

4-H CAMPER'S GUIDE



Pioneer Trails
4-H Camp
2017

Pioneer Trails 4-H Camp is Wednesday, June 21 through Saturday, June 24. Youth from Atchison, Brown, Coffey, Doniphan, Marshall Counties, Meadowlark Extension District and River Valley Extension District, make up the Pioneer Trails 4-H Camp Group. Each year our camp is held at Rock Springs 4-H Center south of Junction City. Camp dates rotate from early June through very early July each year.

PARTICIPATION FORM:

All campers **MUST** have a 4-H Participation Form on file at their Extension Office (*Kansas 4HOnline or paper copy*) **BEFORE** they can attend camp. The camp group Medication Policy form must be on file with the office **BEFORE** camp as well.

TRANSPORTATION:

Campers come to camp in many different ways. Some Extension units use buses and/or vans, others have parents drop off youth at Rock Springs. Complete travel details can be found in the camp letter. Rock Springs 4-H Center is located eight (8) miles south of I-70 (Junction City on Highway 77, then west and south four (4) miles on Highway 157.

REGISTRATION AND CHECK-IN:

4-Hers can register beginning at 1:30 P.M. at Johnson Administration Center. This building is located at the camp entrance on the right side of the road. Early check-in is **NOT** an option, because of time to clean and prepare the housing areas.

Agents/Extension staff will check you in by county/unit and provide each 4-Her with their name tag and housing assignments. **PARENTS** please be sure your child(ren) know what county they are from, and if you are part of an Extension District, the District name too. If you rode to camp on a bus, you will be checked-in on the bus.

After check-in, 4-Hers will go to their assigned housing area and meet the other youth and the counselor. Each living group is made up of approximately eight-nine (8-9) youth of roughly the same age and a counselor. For the next four (4) days this living group will eat at the same table and do all camp activities together. Great friendships are formed in these living groups! Activities will start at about 3:00 P.M.

HOUSING ASSIGNMENTS & ROOMMATES:

Many of you requested to stay with friends at camp. We've tried to house you with at least one (1) person you requested. Not everyone in your group will be from your county/district, most groups have at least three (3) counties represented in them. Remember - one of the reasons you go to camp is to make friends with other 4-Hers!

LABEL YOUR LUGGAGE & BEDDING:

Please label luggage and all bedding with the camper's name and county/district. If you plan to put bedding and pillow in a plastic bag, please print the camper's name and county/district on tape and put it on the **OUTSIDE** of the plastic bag.

PACKING FOR CAMP:

Please limit your luggage to one suitcase and your bedroll. Beds and mattresses are furnished, you will need to provide a pillow and sleeping bag or bedding. We suggest you bring the following:

- comfortable camp clothes (4 days)
- comfortable shoes
- swimsuit (*cut offs are NOT allowed in the pool*)
- insect repellent
- plastic bag to pack wet clothes to take home
- rain wear
- jacket or sweater
- personal toiletries
- towels & wash cloths
- flashlight
- sunscreen/sun block
- disposable camera (*not an expensive camera*)
- money*

long jeans or sweat pants are recommended AND closed toe shoes are required for horse riding (no sandals or flip-flops)

Tennis shoes are recommended for the climbing tower.

All items should be labeled if possible to reduce the chance of things being lost.

***MONEY AT CAMP:**

Managing money at camp can be a problem and we do not encourage money to be sent to camp. Usually money doesn't get lost or stolen, the child simply loses track of how much is spent. Two (2) or three (3) trips to the snack bar a day can cost several dollars, especially if parents don't give some kind of guidelines. Camp registration is an all inclusive cost, snacks and souvenirs are the only reason to have extra money. Keep in mind the prices of snacks and souvenirs to assist you in planning the amount of money to send to camp. (*To give you an idea, a price list is enclosed*). Please send small bills!

LIGHTS OUT POLICY:

Campers must be in their living areas by 10:00 P.M. for lights out. Living areas should be quiet after lights are turned out and campers/ counselors should stay in living areas all night. Agents / Adults, along with counselors, will be housed in the living areas.

DAYTIME, SPECIAL CLASSES, EVENING PROGRAMS:

Living groups sit together at meal-time with a server designated for each meal. 4-H Camp meals are served family style, so please encourage table manners. As a living group, they are also assigned KP (Kitchen Patrol) for one or two meals during camp.

During the daytime, campers stay with their living group and canoe, swim, ride horses, archery, hike, do crafts and participate in educational classes. Evening activities will involve all campers. In the evening the campers will have; sing-alongs, dance, group games, special presentations, movie and campfire.

CAMP NURSE - MEDICATIONS, FOOD ALLERGIES, ETC:

A team of nurses will be available at all times during camp and will be located at the Health Center. All prescription medications need to be listed on a Medication Form (available from your Extension Office). One (1) medication per card. All medications and med cards need to be put together in a zip-lock bag, in their original containers. Prescription medications will be stored at the Health Center with Camp Nurse(s). Please refer to the camp letter for specifics of getting medications to camp.

All prescription medication the 4-Her is taking must be listed on the Medication Form. The camp nurses will distribute prescription medications according to prescription instructions. Counselors will be informed about the medication(s)/special health concerns of the 4-Her's in their group. Please make sure to note all health concerns, including food allergies, so proper arrangements with the dining hall can be made. Options of: Gluten Free, Egg Free and Dairy Free are available if known in advance.

BAD WEATHER:

For your peace of mind (and Kansas weather) Rock Springs 4-H Center has five (5) storm shelters located around camp. Rock Springs staff and the Sheriff's Department keep us informed of any bad weather development. The counselors and Extension staff will see that all campers are in the proper shelters.

TELEPHONES - EMERGENCY CALLS:

Please **DO NOT** encourage your child to call home while they are at camp. Calling home often promotes homesickness. **No cell phones for campers-PERIOD!** The only reception for cell phones is on top of a hill and we do not want 4-Hers leaving their group to make telephone calls.

In the case of an emergency - call:

785-257-3221 - Rock Springs 4-H Center Office

785-257-3395 - Rock Springs Dining Hall

If it is necessary for a camper to return home, the Extension Staff must be notified. If an emergency arises where a camper must be sent home, the parents will be notified and travel arrangements made. Parents will be responsible for any unplanned travel home of their child, for any reason.

ADDITIONAL QUESTIONS:

Information about Rock Springs 4-H Center can be found on their website at: <http://www.rocksprings.net/>

Please contact your local Extension Office with any additional questions.

Atchison Co. - 913-833-5450	Marshall Co. - 785-562-3531	RVD-Clay - 785-632-5335
Coffey Co. - 620-364-5313	MED- Holton - 785-364-4125	RVD-Cloud - 785-243-8185
Doniphan Co. - 785-985-3623	MED- Oskaloosa - 785-863-2212	RVD-Republic - 785-527-5084
Brown Co. - 785-742-7871	MED- Seneca - 785-336-2184	RVD-Washington - 785-325-2121

2017 Clover Corner Snack Bar Prices

(subject to change based on availability)

Candy \$1.25

Kit Kat, Reese's Cups, Starburst, Skittles, Sour Patch Kids, Twix

Beverages

Bottled Water \$1.25 Lemonade, Coke Zero or Iced Tea \$2.00 Bagged Ice \$1.00
 Fountain Soda \$1.25 (Coke, Diet Coke, Cherry Coke, Mello Yellow, Dr. Pepper, Sprite, Fanta Orange, Root Beer)

Frozen Treats

Ice Cream Cookie Dough or Fudge Brownie Cup \$2.50
 Snickers Ice Cream \$2.00
 Reeses's Peanut Butter Cup Ice Cream Bar \$1.75
 Strawberry & Pineapple Frozen Bar \$1.75
 Cookies & Cream sandwich \$1.75
 Ice Cream Champ Cone \$1.75
 Chips Galore (Ice Cream Chocolate Chip Cookie Sandwich) \$1.75
 Strawberry Lemonade Tubes \$1.50

Other Treats

Beef Jerky \$2.00 Nachos \$2.00 Giant Pickle \$2.00 Popcorn \$1.00
 Cotton Candy \$1.00 Gardettos Mix \$1.00 Salty & Sweet Trail Mix \$1.25 Sno-Cones \$1.50
 Gold Fish Crackers \$0.50 Sunflower Seeds \$1.25 Specialty Sno-Cones \$2.00

2017 Souvenir Prices

(Subject to change and availability, some items may be sold out by the time we get to camp!)

Apparel

Spirit Jersey Long-Sleeve \$32.00
 Hoodie Sweatshirt \$20.00
 Long-Sleeve T-shirt \$20.00
 T-shirts \$12.00
 Rock Springs Hat \$12.00
 Mystery Bag Shirts \$8.00
 Sunglasses (*any color*) \$5.00

Drinkware

Rock Springs Tervis 24 oz \$20.00
 Rock Springs Camelbak 25 oz \$18.00
 Rock Springs Tumbler \$16.00
 Rock Springs Tervis 16 oz \$16.00
 Rock Springs Nalgene Bottle 32 oz \$11.00
 Rock Springs Nalgene Bottle 14 oz \$9.00
 Rock Springs Flat & Fold Bottle \$5.00

Other Items

Wheat Press Coaster Set \$16.00
 Muscle Drawstring bag \$10.00
 Disc Golf (*any color*) \$10.00
 Wheat Press Trivet \$8.00
 Picture Frame \$7.00
 Coloring Books w/pencils \$7.00
 Hacky Sack \$5.00
 Flashlight \$5.00
 Mess Drawstring bag \$5.00
 Journal \$5.00
 Rock Springs Lip Balm \$4.00
 Twig Pen \$3.00
 Carabiner \$2.00

Games

Weaving Loom Kit \$18.00
 Bass or Squirrel Popper \$10.00
 Farkle \$8.00
 Sonic Rocks \$5.00
 Playing Cards \$4.00
 Glow 'n' Dark Yo-Yo \$4.00

Travel

Bug Spray and Sunscreen \$6.00
 Toothpaste \$2.00
 Toothbrush/Shampoo/Soap \$1.50
 Deodorant \$1.00

2017 Crafts List

Campers will be allowed to pick one (1) item to do as their included craft item. Additional craft items must be purchased. Prices range from \$1.50 to \$5.00.

Wooden - Shark, Snake, Fish, Tree Cookie Ornament

Weaving - Dream Catcher, God's eye, Paracord options

Leather - Bracelet, Keyfob, Bookmark, Mystery Braid, Luggage ID tags

Other - Mini Canvas Painting, Fused Beads, Sand Art, Shrink DinkS

Ugly Mugz - Brandable camp mug - 12 oz capacity, hot or cold drinks, \$10 or \$12 with lid.

CAMP EXPENSE PLANNING

Use this form, along with the prices listed to plan how much spending money to send with your camper(s) to camp. Please keep money to a minimum, if at all.

T-Shirt (optional) \$ _____
Souvenirs (opt.) \$ _____
Extra Crafts (opt) \$ _____
Day 1 - Snacks \$ _____
Day 2 - Snacks \$ _____
Day 3 - Snacks \$ _____
Day 4 - Snacks \$ _____
Miscellaneous \$ _____

TOTAL SPENDING \$ _____

TO SEND MAIL TO YOUR 4-H CAMPER:

4-H'ers Name
Pioneer Trails 4-H Camp Group
ATTENTION: (County/District Name)
% Rock Springs 4-H Center
1168 Highway K157
Junction City, KS 66441-7455

To ensure your camper receives his/her mail during camp, you may want to mail it the day before or the day he/she leaves for camp.

Pioneer Trails Camp is on Facebook!



Parents, search for "Pioneer Trails 4-H Camp Group" and ask to join. Pictures, updates and information will be posted there.

CAMPING TIPS & QUESTIONS

1. Will my child be safe?

While no place can be accident free, statistics show that summer camps are safer than either the home or school environment.

2. Can I trust the supervision my child will receive?

Camps train staff extensively and many paid summer camp staffers are child development specialists.

3. Will my child fit in socially?

Camps teach socialization skills and help a child better cope in the real world.

4. Will my child be bored or lonely away from home?

Camps plan a variety of activities that entice and challenge children while helping them develop self-esteem and independence.

5. What about homesickness?

Try an overnight with friends or day camp as a "training" experience. But virtually all children will experience some homesickness their first time away from home. Parents can help their children cope at camp and learn how to overcome homesickness. Parents can prepare their children for an away-from-home camp experience by trying these suggestions:

- * Role play some possible camp situations.
- * Consider arranging for a first time camper to attend with a close friend, relative, or camp "buddy."
- * Do not tell your child in advance that you will "rescue" him/her from camp if they don't like it.
- * Allow your child to pack a favorite stuffed animal/picture so that they will have a reminder of home.
- * Remind your child that you have confidence in their ability to adjust to an away-from-home camp.

MAP OF ROCK SPRINGS 4-H CENTER: (map available at www.rocksprings.net)



POINTS OF MAIN INTEREST TO CAMPERS:

- | | |
|------------------------------------|-------------------------------------|
| 1. Johnson Administration Center | 36. Weatherwax Cottage |
| 6. Leadership Adventure Course | 37. Lake Bluestem (Canoe Pond) |
| 7. Archery Range | 38. Hansen Cottage |
| 8. Rifle Range | 39. Stoneybrook Housing Area |
| 11. Earl Parsons Hilltop Housing | 40. Council Circle (campfire) |
| 13. Craft Center | 42. Preston Cottage |
| 14. Spring Plaza | 44. Finnup Cottage |
| 19. Swimming Pool | 47. Horse Stable |
| 20. Flint Hills Education Building | 50. Picnic Area |
| 22. Heritage Hall | 52. Flagpole Plaza and Amphitheater |
| 26. Trap Range | |
| 27. Eyestone Conference Center | |
| 29. Jellison Health Center | |
| 30. Williams Dining Hall | |
| 31. Indoor Activities Center | |
| 33. Coop Cottage | |
| 34. Asa Payne Cottage | |

NOTES:



Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Monica Thayer, Extension Agent, River Valley Extension District. 1815 M Street, Belleville, KS 66935. Phone: 785-527-5084

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