



4-H Camp Orientation

2025



YOUTH/TEEN ADULT Photograph

- Please provide a printed photo of your child, teen, and adults please for cases of emergency!



LICE/NIT CHECKS

- Completed 72 hours (3 days) before camp
- Completed either June 8, 9, or 10.
- Form must be completed before departing for 4-H Camp.
- Licensed Health-Care Professional (RN, APRN, Medical Assistant) or Licensed Cosmetologist
- We will have one the morning of departure.



MEDICATION

- No form of medication of any kind allowed in the cabins
- Epi-Pen or Inhalers
- Camp provides general use medicine (cough syrup, sting ease, etc.)
- Everything in a clear resealable bag
- **Outside bag**
 - Participant's Name & Edmonson County written in sharpie
- **Inside bag**
 - All medications in original container
 - Completed Medicine Form
 - Recent picture of child (printed)
 - Only amount of dosages needed for the week sent if possible please



Remind

Please join our Remind Group

Number:

81010

Code:

ec4-Hcamp



4-H CAMP ADDRESS & PHONE NUMBER

- 4-H Camp phone number (for emergencies only):
270-797-8758
- Care packages and mail are allowed.
 - (No nuts, aerosol sprays, or silly string)
- *Remember it is still snail mail and we will only be camping for 3 nights/4 days*

Name (Camper's Name)

Edmonson County

West Kentucky 4-H Camp

600 4-H Camp Road

Dawson Springs, KY 42408



TECHNOLOGY POLICY

A positive and fun 4-H Camping experience does not include time spent on a cell phone, smart watch, or other devices. For this reason, campers are **NOT** permitted to bring cell phones, smart watches, tablets, or other electronic devices to camp. The local and state 4-H Program, the 4-H Camp and the Cooperative Extension of University of Kentucky and Kentucky State University are not responsible for any damage, loss or theft of cell phones, smart watches, or other electronic devices that are brought to camp. This is a statewide 4-H Camp Policy. We ask that you please fully obey this rule!



4-H CAMP CLASSES

Indoor Cooking	Archery	Boating: Canoe & Kayaking
High Ropes/Zip line	Paparazzi	Fishing
Rock & Read	Hammocks	Community Service
Arts & Crafts	Indoor Cooking	Paparazzi
Crafts w/Jeana	Nature	Hammocks
Outdoor Cooking	Coloring/Board Games	Rifle
Rec/Gaga Ball	Rec/Low Ropes	
Care of Horses	Swim Lessons	



4-H CAMP SCHEDULE

Tuesday

(Union/McLean)

10:00 – 11:45 Arrive and move in
 11:50 – 12:15 Welcome by Camp Staff
 Agent Announcements
 12:15 – 1:00 Lunch (*Birds*)
 12:30 – 1:15 Lunch (*Mammals*)
 1:15 – 2:00 Camp Tour
 Adult Orientation
 2:05 – 2:25 Cabin Time
 2:30 – 4:00 Mega Relay Mtg (*Mammals*)
 Class Sign Up/Rec. (*Mammals*)
 Swim Test (*Birds*)
 4:15 – 5:45 Mega Relay Mtg (*Birds*)
 Class Sign Up/Rec. (*Birds*)
 Swim Test (*Mammals*)
 5:45 – 6:00 Cabin Time
 6:00 – 6:40 Dinner (*Birds*)
 6:15 – 7:00 Dinner (*Mammals*)
 7:00 – 7:10 Flag Lowering
 7:10 – 8:20 **MEGA RELAY**
 8:25 – 9:00 Snack
 8:25 – 9:30 Sally & Alternative
 9:30 Night Meds by Cabin
 Reflections in Cabins
 Cabin Time/Showers
 Agent and Staff Meeting

Wednesday

(Davie's)

6:30 – 7:00 Morning Rec: Nature Walk
 Rise and Shine, Morning Meds
 7:15 – 8:00 Breakfast (*Mammals*)
 7:30 – 8:15 Breakfast (*Birds*)
 8:10 – 8:20 Clean Designated Area
 8:25 – 8:35 Flag Raising
 8:40 – 9:30 Class 1
 9:35 – 10:25 Class 2
 10:30 – 11:20 Class 3
 11:25 – 12:15 Class 4
 12:15 – 1:00 Lunch (*Mammals*)
 12:30 – 1:15 Lunch (*Birds*)
 1:15 – 1:45 Camper & Volunteer Meetings
 1:45 – 2:30 Cabin Time
 2:30 – 4:00 Free Swim (*Mammals*)
 Recreation (*Birds*)
 S'mores (*Birds*)
 Country Store Open
 4:15 – 5:45 Free Swim (*Birds*)
 Recreation (*Mammals*)
 S'mores (*Mammals*)
 Country Store Open
 5:45 – 6:00 Cabin Time
 6:00 – 6:45 Dinner (*Mammals*)
 6:15 – 7:00 Dinner (*Birds*)
 7:00 – 7:10 Flag Lowering
 7:10 – 8:20 **WET N' WILD**
 8:25 – 9:00 Snack
 8:25 – 9:30 Sally & Alternative
 9:30 Night Meds by Cabin
 Reflections in Cabins
 Cabin Time/Showers

Thursday

(Meade/Davie's/Union)

6:30 – 7:00 Morning Rec: Polar Bear Swim
 Rise and Shine, Morning Meds
 7:15 – 8:00 Breakfast (*Birds*)
 7:30 – 8:15 Breakfast (*Mammals*)
 8:10 – 8:20 Clean Designated Area
 8:25 – 8:35 Flag Raising
 8:40 – 9:30 Class 1
 9:35 – 10:25 Class 2
 10:30 – 11:20 Class 3
 11:25 – 12:15 Class 4
 12:15 – 1:00 Lunch (*Birds*)
 12:30 – 1:15 Lunch (*Mammals*)
 1:15 – 1:45 Camper & Volunteer Meetings
 1:45 – 2:30 Cabin Time
 2:30 – 4:00 Free Swim (*Birds*)
 Recreation (*Mammals*)
 Country Store Open
 4:15 – 5:45 Free Swim (*Mammals*)
 Recreation (*Birds*)
 Country Store Open
 5:45 – 6:00 Cabin Time
 6:00 – 6:45 Dinner (*Birds*)
 6:15 – 7:00 Dinner (*Mammals*)
 7:00 – 7:10 Flag Lowering
 7:10 – 7:20 County Photos
 7:20 – 8:20 **CARNIVAL**
 8:25 – 9:00 Snack
 8:25 – 9:30 Sally & Alternative
 9:30 Campfire Reflections Night
 Meds by Cabin
 Cabin Time/Showers

Friday

(Edmonson)

6:30 – 7:00 Rise and Shine, Morning Meds,
 Move out of cabins
 7:00 – 7:45 Breakfast (*Mammals*)
 7:15 – 8:00 Breakfast (*Birds*)
 8:00 – 8:20 Clean Assigned Area
 8:20 – 8:30 Flag Raising
 8:35 – 9:25 Class 1
 9:30 – 10:20 Class 2
 10:25 – 11:15 Class 3
 11:20 – 12:15 Class 4
 12:15 – 1:00 Lunch (*Mammals*)
 12:30 – 1:00 Lunch (*Birds*)
 1:00 – 1:30 All Camp Celebration
 Buses Depart





4-H CAMP DROP OFF

June 10, 2025

8:30 a.m. Edmonson Co. 5/6 Center

Things to remember:

- Do not bring luggage into the building/gym.
- Once your youth checks in and finds cabin assignments, luggage can be tagged and go in cabin pile in parking lot.
- Lice/Nit Check and Form
- Medication Form prepared.
- Must have a photo if not turned in. Need to take before we depart.



4-H CAMP PICK UP

June 13, 2025

2-3:00 p.m.

- Arriving at the 5/6 Center
- You will be notified on Remind when we leave 4-H Camp so we may be earlier or later depending on how camp departure runs.

Things to remember:

- Only authorized person listed on form may pick up camper/s
- Pick up person **MUST** bring Photo ID
- Pick up medication and luggage before you leave.



4-H CAMP PACKING LIST

- Sleeping bag or blankets & sheets (all bunks are twins)
- Pillow & pillowcase (pack pillow in suitcase or in a labeled trash bags)
- Towels & Wash cloths
- Soap & shampoo
- Toothbrush & toothpaste
- Other personal toiletry items as needed
- Rain Gear
- Shirts
- Bottoms
- Undergarments
- Pajamas
- Swimsuit: See guidelines attached
- Jacket or coat
- Closed toe shoes
- Socks
- Flip flops for the shower
- Insect repellent- NO DEET
- Sunscreen
- Flashlight
- Snacks in resealable containers
- Refillable water bottle
- Resealable bags are great for bathhouse items (shampoo, soap, toothpaste)
- Garbage bags (great for dirty clothes)

****Label everything you can****

Do not bring any valuables. If you would be upset if you lost it, do not bring it to camp.



KENTUCKY 4-H CAMP DRESS CODE

- **T-shirts:** Any color and most designs are okay. No alcohol, tobacco, vulgar language, or sexual references permitted.
- **Spaghetti Straps:** Not permitted.
- **Shorts:** A good length is about mid-thigh. No cut-off shorts permitted.
- **Bathing Suits:** Appropriate bathing suits or swim trunks that cover all private parts should be worn by all camp participants. No speedo briefs or thongs are allowed. Shirts and shorts must be worn over bathing suits while traveling to and from activities.
- **Shoes:** Tennis shoes are best. Sandals with straps across the heel are ok. Flip-flops can only be worn in the cabins, at the pool, and bathhouses.
Appropriate footwear at the program areas is required at all times; Shooting Sports requires closed toe shoes, Challenge Course requires lace up shoes, and all others are subject to requirements of the leader of the program area.
- **Piercings & Tattoos:** Only simple, small earrings/studs may be worn. Large loops or dangling earrings pose a safety risk. A pierced belly button must not be visible at any time. Inappropriate tattoos portraying alcohol, tobacco, vulgar language, or sexual references must be covered at all times.



LUGGAGE

- We will also tag your child's luggage according to cabin upon arrival.
- Please tag your luggage with identification label
- Pack lightly, but adequately. Space is limited.



SUMMER MENU AND DINING INFO 2025

2024 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
Pasta Salad
Cheesy Bread
Brownie

DINNER

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

Special Diet

GF Pizza, GF Brownie

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

Hot Dog/Brat
Chili
Tots
Coleslaw
Pineapple

Special Diet

PB Sausage, GF Cereal, PB Patty,
GF Bun GF Mac and Cheese, PB
Hotdog, GF Bun

DAY 3

BREAKFAST

Cheese Omelet
Sausage Link
Cinnamon Roll
Icing Cup

LUNCH

Sloppy Sliders
Crinkle Cut Fries
Mini Corn Cob
Vanilla Ice Cream

DINNER

Chicken Strips
Mashed Potatoes
Green Beans
Roll
Cake

Special Diet

PB Sausage, GF Cereal, PB Meatballs,
GF Bun, GF Tator Tots, PB Chicken
Strips, GF Roll

DAY 4

BREAKFAST

French Toast Sticks
Scrambled Eggs
Bacon
Baked Apples

LUNCH

Turkey/Ham Subs
Fresh Toppings
Sun Chips
Jell-O

Special Diet

PB Sausage, GF Cereal, GF Bun

Brunch Option

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



FOOD AND SNACKS

- Menu is attached in packet
- Campers may bring snacks
- Snacks are to be PEANUT FREE
- All snacks must be in resealable bags



4-H CAMP STORE

- Country Store will be open daily. The price sheet is included.
- Snacks and Souvenirs will be available for purchase
- We recommend no more than \$20.00
- Campers will be responsible for their own money!



CODE OF CONDUCT

- Each of you signed the code of conduct and have read the rules applying to camp.
- Any camper in violation of those rules will be sent home.
- No tolerance for bullying, fighting, defiance of any camp adult, vulgar or distasteful language, etc.
- Camp is a fun experience but a privilege none the same.



PAVILION





SWIMMING POOL





CABIN





CABIN





BATH HOUSE





DINING HALL





HCP OFFICE



AND JUSTICE FOR ALL



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mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442;

email:
program.intake@usda.gov.

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correo postal:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o

fax:
(833) 256-1665 o (202) 690-7442;

correo electrónico:
program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.

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In compliance with the Americans with Disabilities Act, Kentucky State University will honor requests for reasonable accommodations made by individuals with disabilities. Please direct requests for accommodations to: Event Coordinator's name, title, email, and phone number. Requests can be served more effectively if notice is provided at least 10 days before the event.

If you need a reasonable accommodation to participate in this event, please contact Bridgett Poteet, at bridgett.poteet@kysu.edu or 270-597-3628 and no later than 30 days prior to camp. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.