

Ohio State University Extension - Morrow County
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Hello Camper!

WE CAN'T WAIT UNTIL 4-H CAMP!!! You are in for great fun, friends, and learning new things. Read this letter carefully to prepare for an enjoyable week at camp!

ARRIVAL: **Sunday, July 9th By Last Name!!! Yes ride shares are ok!**
Last name (A – J) – 3:00 PM
Last name (K – Z) – 3:30 PM
All drop off complete by 4:00 PM

DEPARTURE: **Thursday, July 13th By Last Name!! Yes ride shares are ok!**
Last name (A – J) – 10:00 AM
Last name (K – Z) – 10:30 AM
All campers picked up by 11:00 AM
Counselors head home – 11:00 AM

Arrival at Camp:

1. When you arrive to the camp entrance by your **check in time listed above**, you will stop at the first check in point. Campers will be checked in, given their cabin information, and temperatures will be taken (this is a 4-H Camp Ohio Health guideline we have been doing for years). If any campers have a temperature of 100.4 degrees or higher, they **will not** be allowed to stay and will receive a refund.
2. Campers/parents needing to see the nurse to discuss medical/health conditions **and/or** to turn in any medications will then drive to the directed location after check-in/temp check.
3. After check-in/temperature check **or** seeing the nurses, families/campers **will drive** following the signs to the following location for camper drop off.
Boys – Pull vehicle in front of Pool Entrance/Boys Bathroom****
Girls – Drive across car bridge to the girls' side, make a loop in the drive to pull vehicle up next to the lower cabin.****

******Important!!** For ease of check-in we ask that you drop your child and their luggage off with their counselors at the drop off points. If you feel it is necessary to take them to the cabin this will be allowed but you must be very quick due to traffic and a limited amount of parking.

Camp Check Out

When picking up your child you will proceed in your vehicle to the same spot you dropped them off following the traffic pattern from check-in (except no check-in at the first building) and following the pick-up times and guidelines listed above.

The Theme!
Pirate

What NOT to Bring to Camp!

- NO Cell Phones - Campers and Counselors are **not** to have a cell phone during camp. Having a cell phone is a reason for dismissal from camp at any time! Cell phones in camper and counselor possession is a **safety issue, please don't put our campers safety at risk**. In an emergency the adult staff will contact you! Don't send your child to camp if you think they need a cell phone during our time with them at camp!
- NO Wireless Internet Devices, ipods, ipads, smart watch etc. – Are also NOT allowed by Campers! Same with cell phones, they can be a safety issue and are expensive. Leave them at HOME! Cell reception at camp does not exist anyway!
- NO Money (Parents can buy more expensive items at the store on the first and last day. As part of the prepaid camper registration fee campers will be able to get a snack and drink each night)
- NO Squirt guns
- NO Water balloons
- NO Pocket knives, firecrackers, firearms, drugs, alcoholic beverages
- NO Radios (we allow one radio "on" per cabin, usually the counselors will bring it, so there is no need to bring yours)
- NO money – the store is only open during the move in day. Evening snacks are already paid for through your camp fee.
- NO valuable (jewelry, watches, camera, cell phones, ipods)
- NO Clogs, NO "Crocks" or other open-toed footwear that is difficult to run in, wear in gravel and on steep trails.
- Appliances such as small refrigerators
- NO **Pets/dogs** are **not** permitted on the campgrounds. **Don't bring them to check in!!!**

What to bring!

Here are the essentials you will want to bring for the week. Put your name on everything possible with a permanent laundry marker. For example, mark your initials on the tags in your clothes, towels, tennis shoes, flip flops, camera, etc.

*****See Camp & Bed Bugs: Packing for Prevention (enclosed)*****

- ___ Towels (For showering and swimming)
- ___ Toiletries: soap, shampoo, toothbrush, toothpaste (A bag or container to carry these to the restroom is great too!)
- ___ Sweatshirt or light jacket (for cool nights, we do get them in July)
- ___ Sheets and Blankets or sheet and Sleeping Bag
- ___ Pillow
- ___ Bathing suit and towel
- ___ Black Plastic Bag, large (for dirty, wet clothes)
- ___ Casual Clothes - minimum of 5 sets (shorts, t-shirts)
- ___ Underwear and Socks (at least 5 days' worth is best, the more the better)
- ___ Pajamas (example: t-shirt and shorts)
- ___ 1 pair jeans or long pants
- ___ 2 pair comfortable (not new) walking/tennis shoes (No flip flops or crocks)
- ___ **Mandatory!!!!** Old pair of shoes that can get wet, dirty, painted if needed.
- ___ **One old shirt and old short outfit that can get dirty, painted and/or stained! It's part of the fun we are about to have!!**
- ___ Pair of flip flops to wear in showers and/or to and from the bathroom and pool **only** These are not shoes for the week!
- ___ Insect repellent
- ___ Raincoat or poncho
- ___ Sun block
- ___ Pirate costume – No need to buy one! Make your own!

Optional:

- ___ Flashlight (out post campers should bring) ___ disposable camera and film (Please put name on it!!)
- ___ Alarm clock (battery only) ___ small amount of healthy snacks in re-sealable containers
- ___ Paper, pencil, envelopes, stamps(if you want to send mail)
- ___ White shirt for tie dye (crafts will be tidying one day)

Medicine

Remember, you are to bring to camp any medicine you normally take. You will give these to the nurse when you check in. Have your medicine ready to check in, **not packed in your suitcase**. Every medicine of any kind (including Tylenol, Pepto-Bismol, etc.) must be kept with the nurse. **Any prescription medicine** must

have the pharmacy label attached with camper name, dosage, etc. Clip and attach the completed medicine label in this letter to the container of each prescription. For non-prescription medication, clip and attach the label in this letter to the container. **The nurse station does carry the basics for over the counter treatment– Tylenol, band aids etc. So you might not need to send those basics with your camper. .**

Cabins

You will find your cabin assignment upon your arrival at camp. Any damage done to the cabin by a camper will be charged to the family. Campers will be charge \$25 for graffiti put on camp property!!

Camp Store

The camp store will be **open on move in day** for a purchase of more expensive items like t-shirts, sweat shirts etc.

Camp Policies and Rules

A copy of Camp Ohio rules is enclosed. Parents and guardians: please read and review these with your camper. Your child's presence at camp means you and your child have read, understand and agree that your child will abide by these rules. Failure to do so may result in you being contacted to remove your child from camp without a refund.

See You at Camp,

Becky Barker

Becky Barker
Extension Educator
4-H Youth Development

Enclosures: Parent's Page, directions to camp, 4-H Camp Ohio Rules, "Getting Your Child Ready for Camp", Camp & Bed Bugs: Packing for Prevention.

Parent's Page for the Fridge!!

Mailing Address: (Camper's Name)
4-H Camp Ohio
11461 Camp Ohio Road
St. Louisville, Ohio 43071

Web Site: www.4hcampohio.org

Facebook: 4-H Camp Ohio

Phone number to contact Morrow County Staff during camp: (740) 745-3388

ARRIVAL TIME: July 9th See times by Last Name, Yes ride shares are ok!

Last name (A – J) – 3:00 PM

Last name (K – Z) – 3:30 AM

All drop off complete by 4:00 PM

Camp is about 1 hour and 15 minutes from central Morrow County.

DEPARTURE TIME: Thursday, July 13th See times by Last Name, Yes ride shares are ok!

Please read packing for prevention!!!

Last name (A – J) – 10:00 AM

Last name (K – Z) – 10:30 AM

All campers picked up by 11:00 AM

Counselors head home – 11:00 AM

Before you leave, be sure to check the “Lost and Found”

If you would restrict who picks up your child please request a “Restricted Release Form” from the Extension Office or at camp. Those youth will be picked up at the Cow Palace/Nurse Station. If you have someone else picking your child please be sure your Child knows and you can let us know at check in.

If you are going to be delayed in picking up your camper, please call and leave a message so we know you are on the way and can reassure your camper. All of us are appropriately tired and campers sometimes get over-anxious about where their ride is when everyone else is gone or leaving. Have a safe trip home!

DIRECTIONS TO CAMP: See Direction Info

CANCELLATION: If for any reason, a camper is not able to come to camp, you must contact the Extension office IMMEDIATELY so that we will not expect you to arrive at camp.

NO VISITORS!!!— Please do not come to visit anyone at camp. We inform campers and counselors to be aware that there should be no strangers walking around camp.

Tips for Packing

Living out of a suitcase is a new experience for most campers. Space is limited in the cabins, so getting organized at home can make living at camp a lot happier for your child. Here are some ideas:

1. Pack clothes in matched sets--Shorts and tops for each day together. This saves a lot of rummaging through the suitcase.
2. Pack a plastic bag and explain that all dirty clothes can go there, keeping the clean clothes clean.
3. At camp, we walk to the showers, so packing shower things carefully saves a lot of “forgot something” trips back to the cabin. Put toothbrush, soap, shampoo, etc. in a small plastic bucket or bag so things can easily be carried to the shower. **IMPORTANT:** Do not send ANYTHING in a glass (breakable) container.
4. Go over with your camper what everything they're taking looks like, better, yet, label it with their name. Many things get left in “Lost and Found” because the owner doesn't recognize it as theirs! (especially towels).

5. It is not necessary or advisable to bring a suitcase or trunk that locks. Nine times out of ten, a camper will either lock the keys they have in the suitcase or lose the keys, causing us to have to break into the suitcase. If a camper feels they have something valuable, they should: 1) Leave it at home or 2) Ask us to lock it up in the staff cabin.
6. **Cameras.** Consider buying a disposable camera for camp. Write your child's name on it! These cameras have a way of looking alike and getting left behind.
7. **Towels.** Having an extra 2-3 bath towels, dry socks, and a pair of old tennis shoes can make camp week more pleasant. Because campers could be in the pool every day and it is normally very humid, towels rarely dry overnight.
8. **Food.** Contrary to what I have observed, most campers feel certain they will "starve to death" if they don't bring some snack food to camp. The biggest problem with food is that, once a package (Oreos, pretzels etc.) is opened, it is difficult to close again. Crumbs get on the floor and beds of the cabin, all over the inside of their suitcase and attract ants, raccoons and skunks (We have had raccoons in cabins because of food being left open). If campers insist on bringing food, put it in plastic, re-sealable containers and encourage them to choose things that are as un-messy as possible. Also, try to choose high energy, nutritious snacks like dried fruit, energy bars, and nuts rather than high sugar items.
9. **Shoes.** There is a lot of walking, steep trails and gravel at camp. Crocks, Clogs, flip flops, and open-toe type sandals are dangerous camping shoes. Do not expect your camper to use these types of shoes during camp. They can be used for going to the pool and bathroom only!!!!!! A couple of pairs of athletic shoes are needed for camp. Don't send new shoes, the nurse gives out a lot of bandages for "new shoe" blisters. Send several extra pairs of socks.
10. **Cell Phones OR Wireless Devices:** No one is to have a cell phone at camp, except the adult camp staff!! If we need to call you we will make sure that gets done. At other camps there has been a terrible misuse of inappropriate cell phone use! Please help us keep all these children safe and leave the cell phones at home! Once again a cell phone is cause for early camp dismissal! IF THEY CAN'T or YOU CAN'T LIVE WITHOUT THEM HAVING ONE DON'T SEND THE CHILD TO CAMP!

Preparing Your Child for Camp

Children react differently to their first experience being away from home. The way you, as a parent, help them prepare can make a big difference in whether your child enjoys camp. Prepare your child to stay all week. Don't say "We'll come and get you if...." Kids who come planning to have fun all week usually do. Kids who come anxious or worried about home will have more trouble concentrating on camp. Talk to your child about the things they can look forward to doing (swimming, hikes, making new friends, crafts, games, campfire). Discuss that some things will seem different (the food, schedule, lots of bunk mates, changing their clothes, bathroom facilities, etc.) but that different can be O.K. Flexibility and adaptability are important life skills for everyone to learn.

When you drop your child off at camp, say something like "Have a good time. We'll see you and hear all about your week when we pick you up on Wednesday." Don't say "We'll miss you. The dog will miss you. How will we manage without you? Too bad you are going to miss doing....."

As campers, counselors and camp staff, **we do not have a phone for use**, except the camp business line, which we use for medical questions (to parents) or emergencies. There are no pay phones at camp and cell phones are not permitted so please don't tell your child to call you. Tell them to write to you if they want to talk to you. Also, remind them that they can talk to their counselor or any adult staff member about anything they need.

Thanks for helping your child have a fun and adventurous week of new experiences at camp.

Special Needs or Information

Don't hesitate to talk to Becky, camp nurse and counselors in your child's cabin when you arrive to let them know about any special needs your child may have such as your child is especially difficult to get up in the morning. We can easily handle special diets, sleepwalking, bed-wetting, diabetes etc. Please do this in a discrete manner. We have a lot of experience camping with youth. Just let us know so we can prepare for any special needs.



For going to the pool or shower only!



These are the types of shoes your camper will need to wear!

Driving Directions:

From Columbus:

Travel Ohio 161 toward New Albany. Turn left onto US 62. Turn right onto Ohio 586. Turn right onto Purity Road/TH 148. Turn left on Camp Ohio Road. The camp is located 0.3 miles on the left. (Estimated distance 50 miles)

From Cleveland:

Travel south on I-71. Take exit 165 (OH 97) toward Bellville/Lexington. Turn left onto OH 13. Take 1st exit at the roundabout which is OH 13. Take slight left onto Martinsburg Rd/OH 586. Follow 586 through Martinsburg. Turn right on Purity Rd/TH 148. Turn left on Camp Ohio Road. The camp is located 0.3 miles on the left. (Est. distance 120 miles)

From the West:

Take OH 95 toward Mt. Gilead. Keep left at the fork to continue on OH 95. Merge onto OH 13 S. Turn left onto W. High St/US 36/OH 13/OH 229. Enter nest roundabout and take 1st exit onto OH 13. Turn slight left onto Martinsburg Rd/ OH 586. Continue to follow OH 586 through Martinsburg. Turn right onto Purity Rd/TH 148. Turn left on Camp Ohio Rd. The camp is located 0.3 miles on the left. (Est. distance 52 miles from Marion)

From the West:

Take OH 229 east toward Mt. Vernon. Enter the roundabout in Mt. Vernon and take the 1st exit which in OH 13. Take a slight left onto Martinsburg Rd/ OH 586. Follow 586 through Martinsburg. Turn right onto Purity Rd./TH 148. Turn left on Camp Ohio Rd. The camp is located 0.3 miles on the left.

From Zanesville:

Travel west on US 40. Enter I-70 going west. Take the OH 13 exit. Exit 132 toward Newark/Thornville. Turn right onto Dog Hollow Rd/ CR 206. Dog Hollow Rd. becomes Martinsburg Rd./CR 204. Turn right onto Camp Ohio Rd./CR 210. The camp is located 0.7 miles on the left. (Est. distance, 44 miles)

CAMPER'S NAME _____ DATE _____

NAME OF MEDICINE _____

TIME TO BE TAKEN _____ AMOUNT TO BE TAKEN _____

PARENT OR GUARDIAN SIGNATURE _____

CAMPER'S NAME _____ DATE _____
NAME OF MEDICINE _____
TIME TO BE TAKEN _____ AMOUNT TO BE TAKEN _____
PARENT OR GUARDIAN SIGNATURE _____

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CAMPER'S NAME _____ DATE _____

NAME OF MEDICINE _____

TIME TO BE TAKEN _____ AMOUNT TO BE TAKEN _____

PARENT OR GUARDIAN SIGNATURE _____

Camp Rules We All Live By:

1. Report all injuries to the camp nurse! Including blisters!
2. Fires will only be built in designated areas and with approval of the camp director.
3. No campers will be transported in the beds of trucks or outside of any vehicle.
4. Smoking and the use of tobacco products are prohibited at camp.
5. Campers and visitors are not allowed walking on the Car Bridge at any time. Please use the footbridge.
6. Wading in the stream is prohibited unless it is a supervised study.
7. Shoes must be worn at all times except when swimming, showering, or sleeping.
8. Flip flops are not shoes and should only be worn to the pool and shower!
9. Proper attire is to be worn at all meals. Hats should be taken off upon entering the dinning hall. Please, no swim suits, too.
10. No one but camp staff is permitted behind the serving counter.
11. Boys are prohibited from entering the girls' cabin areas and girls are prohibited from entering the boys' cabin areas.
12. **Writing on buildings, walls, or bunks is prohibited. (PARENTS WILL BE CHARGED \$25.00 IF YOUR CHILD WRITES ON OR SCRATCHES INTO ANYTHING AT CAMP!!!!)**
13. **WE "Morrow County" care a lot about 4-H Camp Ohio; we will take care of the equipment and facilities like they are our own!! A camper's family will pay for damage that is not from regular use.**
14. Water balloon and shaving cream fights are prohibited in and around buildings.
15. Teasing and handling of the animals in the nature center and shelter is prohibited.
16. Swim ONLY with the supervision of a lifeguard. Swimming in the pond is prohibited.
17. Football playing of any kind is prohibited.
18. Ball playing is prohibited in the rec. hall, dining hall and multipurpose building.
19. Please no throwing stones or sticks.
20. Initiations, hazing and bullying will NOT be tolerated!
21. No one is to be out of their cabin between lights out and daybreak, unless they are visiting the nurse or the restroom.
22. **No CELL PHONES or WIRELESS INTERNET DEVICES used during camp time for Campers and Counselors!!!!!!!!!!!!!!!!!!!!!!**

Participation Expectations:

- Participate fully in the program, activity, event.
- Be responsible for your own behavior/conduct and uphold high standards for the group and accept consequences for inappropriate behavior.
- Support and abide by the group's designated leader.
- Practice good citizenship, leadership, and self governance.
- Follow the direction of staff.
- Demonstrate positive sportsmanship and attitudes at all times which is becoming of a leader.
- Show respect to others, courteous, respectful.
- Use appropriate language at all times.
- Respect, adhere to the guidelines of the Ohio State University Extension, Morrow County.
- Be Nice to one another!**