, supervision standards, and health practices.
- All staff participate in regular emergency drills, and we conduct practice recalls with campers to ensure everyone understands how to respond quickly and calmly in an emergency situation.

## **Communication During Emergencies**

- We are equipped with multiple layers of communication to ensure a rapid and coordinated response:
- Two-Way Radios: Radios are stationed across camp and carried by key staff members to ensure continuous, camp-wide communication.
- Phones: Most of our staff, including senior leadership, have access to phones for immediate contact with emergency services and camp administration.
- Central Coordination: All outside communication during an emergency is routed through the camp office to ensure accuracy and efficiency.

## **Recall System**

To ensure swift camper accountability in the event of an emergency, we utilize a camp-wide horn system:

- If a safety concern arises, a horn will be sounded to activate a recall—prompting all campers and staff to return to their designated locations immediately.
- This recall system is demonstrated and practiced during our staff orientation, so that all team members and campers are familiar with the sound and response procedures.

## Ongoing Monitoring & Safety Measures

Our team regularly monitors local weather conditions, rainfall levels, tides at the Sound, and heat index data. These measures ensure that we can respond proactively to potential risks and adjust programming as needed to keep campers safe and comfortable.

Thank you again for entrusting us with your children. We take this responsibility seriously and remain committed to transparency, preparedness, and care in all that we do!

## Contacting Camp

It is important for the safety of all campers that our phone lines be available for incoming and outgoing calls. For this reason, we ask that you refrain from calling camp unless you need to change your camper's pick-up time or there is an emergency requiring your child's immediate attention. Camp office hours are 9:00 AM to 5:00 PM. If you are calling outside of office hours, please leave a message and camp staff will return your call as soon as possible. To reach someone in an emergency after 5:00 pm, please dial 5 to reach the Health Center.

## Weekend Hours

If you need to contact camp during the weekend, please email [peconicdunescamp@cornell.edu](mailto:peconicdunescamp@cornell.edu) for the fastest response. Staff are working on pickup and drop off on Saturday/Sunday and will not be available to take phone calls.



## **Health Center**

The Health Center Director is a Registered Nurse who is permitted by license to administer routine and emergency first aid and prescription and OTC medications following written physician orders on the camper's Peconic Dunes Medication Authorization Form. If your camper does not take medication or if you wish to opt out of our over the counter medications you will indicate this on the form. If your child takes medication or you want to participate in our over the counter medication program a licensed medical doctor will also need to sign the form. The Camp Nurse is not allowed to dispense any medications that are not authorized by the child's physician. To enter approved medicines, click on your camper's name, click on manage medications and list them individually.

## **OTC Medication**

The Health Center stocks over the counter medicines that are listed on the Medication Authorization Form. These must be checked and approved to be dispensed. Do NOT send any OTC medicines listed on the Medication Authorization Form to camp with your camper.

## **Prescription Medication**

The camp will accommodate those campers that need to take prescription medicines while at camp. All prescription medication MUST be in the original prescription bottle with the dosage on the bottle matching the doctor's written instructions on the Medication Authorization Form. Medications that are not listed on this form, are expired, have missing labels, or in containers other than the original pharmacy bottle will not be accepted by the Camp Nurse. Please only bring the number of pills that are necessary to be dispensed for the week of camp and leave the rest at home. (Unused medicine that is not picked up at departure will be discarded.)

## **Inhalers and Epi-Pens**

Campers who require inhalers or epi-pens for everyday or emergency use may bring these items if accompanied by doctor's orders. Campers are allowed by the NYS Health Department to keep inhalers on their person or in their bunks. Epi-pens must be held in the Health Center unless specified on the Medication Authorization Form to self-carry and administer.

## **Vitamins, Supplements, Herbals, Etc.**

In a camp setting all of these are considered medications and can only be accepted following the same procedures listed under prescription medication. Please do not send these medications unless listed and authorized on the Medication Authorization Form.

## **Checking into camp with medications:**

Please print a copy of your completed and physician signed Medication Authorization Form. Put this form along with the medications listed on the form in a zip lock bag with your camper's name on it. Do not pack medications with the camper's belongings. Keep them separate to give to Camp Nurse who will accept it at check-in and go over any questions at that time. Do not bring any medications not listed on the Medication Authorization Form. If there is any change to your child's medications, you will need a new form prior to your child attending camp.

Camp reserves the right to not admit a camper with listed medications not turned in during check-in or to require the family to submit an updated Medication Authorization Form.

## **Camper Illness or Injury**

Parents are usually not notified if their child is treated for minor medical concerns such as cuts or scratches, mild sunburn, poison ivy, headache or upset stomach. Parents are notified by phone:

- If a camper becomes ill with a fever of 100.4°F or above, or is vomiting, has diarrhea, or respiratory difficulty, in which case, they will be asked to pick their child up.
- If their camper requires medical treatment off site
- If the camp nurse removes an engorged tick from the camper

## **Lice & Nits**

Peconic Dunes 4-H Camp has a NO LICE or NITS policy.

In the event a child must be sent home due to nits or live lice. Families may choose to:

- Treat camper's hair/belongings and come the next morning for a re-check.
- Shave the camper's hair and then treat the child's hair and belongings. Bring them next morning for re-check.
- Ask about availability in another week while the child is treated at home.

Upon re-check:

- If nits or live lice are discovered, the camper will be sent home immediately.
- If no trace of nits or lice are discovered, the camper may continue check-in.
- In the event lice or nits are discovered during the camp week, all campers and staff who are in the cabin with and/or are related to the individual in question will be re-checked.

## **Ticks & Mosquitoes**

Ticks, mosquitoes, and other bugs are a part of camp life and spending quality time outdoors. Our staff will remind campers to put on bug spray and check for ticks after activities but we ask that families prepare their campers as well. Please include an insect repellent when packing for their camper and consider treating your camper's clothing with a tick repellent.

## **What We Do**

We eliminate tick and mosquito hiding areas. Early in spring, during the months ticks and mosquitoes are most active, we implement a mowing and leaf maintenance schedule and begin to identify and manage areas where standing water may attract biting insects.

We educate and train our staff. Our staff members are trained to prepare them as the next line of defense against insect bites. Staff learn how to teach campers in their assigned units how to check themselves for sneaky ticks daily and after higher risk activities such as nature walks in a wooded area.

We provide care and assistance with ticks at the Health Center. If a camper does find a tick or experiences effects of an insect bite, the nurse at our camp Health Center is available to assist with removal, treatment, recording the event, and contacting home if there is potential for illness or allergic reaction.

## **What We Ask Families Do**

Provide your camper with the bug spray you are most comfortable with them using every day during their stay at camp. Staff will remind campers to apply their sunscreen and bug spray before heading out into the wooded areas to start their camp day. Camp will not provide additional bug spray. It is required that all campers have their own bug spray from home.

More information can be found here: [https://www.cdc.gov/ticks/prevention/?CDC\\_AArefVal=https://www.cdc.gov/ticks/avoid/on\\_people.html](https://www.cdc.gov/ticks/prevention/?CDC_AArefVal=https://www.cdc.gov/ticks/avoid/on_people.html)

# TICK CHECK

CHECK YOUR ENTIRE BODY FOR TICKS  
AFTER BEING OUTDOORS!

IN & AROUND  
HAIR

IN & AROUND  
EARS

UNDER ARMS

AROUND WAIST

BETWEEN  
LEGS

INSIDE BELLY  
BUTTON

BEHIND  
KNEES

More information can be found here: [https://www.cdc.gov/ticks/prevention/?CDC\\_AAref\\_Val=https://www.cdc.gov/ticks/avoid/on\\_people.html](https://www.cdc.gov/ticks/prevention/?CDC_AAref_Val=https://www.cdc.gov/ticks/avoid/on_people.html)

## Section Five: Preparing for Camp

Important! The following items are not permitted at camp: cell phones or any other technology; weapons of any kind; food products, and candles.  
Clearly label your child's belongings!

### Clothing

- Shorts (4-6)
- Jeans/long pants (2)
- T-shirts (6)
- Sneakers (2)
- Sandals with heel strap
- Bathing suit (2) (suitable for physical activities such as boating and snorkel)
- Socks and underwear (7 pairs)
- Pajamas
- Jacket or sweatshirt
- Raincoat or poncho
- Watershoes (recommended)

### Toiletries: try to bring unscented toiletries

- Bath towel (2)
- Beach towel
- Washcloth
- Soap in a soapbox
- Toothbrush and toothpaste
- Shampoo (and conditioner)
- Deodorant
- Comb or brush
- Shower caddies are helpful!

Luggage must be stored under beds. Trunks and large suitcases will not fit so we recommend that campers bring belongings in (1) duffel bag OR (1) soft luggage no more than 9 inches high

### Camp Life

- Sleeping bag or bedding (twin)
- Pillow
- Fan (electric or battery operated)
- Flashlight with extra batteries or head lamp
- Refillable water bottle clearly labeled with camper's name
- Eyeglasses/contact lens (bringing an extra pair is recommended)
- Bag for dirty clothes
- Insect Repellent
- Sunscreen
- Snacks (optional—see snack section of FAQs)

\*Campers MUST bring their own bedding.

\*\* Campers MUST bring a refillable water bottle clearly labeled with the camper's name.

The camp is not responsible for lost or missing personal property. Do not bring expensive or irreplaceable items to camp.

## Mail

Campers are permitted to receive letters and postcards that can be sent with one first class stamp. Oversized envelopes, which require more than one first class stamp, will not be accepted and will be returned to the sender. All mail sent via USPS should be addressed to: Camper's Name, Camper's Cabin, Peconic Dunes Camp, and 6375 Soundview Ave, Southold, NY 11901. Please include a return address. Any mail received after a camper's session ends will be returned to the sender.

**IMPORTANT: Campers are NOT allowed to receive any packages while at camp. Please let relatives and friends know not to send your child a package while at camp.**

If there is an essential item, such as a pair of eyeglasses, toiletries or an article of clothing, that the camper forgot, you must contact the camp office in advance to arrange for package delivery. If you do not get the package pre-approved, it will be returned to the sender.

## Why a "No Package" Policy?

Along with many other camps, we have determined that packages lead to unnecessary stress, anxiety and jealousy when parents feel obligated to send packages and when some campers receive packages and others don't. Despite prohibitions, campers continue to receive food products that pose a threat to other campers with food allergies and attract insects and pests in the cabin. Moreover, packages produce a large amount of waste that the camp must dispose of.

## Bunknotes

A one-way e-mail service is offered to overnight campers. Log into your Peconic Dunes account, click on additional options, click on e-mail a camper. E-mails are received at the camp office, printed, and delivered to your camper once each day. There are currently no facilities for campers to send an e-mail reply from camp.

## Camp Store

If parents want their children to purchase camp clothing and souvenirs from the camp store, they must deposit money into their camper's account. Store deposits can be made during registration or any time thereafter in the registration system. Please do not add money to their account after noon on Monday as cabin lists for store visits are finalized at that time. The camp store is open Tuesday through Friday during siesta. Please do not send cash to camp. Peconic Dunes is not responsible for lost or stolen money.

## Camper Health Forms

The NYS Department of Health requires a current and complete health profile on every camper. You will complete a health history during registration. After registration you will need to log into your Peconic Dunes account to upload:

- Medication Authorization Form (all campers will be required to submit a Medication Authorization Form)
- Immunization record (only medical exemptions accepted)
- Allergy plan (if your child has a life-threatening allergy)

To upload the Medication Authorization Forms, log into your Peconic Dunes account, select additional options then document center. Uploading forms is the same process as attaching a file to an email... It's easy!

Medications not listed on the Medication Authorization Form form will not be administered. Please be sure to complete the health profile in its entirety.

A new Medication Authorization Form will be required if there are any changes in medication or campers arrive at camp without the medications listed on the form.

**IMPORTANT: The New York State Department of Health prohibits the camp from admitting children with missing or incomplete medical forms.**

**All health forms are due by May 1st.**



## 2026 PECONIC DUNES 4-H CAMP – Payment, Cancellation and Refund

Policy Payments accepted: Visa, Mastercard, Discover and American Express are accepted. All credit cards are subject to a 3% convenience charge.

ACH payments are accepted at no-fee. Failed ACH payments are subject to a \$25 returned payment fee. Registration system will retry all failed payments a second time before abandoning payment. Automated emails are sent out to notify. If a failed payment is not resolved within 3 days of final notification, camp reserves the right to cancel registration without notice.

### **Deposit is non-refundable.**

A \$225 deposit per session is required for overnight camp. \$150 deposit per session is required for day camp. \$550 deposit for CIT program

### **Final Payments are due on April 1, 2026**

When registering you will have the option to pay in full or a payment plan. If choosing a payment plan, the registration system will automatically process your payment on April 1st. Before April 1st you can log in and change your preferred payment method.

### **After April 1, 2026**

- In addition to the non-refundable deposit, an additional \$125 cancellation fee per overnight session and \$100 cancellation fee per day camp session will be applied. There will be an additional \$250 fee for cancelling the CIT program.
- All other monies, minus deposit, and cancellation fee will be returned. All refunds are processed to the credit card in which it was paid.
- Families that cancel may apply the account balance minus the non-refundable deposit(s) to a credit for the 2026 season. The credit can only be used by a family member in 2026. Any unused credits will be donated to the camp fund.

### **After May 1, 2026 – No refunds will be issued.**

Overnight campers can purchase “travel protection” during the registration process. This insurance is offered by an outside agency. Please make sure to read the details before purchasing.

### **In the event of illness or injury**

- Peconic Dunes 4-H Camp will not admit any camper who shows signs of illness, including a temperature of 100.4oF or above.
- If a day or overnight camper becomes ill at camp, he/she will be sent home. Campers can return to camp after being fever free for 48 hours, complete a quarantine period or secure a letter of good health from a medical professional.
- A prorated refund will be considered for remaining camp period if a camper becomes injured at camp and the Camp Health Director or Camp Director (or designee) determines that he/she is unable to participate in camp activities and must be sent home.

### **Note**

If Cornell Cooperative Extension of Suffolk County, based on guidance from Cornell University, New York State, and/or Suffolk County, or circumstances beyond our control, cancels any or all camp sessions, families will receive a refund of all deposits and payments minus a \$100 administrative fee to cover our costs for these transactions.

### **No Refunds if:**

If a camper is sent home for behavioral reasons, including but not limited to violating camp rules and policies (see Parent Handbook), homesickness, non-compliance, failure to thrive (e.g., not eating, sleeping or participating), there will be no refund. A camper who does not arrive, arrives late, leaves early, or attends only part of the session will not receive a refund.

### **Important note about homesickness**

Camp staff make every effort to help campers who struggle with separation from home. If a camper is still homesick and unwilling to adjust to camp life, the parent will be asked to take the child home from camp, in which case, there will be no refund or credit.

**All requests for refunds must be submitted on the Refund Request Form found on the camp website**

## Lost and Found

Every effort will be made to return lost items to campers before they depart camp. Any unclaimed pillows, sheets, socks, underwear, and damaged or soiled property will be discarded immediately after campers depart. Sleeping bags, blankets, shoes, eyeglasses, jackets, and sweatshirts will be retained for one week following the camper's week at camp, then will be disposed of. Please do not send valuable items to camp.

## FAQs

**Cabins, Showers, Bathrooms:** Cabins are rustic, and campers sleep in bunk beds. There is no air-conditioning, but counselors may have a box fan in the cabin. All campers live in cabins with one or more counselors. Cabin assignments are made according to a child's age, grade, and gender put in the camp registration system. Bathrooms are centrally located within the cabin or just outside. Showers are located in the Sandcastles for girls and the Shower House for boys.

**Camp Visits/Early Release:** For safety reasons, visitors are not allowed at camp. If family plans require you to pick up your child before the end of the camp week, please contact the office in advance so we can make the necessary arrangements. Best way to reach camp is via email at [peconicdunescamp@cornell.edu](mailto:peconicdunescamp@cornell.edu)

**Camper Attire:** Kids get dirty at camp so your child should not bring anything you wouldn't want stained. Clothing with obscene or offensive text and graphics is prohibited. Campers should wear clothing and bathing suits appropriate for physical activity.

**Cell Phones/Devices:** Cell phones and other electronic devices are not permitted at camp for a variety of reasons: we want campers to disconnect from technology; cell phones are expensive and can easily be lost or damaged at camp; they can be misused. Please do not send your child to camp with a cell phone. Camp management will ask campers to surrender cell phones or electronic devices which will be returned to parents at departure.

**Laundry:** There are no laundry facilities for campers. Campers should pack enough clothes for the entire week of camp.

**Meals and Snacks:** Campers eat meals with their cabins. Snacks are available mid-afternoon and before bed. Water is available to refill water bottles throughout the day. Campers with dietary restrictions should list their allergies/restrictions on the health history and Medication Authorization Form. We will do our best to accommodate requests. Overnight campers are permitted to pack snacks in a shoebox size latching container. Please do not pack any snacks with nuts or chewing gum as these will not be permitted in camp.

# FAQs Continued

**Problems with Other Campers:** Staff are trained in conflict resolution skills and will be available to help any camper. We consider our community to be family and expect all members to treat each other with respect. We will contact parents whenever their child is involved in an unresolved conflict with another camper.

**Refunds:** Please refer to our refund policy on our website at <https://ccesuffolk.org/peconicdunes-4-h-camp>

**Security:** No visitors or guests are permitted on camp property while camp is in session. Outside and inner gates control access to the camp. Our staff is advised to address any unknown persons on the property and request they leave the premises.

**Special Needs:** Peconic Dunes 4-H Camp programs are conducted in an outdoor environment. We strive to be an inclusive program, and will make reasonable accommodations to ensure all children have the same opportunity to succeed at camp. If a child requires special accommodations (i.e. dietary restriction, medication dispensation, physical adaptation, language, etc.), parents/guardians must notify the camp in advance and indicate needs on the Camp Health Form. Please email us to discuss your concerns and help us plan for success.

**Temperatures:** The average air temperatures in July and August range from a low of 63°F to a high of 81°F. The average water temperature in July and August ranges from 68°F to 72°F.

**Tipping:** The American Camp Association discourages tipping to prevent any sort of favoritism and inequities that may arise. While tipping is at the parent's discretion, we ask parents to be fair and reasonable when expressing gratitude to counselors