



# SAGEN - 4-H Camp 2019

## Welcome

We are super excited that you will be joining us for 4-H camp this year! Hope you are looking forward to an amazing week of fun. Remember camp is July 15—19 at Airfield 4-H Center in Wakefield, VA. As a reminder, all camp fees were to be paid by July 1. In going through camp paperwork we had several Health History Forms that were not filled out completely. Please be sure to double check with me or call the Extension Office (775.678.7946) by **July 10** to be sure all of your camp paperwork is complete. Incomplete paperwork will cause a longer check-in process and could prevent your child from participating in camp activities.

## Camper Drop Off Info



This year the busses going to camp will be leaving from **Northampton High School** at **9am!** Therefore we are asking everyone to arrive well in advance of the departure time. Camp check in will begin at **8am** that morning! The check in process does take a while, so please be patient with our adult and teen volunteers. Also please be sure the camper has had breakfast as the first meal served at camp is lunch at 12:15pm.

## Pick Up Procedures

Busses will depart Airfield at **10am** on Friday, July 19. Therefore we should arrive back at Northampton High School by **12:30pm** (please remember this is travel time, and does not take into account traffic we may encounter in VA Beach). Please follow the Northampton County Extension Facebook page for exact times. The campers will have a snack on the bus, but will not have lunch! So campers may be very hungry when they are picked up. We will have a check out process when we arrive back from camp. Please sure to pick up medication and money before leaving.

## Camp Theme: SPACE



Space is a mystery still being explored. We hope campers will enjoy a week of exploring, making new friends, and challenging themselves to step out into the unknown. This will allow campers to have an amazing week of making memories and having some fun!

Each day does have a different theme:

Monday- Black Out Day

Tuesday- Alien Day

Wednesday- Glo' Up Day

Thursday- Team Spirit Day (Wear team colors)

Friday- Camp T-Shirt Day

## Camp Bank



Campers may want to bring a small amount of cash to buy snacks/souvenirs from the camp store. We will provide an envelope and sign-out form at camper check-in where money can safely be stored during the week. **Please do not pack money in luggage!** All money should be placed in the envelope during the check-in process for adults to keep up with during camp. An adult will manage the money during camp so campers can access their money during store time. Remember to pick up the envelope during check-out on Friday.

## Electronic Devices



Electronic devices are **NOT** allowed at 4-H camp! This includes: tablets, video game devices, cell phones, laptops, MP3 players, I-pads, etc. If a camper has these devices they will be confiscated by the 4-H agent and returned to parents on Friday at check-out! If you have questions on this policy please contact me! This is a week to unplug!

## Camp Dress Code

All campers should dress in good taste and in a manner that will not be considered offensive to others. This is camp, so please dress for the weather and have comfortable clothing that will allow the camper to fully participate in camp experiences. Our policy is similar to those of the schools.

- ◆ No exposed undergarments (boys or girls)
- ◆ No midriffs showing
- ◆ No strapless or spaghetti strap top
- ◆ No see through items or extremely short shorts (tight fitting spandex/workout shorts **are not** to be worn as shorts)
- ◆ Shoes are to be worn at all times! Closed toed shoes are required for most activities. Camp involves a lot of walking so please keep heels/wedges at home!

The dress code is in effect all week! Any camper seen violating the dress code will be asked to change.

## Daily Chores

Campers will be “living” in cabins for the camp week. Therefore they will have communal living areas, sharing bathrooms, living spaces, etc. All campers are expected to maintain a clean, healthy, living environment. This includes putting personal belongings away, wiping tables at lunch, picking up litter/trash, and generally cleaning up after themselves. Daily inspections will occur to ensure a healthy environment is being maintained. Please work with your camper ahead of time to be sure they know how to make their bed, and put clothes away.

## Medications



**All medications must be turned in at the check-in station!** We will strictly abide by the following rules. **By law we CANNOT and WILL NOT administer medications not meeting these rules!**

1. Medications must be listed on the health history and medical form.
2. Medication **MUST** be in the original container from the pharmacy with actual prescription/pharmacy label, with the campers name on the label! Sample packs must have a doctor’s note with a prescription for the medication.

3. Dosage will be given as prescribed on the label. If dosage amounts or times have changed from that on the label please have a doctor’s note to verify.
4. All medications should be placed in a clear Ziploc bag, labeled with the campers name and county on it. This will be turned in during check-in. **Please DO NOT put medications in luggage** as we will ask you to un-pack it and get it out before boarding the bus.
5. Over-the-counter medications like ibuprofen, Tylenol, Benadryl are available from the camp EMT - you do not need to send these to camp.

## Living Habits

Campers are expected to practice good personal hygiene while at camp. This includes changing clothes, and showering (swimming in the pool is not a replacement for regular showers). We always hope for a beautiful sunny week at camp, therefore we do encourage the use of sunscreen, along with a hat to protect campers from the sun. During evening/night time events, insects can become bothersome, so bug spray/lotion is also encouraged. Please note, due to youth with asthma we do prohibit the use of aerosol sprays, so please send lotions or pump type sunscreen and insect repellent.

## Label Everything!!!

I can not stress the importance of labeling everything! Each year we have a pile of unclaimed items left at camp, such as shoes, towels, shirts, jackets, even sleeping bags. It is much easier to return items that have been labeled with the campers name, otherwise the items typically go unclaimed until we donate them. Campers will leave items at the pool, at classes, in the dining hall, etc. Do not underestimate the power of labeling!

## Luggage



During the check-in process each camper will be provided a luggage tag. However it does not hurt to have a back up just in case the one provided is lost during the week. Also please watch overpacking, as campers will have to carry their own luggage from the bus to the cabins!

## Missing Home

Each year we see a variety of signs associated with homesickness. Please be sure to talk with your child before camp on the new adventure he/she is about to experience. Encourage him/her to make new friends, participate in their classes, and have fun. Camp is a unique experience, especially for new campers. While it may be difficult at first, it is an experience they will remember. Allow your child to assist in packing their bags. Allow them to take a special sleep toy with them. In case your child does experience homesickness, a phone call home is the absolute last resort, so please do not tell your child they will be able to call home! Generally a call home causes the homesickness to become worse. That being said we also have experienced parents who miss their campers and want to call the camp to talk to their child. Please do not call the camp unless it is an emergency.

## Camp Mail



Campers **will not** be permitted to call home, unless there is an emergency! No news from camp is good news!! However campers are encouraged to send mail, so feel free to send stamps and stationery for your camper to send a letter home. In addition, parents are also welcomed to send a letter to camp, however please be aware most mail goes to Richmond first, then makes it way back to Airfield. Therefore if you plan to send a letter to your camper you may need to send it a couple of days before we leave for camp to be sure the letter arrives on time. Mail letters to:

Camper <Campers Name>  
Northampton 4-H Camp

c/o Airfield 4-H Center  
15189 Airfield Road  
Wakefield, VA 23888

## Follow 4-H Camp

Each day I will post pictures to the Northampton County Extension Facebook page. Please be sure you have liked the page to see what the campers are doing. **While I will do my best to get pictures of every child everyday, there will be times that campers are at activities that I can't get pictures of, so please be patient. Also if a parent did not select yes or no in the media release section of the Health History Form, I will not be able to take pictures of your child!**

<https://www.facebook.com/NorthamptonCountyExtension/>



## Questions or More Info

If you have questions or need more information, please do not hesitate to contact the Northampton County Extension Office at (757) 678-7946, my direct extension is 15. Or feel free to email me at [emorgan2@vt.edu](mailto:emorgan2@vt.edu).

We are going to have a wonderful time, and I assure you this will be an unforgettable experience for your child! Your child will come home filled with stories from the week and ready to sing all sorts of new camp songs.

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Erin Morgan at the Northampton County Extension Office at 757.678.7946 ext.15 during business hours of 8 a.m. and 4:30p.m. to discuss accommodations 10 days prior to the event. \*TDD number is (800) 828-1120.



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