

Boone County



4-H Camp 2025



**Boone County Extension Service
6028 Camp Ernst Road
Burlington, KY 41005
859-586-6101**

**4-H Youth Development Agents:
Cathy Fellows & Laila El-Amin**

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

4-H Camp Orientation

Agenda

July 1st 2025

- » Welcome
- » North Central 4-H Camp
- » Packet of Information
 - * Camp Rules
 - * Communication Policy
 - * Classes
- » Country Store
- » Packing List-“Camp Suitcase”
- » Departure/Check-in Procedure
- » Return/Check-out Procedure
- » Camp Medication/Prescription Form
- » Questions



Contact information:
North Central 4-H Camp

260 Camp Road
Carlisle, KY 40311
(859) 289-5308
(Emergency number only!)

4-H Camp Rules

- No cell phones.
- Walk at all times, except on game fields.
- Take care of camp property.
- You break it...you buy it.
- No one goes to the lake or pool without an adult.
- Wear a shirt and shoes at all times.
- Beds are not used for jumping.
- Only enter your cabin, not others.
- No one is allowed in cabins during activity times.
- If you feel sick, tell an AC or JC. Do not go to your cabin.
- All accidents are to be reported to AC's/Agents.
- **Leave all bad language at home, please.**
- Tobacco, alcohol, drugs, and weapons are not allowed at camp.
- You are responsible for your own stuff!
- These are camp quiet times:
 - a. Flag service
 - b. Activities or classes when someone else is speaking
 - c. After lights out in your cabin



Boone County Communication Policy

With 4-H Camp Parents/Guardians

Schedule Changes

Parents will be notified (using the first number provided on the custodial/guardian line of the campers form) of any changes in time or location on the departure day and the arrival day.

Injury/Illness

Parents will not be notified of every bump, bruise, or minor illness. Parents will be notified when the Health Care Professional deems it necessary or off-site medical treatment is needed.

Emergency Policy

If an emergency situation arises that directly involves a camper, that parent/guardian will be notified by one of the Boone County 4-H Agents or their designated representative at a time deemed appropriate and safe by the agents.

Cell Phones

Campers/teen leaders are not permitted to have cell phones while at camp. Being “at camp” includes transportation to and from camp. Parents will **not** be notified when a camper/teen leader has their cell phone confiscated. Phones that are confiscated will be turned off, put in a safe place, and returned upon arrival from camp.

Disciplinary Issues

The Boone County 4-H Agents will be consulted on all disciplinary issues by the teen leaders/adult leaders. Camp rules must be followed. A camper’s or teen leader’s parent/guardian will only be notified of any flagrant violation of camp rules. A flagrant violation will result in the camper/teen leader being sent home and must be picked up at camp by parent/guardian or someone from their pick-up/release list.

Refusal to Pick Up Camper/Teen Leader

When a parent/guardian is notified that they need to come to camp and pick up their camper/teen leader, they must do so in a timely manner. The agents don’t make the decision to send someone home (either for illness or discipline) unless it is absolutely necessary. A “timely manner” should be within a four hour window of first being notified. Failure to pick the camper/teen leader up in a timely manner may result in the local child services being called. Also, on the return day from camp, an approximate time is given in the orientation packet. Failure to pick up (within two hours of ETA or actual arrival time, whichever is latest) camper/teen leader by someone from the pick up list provided by the parent/guardian may result in local child services being called.

2025 Camp Classes

Each camper will sign up for four (4) classes that meet a total of three (3) times. Each class session is 50 minutes.

List is tentative

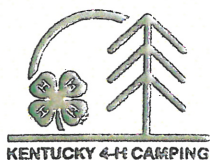


- | | |
|---------------|------------------|
| ■ Archery | ■ High Ropes |
| ■ Arts/Crafts | ■ Kayaking |
| ■ Buttons | ■ Low Ropes |
| ■ Canoeing | ■ Nature |
| ■ Foods | ■ Recreation |
| ■ Disc Golf | ■ Outdoor Living |
| ■ Swimming | ■ Riflery |
| ■ Foods | ■ Soccer |

Camper Packing Tips



- ▶▶ Towels should not be the family's best towels.
- ▶▶ Consider bringing a hat, and/or cooling cloth.
- ▶▶ Send Sunscreen for your child. Remind them to use it.
- ▶▶ Bring a water bottle and use it—it can get very hot!
- ▶▶ Put items such as shampoo, soap, toothpaste, toothbrush, deodorant, comb & brush into a small accessories bag or Ziploc bag. This will help with carrying these items to the bath house.
- ▶▶ You may bring snacks, just make sure they are in re-sealable plastic bags; avoid chocolate.
- ▶▶ **Use a permanent marker to write your camper's name/initials on every item.**



2024 Country Store Price Sheet

Kentucky 4-H Camping

\$5 & Under		\$6-\$10		\$11 & Up	
Bracelet—Friendship	\$1	<i>Animal—Pops</i>	\$10	<i>Animals—Hoodie</i>	\$18
Bracelet—LED	\$5	<i>Animal—Small</i>	\$7	<i>*Extra Animal Clothes</i>	\$6
Bracelet—Paracord	\$3	<i>Bag—Sling</i>	\$10	<i>Animals—Large</i>	\$18
Bracelet—Stretch	\$1	<i>Bandana</i>	\$6	<i>Animals—Medium</i>	\$12
Buttons	\$1	Bracelet—GPS Leather	\$10	Bag—Tote	\$25
<i>Carabiner</i>	\$2	<i>Carabiner Flashlight</i>	\$6	<i>Blanket—Map</i>	\$25
<i>Candy/Snacks</i>	\$1-10	Cooling Towel	\$6	<i>Blanket—Rolled</i>	\$12
<i>Drinks</i>	\$1-5	<i>Drawstring Bag</i>	\$7	<i>Coozies—Jacket</i>	\$14
Coin Purse	\$3	<i>Fanny Pack</i>	\$6	<i>Cup—Kong</i>	\$18
Football Fling	\$2	<i>Flashlight</i>	\$6	<i>Cup—Silipint</i>	\$18
Glow Necklace	\$1	<i>Goggles</i>	\$7	<i>Hammock</i>	\$20
Hat—Umbrella	\$5	<i>Hat—Bucket</i>	\$10	Hat—Buckle Strap	\$15
Keychain—Popper	\$5	<i>Hat—Trucker</i>	\$6	<i>Hat—Cousin Eddie</i>	\$20
<i>Lanyard</i>	\$3	Keychain—Leather	\$6	<i>Hat—Raccoon</i>	\$15
Laundry Bag	\$5	<i>Lantern—Large</i>	\$10	<i>Hiking Stick</i>	\$14
Light Up Tube	\$5	<i>Mug—Big Foot</i>	\$9	<i>Lantern/Fan Combo</i>	\$17
Magnet—Kentucky	\$5	<i>Mug—Carabiner</i>	\$9	Mug—Circle Clover	\$11
Nature Guide	\$3	<i>Necklace—Animal</i>	\$9	<i>Pet Collar</i>	\$13
Nose Clip/Ear Plug	\$3	<i>Socks—2 Left Feet</i>	\$6	<i>Pet Leash</i>	\$17
Personal Items	\$1-4	<i>Spray Mister</i>	\$9	<i>Water Bottle—Nalgene</i>	\$15
Playing Cards	\$3	<i>Sunglasses—Deluxe</i>	\$8	<i>Water Bottle—Glow</i>	\$18
Ponchos	\$1	<i>Wallet</i>	\$6		
Scrunchie	\$5				
Sili-Slinger	\$4				
Squishy Creature	\$5				
Stickers—Various	\$5				
Sunglasses—Various	\$4				
Sunglass Straps	\$2				
Tubanna	\$3				
<i>Orb Mini Toy</i>	\$2				
<i>Water Bottle—Hydro</i>	\$5				
Wooden Pin	\$5				



<u>Apparel</u>	
T- Shirts	
Clover Sun	\$16
Pink 3 Tree	\$16
Glow Lantern	\$16
I "Clover" 4-H	\$16
Campmoji	\$12
Various	\$8-18
Long Sleeve T	\$12-18
Sweatshirts	\$18-25
+\$2 for 3XL & 4XL Shirts	



Bold = ALL NEW in store for 2024

Italic = New Design/Options for 2024

Some items, styles, & sizes may not be available at all camp locations.

Item selection may vary week to week

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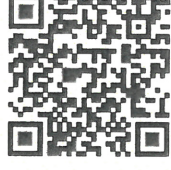
SUMMER MENU AND DINING INFO 2025

2025 DINING STYLE—Camp meals are served cafeteria style. Alternative options and a salad bar will be available at all meals.

SALAD BAR—Breakfast will include whole fruits, cottage cheese, applesauce, and a variety of yogurts. Lunch and Dinner will include lettuce, assorted veggies, dressing, cottage cheese, and fresh cut fruit. Options may vary by meal.

ALTERNATIVES—Breakfast will include cereals and whole fruit, lunch will include turkey and ham subs, and dinner will include grilled cheese sandwiches. Camp foodservice staff prepares alternatives to lunch and dinner equal to 10% of the total camp enrollment for that meal.

SPECIAL DIETARY NEEDS—We are able to accommodate gluten allergies, Alpha Gal, vegetarian diets, and religious restrictions during the summer. While the camp foodservice staff work diligently to ensure the safe preparation of food, please note that we cannot guarantee our food products come from facilities that guarantee no cross-contact with common allergens. The possibility of exposure does exist. Some families like to send their camper with specially labeled foods for mealtime to accommodate dietary needs and we are able to store those items, but must have prior arrangements made by completing the dietary needs survey or calling the camp office two weeks prior to arrival. Scan the QR code to the right to access the Dietary Needs Survey.



STAYING HYDRATED—We encourage all camp participants to carry a labeled water bottle with them for their time at camp. Water and other beverages will be available at all meals. Water bottle filling stations and water fountains are conveniently located around camp and activity areas, and are available at all times.

DAY 1

LUNCH

Pizza
Corn
Peaches
Cheesy Bread
Brownie

DINNER

Fajita Chicken Taco
Fresh Toppings
Black Beans
Queso
Chips and Salsa
Sidekick

Special Diet

GF Pizza, GF Brownie, Veggie
Fajita Chicken, GF Tortilla

DAY 2

BREAKFAST

Biscuit and Gravy
Scrambled Eggs
Sausage
Hash Brown

LUNCH

Chicken Patty
Fresh Toppings
Carrots w/Ranch
Mac and Cheese
Orange Slices

DINNER

Mini Corn Dogs
Curly Fries
Veggie Medley
Vanilla Ice Cream

Special Diet

PB Sausage, GF Cereal, PB Patty,
GF Bun. GF Mac and Cheese, PB
Beef, GF Bun, GF Tots

DAY 3

BREAKFAST

Cheese Omelet
Sausage Link
Cinnamon Roll
Icing Cup

LUNCH

Turkey/Ham Subs
Fresh Toppings
Sun Chips
Pasta Salad
Jell-O

DINNER

Chicken Nuggets
Mashed Potatoes
Green Beans
Roll
Cake

Special Diet

PB Sausage, GF Cereal, GF Bun, GF
Tater Tots, PB Chicken Nuggets, GF
Roll

DAY 4

BREAKFAST

French Toast Sticks
Scrambled Eggs
Bacon
Baked Apples

LUNCH

Hamburger
Fresh Toppings
French Fries
Baked Beans
Sherbert

DINNER

Chicken Alfredo
Garlic Bread
Mixed Vegetables
Grapes
Strawberry Shortcake

Special Diet

PB Sausage, GF Cereal, PB Burger,
GF Bun, GF Fries, Veggie Lasagna,
GF Chicken Alfredo, GF Garlic Bread

DAY 5

BREAKFAST

Tortilla
Scrambled Eggs
Bacon
Home Fries
Salsa

LUNCH

Hot Dog/Chili
Tots
Pineapple
Coleslaw

Special Diet

PB Sausage, GF Cereal, GF Bun

Brunch Option

Chicken
French Toast Sticks
Scrambled Eggs
Sausage
Hash Brown
Biscuits and Gravy

Leave at home:

- * Portable devices such as iPods, video games
- * Cell phones (privacy issues)
- * Hunting knives
- * Glass items
- * Fireworks of any kind
- * Expensive clothing or jewelry
- * Anything you wouldn't want broken or lost
- * Like TSA Please check your child's bag to make sure they comply.



4-H Camp Packing Checklist

- ☐ Check the forecast for the week
- ☐ At least 5 changes of clothing, if possible put initials on tag.
One pair of lightweight long pants. (in case it happens to get cold)
- ☐ Swimsuit and beach towel Must be a one piece bathing suit (no bikini's)
- ☐ Two pairs of shoes, plus flip flops or shower shoes
- ☐ Light Jacket or sweatshirt (check forecast)
- ☐ Rain gear
- ☐ One bath towel, one beach towel, and a washcloth if desired. (Labeled)
- ☐ Soap, shampoo, toothbrush, toothpaste, and other toiletries
- ☐ Bug repellent and sun screen
- ☐ Medications taken regularly (**please follow medication guidelines**)
- ☐ Sleeping bag/blanket, twin sheets, and pillow (rolled and tied)
- ☐ Flashlight
- ☐ Mesh bag for wet clothes (put name on outside of bag)
- ☐ Money for snacks and souvenirs. (Put masking/painters tape on money with child's name on it).

****Each camper is allowed one piece of luggage, plus their sleeping bag and one backpack for bus.**

Things to Know!

Departure

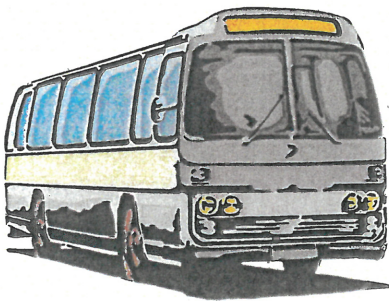
Monday, July 28th, 2025

Boone County Extension Enrichment Center

1824 Patrick Dr.

Burlington, KY 41005

- Campers arrive between 7:30 and 7:45 am
- Unload luggage—DO NOT LOAD ON BUS
- Check in at registration table/submit meds
- Proceed to head check station
- Pick up name tag—will have bus # on it
- LOAD LUGGAGE ON BUS
- Board bus by 8:45 am (once on, you are not allowed off)
- Depart by 9:00 am



Arrival

Friday, August 1st, 2025

Boone County Extension Enrichment Center

- *Parents must leave room for buses*
- Arrive approximately at 11:15-11:30am
- Campers must go straight into the building.
- Campers must be signed out.
- Obtain release slip or stamp.
- Pick up luggage outside—double check all belongs are with you.
- Remember to pick up any medications you may have.
- Have a safe trip home.



Kentucky 4-H Camp Medication Form 2025

Participant's Name	County	Sleeping Facility (e.g., cabin #2, yurt #1)	Age	Weight

	Name of Medicine	Dosage	Time of Medicine (Check all that apply)				Notes (e.g., as needed, take w/ food)	
			Breakfast	Lunch	Dinner	Bedtime		Other
1								
2								
3								
4								
5								
6								

DIRECTIONS:

Place the following items in a clear bag: (1) medications in original containers, (2) this completed form, and (3) a recent photo of the participant. On the outside of the bag write (with a permanent marker) the participant's name, county, and sleeping facility.

OFFICE USE ONLY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	HCP Review Stamp
Breakfast								
Lunch								
Dinner								
Bedtime								
Other								
As needed								





Cooperative
Extension Service

Boone County
4-H Youth Development

4-H Camp Packing Checklist

- ☐ At least 5 changes of clothing
- ☐ One pair of lightweight long pants
- ☐ Swimsuit (one piece) and beach towel
- ☐ Two pairs of shoes- closed toes with backs.
- ☐ Jacket or sweatshirt
- ☐ Rain gear
- ☐ Shower shoes (flip flops, water shoes)
- ☐ Towel and washcloth
- ☐ Soap and shampoo, hairbrush
- ☐ Toothbrush, toothpaste, & other toiletries
- ☐ Bug repellent
- ☐ Sunscreen
- ☐ Medications taken regularly (**please follow medication guidelines**)
- ☐ Sleeping bag or blanket, twin sheets & pillow (rolled and tied)
- ☐ Flashlight
- ☐ Mesh bag for wet clothes (put name on masking tape on outside of bag)
- ☐ Money for snacks and souvenirs. (Put masking tape/ painters tape on money with child's name on it-in case they drop it.)



****Each camper is allowed one piece of luggage, plus their sleeping bag and one backpack for the bus.**

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