Camper/Parent Packet

4-H Camp Theme: PIXAR
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DIRECTIONS To CAMP

Traveling West on US 20 - After passing through Fayette, look for Fulton County Road 27, approximately 3 miles west of Fayette. Turn left on Fulton County Road 27 and travel 1 ½ miles until you reach Fulton County Road MN, turn left. Follow the signs to Camp Palmer.

Traveling East on US 20 - Pass US 127 south. Turn right on Fulton County Road 27 and travel 1 ½ miles until you reach Fulton County Road MN, turn left. Follow the signs to Camp Palmer.

Traveling North on SR 66 – Cross SR 20A and travel on SR 66 to Fulton County Road M and turn left. Pass Harrison Lake State Park and continue to Fulton County Road 27 (there should be a Camp Palmer Sign to direct you). Turn right onto Fulton County Road 27 and travel ½ mile to County Road MN, turn right and follow the signs to Camp Palmer.

Traveling on the Ohio Turnpike – Take exit 25 for Archbold/Fayette and turn right off the exit. This turns into SR 66. Turn left on County Road M and follow the directions for traveling north on SR 66.

Traveling North on US 127 - Turn right on Williams County Road O (as you enter Fulton County it is Road M). Continue on Fulton County Rd M until it dead ends. Turn left onto Fulton County Road 27-1, then turn left onto Fulton County Road 27, travel ½ mile, turn right onto Fulton County Road MN and follow the signs to camp.
### WELCOME

4-H Camp is rapidly approaching and as a camper and parent you probably have many questions. Please read this information carefully. It should answer many of your questions as you and your child prepare for 4-H Camp.

4-H Camp Palmer is located near Fayette, Ohio in Fulton County. There are numerous ways to get to Camp from Putnam County. Directions are provided in this packet.

Please contact the Extension Office should you have further questions. 419-523-6294

Sincerely,

![Signature]

Jason Hedrick  
Putnam County Extension Educator, 4-H

### CHECK IN PROCEDURES (JULY 14)

1. Check-in will be begin at **4:00 PM and ends at 4:30 PM**.
2. Check-in will be in the Recreation Hall. Please allow 15 minutes.
3. When arriving, park your car in the parking lot area. You will be carrying your things to your cabin.
4. Campers will check-in and be given a name tag with cabin and group assignments.
5. Deposit your money with the bank.
6. Review all medications with the camp nurse. Bring needed medications in a Ziploc bag with medication card.
7. Families are invited to stay with campers until 4:30 PM at which time we ask that all parents and guests leave.

### CAMPER PACKING LIST

<table>
<thead>
<tr>
<th>Clothing</th>
<th>Camp Gear</th>
<th>Toiletries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue jeans or long pant</td>
<td>Sun Screen</td>
<td>Bucket/Shower Caddy</td>
</tr>
<tr>
<td>Rain Jacket/Poncho</td>
<td>Mosquito Spray</td>
<td>Shampoo</td>
</tr>
<tr>
<td>Underwear (+extra)</td>
<td>Sleeping Bag/ Pillow</td>
<td>Soap</td>
</tr>
<tr>
<td>Extra Socks</td>
<td>Sheets/Blankets</td>
<td>Toothbrush/ Toothpaste</td>
</tr>
<tr>
<td>Casual play type clothes (not new)</td>
<td>Rug</td>
<td>Towels/ Washcloths</td>
</tr>
<tr>
<td>Pajamas</td>
<td>Hat</td>
<td>Deodorant</td>
</tr>
<tr>
<td>Sweatshirts/Hoodie/ Light jacket</td>
<td>Swim Towel (2)</td>
<td>Flip Flops for Shower/Pool</td>
</tr>
<tr>
<td>Extra Clothes</td>
<td>Flashlight</td>
<td>Lotion</td>
</tr>
<tr>
<td>Warm Clothes</td>
<td>Sunglasses</td>
<td>Hair Dryer</td>
</tr>
<tr>
<td>Shorts</td>
<td></td>
<td>Comb/Brush</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chap Stick</td>
</tr>
</tbody>
</table>

**Shoes**

<table>
<thead>
<tr>
<th>Theme Related</th>
<th>Misc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tennis Shoes</td>
<td>Water</td>
</tr>
<tr>
<td>Mud Shoes</td>
<td>Trash Bag for dirty clothes</td>
</tr>
<tr>
<td>Water shoes</td>
<td>Water Bottle</td>
</tr>
</tbody>
</table>

**Misc.**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Medication</td>
</tr>
<tr>
<td></td>
<td>Money for the Bank</td>
</tr>
<tr>
<td></td>
<td>Fans</td>
</tr>
</tbody>
</table>
CHECK-OUT PROCEDURES (July 18)

1. Check-out is 10:00 AM.
2. Campers will not be released prior to 10:00 AM. Campers will be dismissed when their cabin area has passed inspection and at the conclusion of the closing program.
3. There will be a brief closing ceremony.
4. Campers will only be released to the person indicated on the registration release form.
5. Counselors must check-out all campers.
6. No lunch will be served on this day, so parents are asked to please adhere to the check-out time. We don’t want any campers left at camp because of a mix-up in ride arrangements.
7. Prescription medications must be picked up from the nurse. Any forgotten medication will be held until August 1st and then disposed of.
8. Parents may pick up bank money and prescriptions while waiting on cabins to pass inspection.
9. Lost and Found. Be sure to visit the Lost and Found area.

EMERGENCY INFORMATION

1. The phone number at 4-H Camp Palmer is 419-237-2247. This is for EMERGENCY use only.
2. Campers do not have access to a phone. Please do not tell your child that he/she can call home since that may trigger homesickness.
3. Visitors are not allowed and are exceptionally disruptive for all campers.
4. Parents may leave a voice mail message at any time on Jason Hedrick’s Cell Phone at 419-235-4723. Please understand that cell phone reception areas are limited at 4-H Camp and Jason will return all calls as soon as they arrive on his phone.

Having realistic expectations

- Camp, like the rest of life, has high and low points. Not every moment will be filled with wonder and excitement.
- Discuss both the ups and downs your child may experience. Your child should not feel pressured to succeed at camp. The main purpose of camp is to relax and have FUN. The educational experiences at camp will happen on their own.

Source: American Camp Association   www.CampParents.org

What NOT to Bring……

- Sandals or shoes that are open in the front and back.
- Radios, CD players, MP3 or I-Pods.
- Cell Phone, Video Games, Etc, Sports Equipment.
- Expensive clothing or shoes.
- Knives, fireworks, air guns, tobacco products etc.
- Avoid bringing anything new or valuable to camp. With many children living in the same cabin for five days, the possibility of lost or misplaced clothing is very high.
- A general rule of thumb is: If you want something to come home from camp in the same condition it was brought, you probably should not pack it.

Tips from our 4-H Camp Counselors

- Learn the 4-H Clap.
- Be ready to have fun and meet new people.
- Label your clothing and towels (bring plenty of both).
- Bring plenty of underwear, socks, bug spray, and sunscreen.
- Be ready to try new things.
- Naps are a good thing.
- Pack your things in a small under bed tote or suitcase.
- Bring extra shoes.
- Bring a flashlight.
- Arrive with a positive attitude.
PREPARING YOUR CHILD FOR CAMP

“Summer camp is more than a vacation for children,” say Bruce Muchnick, Ed.D., licensed psychologist who works extensively with day and resident camps. “As a parent, there are a few things to consider to increase the opportunity for a rewarding camp experience for your child.” Some helpful suggestions provided by Dr. Muchnick and the American Camp Association include:

Consider camp as a learning experience
♦ This is an opportunity for your child to explore a world bigger than his/her neighborhood and a chance for you and your child to practice “letting go”.
♦ Letting go allows children to develop autonomy and a stronger sense of self, make new friends, develop new social skills, learn about teamwork, be creative, and more.
♦ This time also allows parents an opportunity to take care of themselves so that they will feel refreshed when their child returns home.

Prepare for camp together
♦ Decisions about camp - like where to go and what to pack - should be a joint venture, keep in mind your child’s maturity.
♦ If your child feels a part of the decision - making process, his/her chances of having a positive experience will improve.

Talk about concerns
♦ As the first day of camp nears, some children experience uneasiness about going away. Encourage your child to talk about these feelings rather than acting on what you think his/her feelings may be. Communicate confidence in your child’s ability to handle being away from home.
♦ Avoid statements such as: “If you don’t like camp you can come home”. Children who are experiencing difficulties adjusting to camp will compound the problem by not giving it a fair chance. Often they will close their minds to adapting to camp, and focus immediately upon going home.
♦ Help your child to have a reasonable and realistic view of camp.

FIRST DAY QUESTIONS

My Child does not know anyone in her or his cabin/group.

Answer: Considerable time and effort has gone into placing campers according to their preferences indicated on registration forms. Please note that we place campers in cabins according to ages and cannot place a 9 year old with a 14 year old.

Meals: Seating is not assigned for meals and campers may choose whom they want to sit with. By breakfast on the first morning, campers should have made a decision as this will be their assigned seat for the remainder of camp.

WHY A Camper MIGHT BE SENT HOME

Camp is a place where children need to feel safe and cared for. Camp will not tolerate any forms of physical violence or hazing of campers. If a child’s behavior is not suitable for camp, the parent will be asked to pick that child up as soon as possible. If your child has to leave camp for any of the following reasons, no refund or adjustment will be issued.

Severe homesickness
Excessive swearing
Physically violent behavior towards self or another person
Excessive non-compliance
Possession of weapons, narcotics, alcohol or cigarettes

MAIL

You may send mail to campers at the following address. You may leave pre-written letters with the bank at check-in. Mark dates on envelope as to when they are to be delivered.

Name of Camper
C/O 4-H Camp Palmer - Putnam County
26450 Co. Rd MN
Fayette, OH 43521-9575
**Bank**

There will be a “Bank” system for each camper to keep his or her money. It is not mandatory, but we HIGHLY RECOMMEND campers deposit their money in the bank during the check-in time. The bank will be open daily to access money when needed. **PLEASE BRING QUARTERS.**

It is not advisable for campers to bring an excessive amount of money to camp. Camp Palmer t-shirts, sweatshirts, etc. will be available during check-in and check-out times. During camp itself, there will be a snack bar and pop machine on a limited basis. (We recommend that you write your child’s name in any camp shirts purchased at the beginning of camp.)

**DRESS CODE**

Shorts: Your shorts should be pinkie-length or longer. When your arms are down at your side, the bottom edge of your shorts should not be above the tips of you pinkies. Shorts should fit high enough on the waist so that no underwear is visible (boys and girls).

Shirts: Your shirts should still cover your tummy, even when your arms are raised over your head. No tube tops or halter tops please. Tank tops should have at least a 1 inch strap.

Shoes: Closed toed shoes (such as tennis shoes) are required for most activities. Flip flops are suggested for shower and pool area.

**REFUND POLICY**

Registration refunds will only be made to those who notify Extension Office of cancellation prior to the first day of 4-H Camp.

Refunds cannot be made for partial attendance at camp. We are charged based on our registration numbers on the first day of 4-H camp.

High Ropes - The High Ropes fee will only be refunded if the Extension Office is notified of cancellation prior to the first day of 4-H Camp. 4-H Camp Palmer contracts with outside staff to provide this experience.

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**CAMP ATMOSPHERE**

1. While at 4-H Camp, campers will be learning to live in a group atmosphere. Campers will be expected to assist with clean-up chores such as sweeping, washing off tables, and trash pick-up.
2. Campers will also be expected to keep their own belongings and bunks neat and tidy.
3. Bunk beds are used at camp. Campers may select a bunk on a first come first serve basis. If a bottom bunk is desired, early arrival is necessary to guarantee a bunk of your choice. Top bunks do have guard-rails for added protection.
4. All Lost and Found articles left at 4-H Camp will be kept for 2 weeks after camp. After 2 weeks, items will be donated to Goodwill. It helps us to return items if you put the camper’s name on each item. Please check the lost and found area.
5. Meals are served family style in the Dining Hall with campers and counselors at each table. If a camper has medical, religious or personal food preferences, make sure this is noted on the camper’s health form. A salad bar is available as an option at lunch and dinner.

**PUTNAM COUNTY ITEMS FOR SALE**

The Putnam County 4-H Camp Slide Show DVD: Campers will be viewing the camp slide show on the last night of camp. DVD’s of Slide show will be available for the purchase cost of $5.00. Order forms for the Slide Show will be enclosed with the Camper Evaluation form sent a week after camp. The DVD will contain all of the photos take at camp.