4-H CAMPER’S GUIDE

Pioneer Trails

4-H Camp

2018
The Pioneer Trails 4-H Camp is Saturday, June 23 through Tuesday, June 26. 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 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 arrive at 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/correspondence sent from your Extension Office. 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 2:00 P.M. on Saturday, June 23, 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 it takes to clean and prepare the housing areas.

Extension staff will check you in by County/Extension unit and will 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 counselor for their Camp group. Each living group is made up of approximately eight to nine (8-9) youth of roughly the same age and a teen counselor. For the next four (4) days this living group will eat at the same table and do Camp activities together. Great friendships are formed in these living groups! Activities will start around 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 (cutoff jeans are NOT allowed in the pool)
- Insect repellent
- Plastic bag to pack wet clothes to take home
- Rain wear (poncho/umbrella)
- Jacket or sweater
- Personal toiletries
- Towels and 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, mountain bikes and rock wall. (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, dances, group games, special presentations, movie and campfires.
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 medical 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(s) 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. Food Options of: Gluten Free, Egg Free, and Dairy Free are available – if known
in advance. Food allergies should be submitted to Rock Springs in advance via a web-
form. Please contact your Extension Office if you have questions or concerns.

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/](http://www.rocksprings.net/)
Please contact your local Extension Office with any additional questions.
2018 Clover Corner Snack Bar Prices
(subject to change based on availability)

Candy
$1.25 (Kit Kat, Reese’s Cups, Starburst, Skittles, Snickers, 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
Reeses’s Peanut Butter Cup Ice Cream Bar: $1.75
Strawberry Frozen Bar: $1.75
Cookies & Cream Sandwich: $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  *Specialty Sno-Cones: $2.00
Sno-Cones: $1.50  Sunflower Seeds: $1.25  Salty & Sweet Trail Mix: $1.25
Popcorn: $1.00  Gardettos Mix: $1.00  Gold Fish Crackers: $0.50

2018 Souvenir Prices
(subject to change and availability, some items may be sold out by the time we get to Camp!)

<table>
<thead>
<tr>
<th>Apparel</th>
<th>Price</th>
<th>Drinkware</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 Zip Shirt</td>
<td>$38.00</td>
<td>Rock Springs Tervis 24 oz.</td>
<td>$20.00</td>
</tr>
<tr>
<td>Spirit Jersey Long-Sleeve</td>
<td>$28.00</td>
<td>Rock Springs Camelbak 25 oz.</td>
<td>$18.00</td>
</tr>
<tr>
<td>Hoodie Sweatshirt</td>
<td>$20.00</td>
<td>Rock Springs Tervis 16 oz.</td>
<td>$16.00</td>
</tr>
<tr>
<td>Long-Sleeve T-shirt</td>
<td>$20.00</td>
<td>Rock Springs Tumbler</td>
<td>$16.00</td>
</tr>
<tr>
<td>T-shirts</td>
<td>$12.00</td>
<td>Rock Springs Nalgene Bottle 32 oz.</td>
<td>$11.00</td>
</tr>
<tr>
<td>Hats</td>
<td>$12.00</td>
<td>Rock Springs Nalgene Bottle 14 oz.</td>
<td>$9.00</td>
</tr>
<tr>
<td>Mystery Bag Shirts</td>
<td>$8.00</td>
<td>Rock Springs Flat &amp; Fold Bottle</td>
<td>$4.00</td>
</tr>
<tr>
<td>Sunglasses (any color)</td>
<td>$5.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooling Bandana</td>
<td>$4.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Items</th>
<th>Price</th>
<th>Games</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rock Springs Plush Animals</td>
<td>$10.00</td>
<td>Weaving Loom Kit</td>
<td>$18.00</td>
</tr>
<tr>
<td>Muscle Drawstring Bag</td>
<td>$10.00</td>
<td>Farkle</td>
<td>$8.00</td>
</tr>
<tr>
<td>Disc Golf (any color)</td>
<td>$10.00</td>
<td>Bass or Squirrel Popper</td>
<td>$7.00</td>
</tr>
<tr>
<td>Picture Frame</td>
<td>$7.00</td>
<td>Thinking Putty</td>
<td>$5.00</td>
</tr>
<tr>
<td>Mess Drawstring bag</td>
<td>$5.00</td>
<td>Spinner</td>
<td>$5.00</td>
</tr>
<tr>
<td>Muscle Drawstring bag</td>
<td>$5.00</td>
<td>Playing Cards</td>
<td>$4.00</td>
</tr>
<tr>
<td>Hucky Sack</td>
<td>$5.00</td>
<td>Glow ‘n’ Dark Yo-Yo</td>
<td>$4.00</td>
</tr>
<tr>
<td>Journal</td>
<td>$5.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coloring Books w/pencils</td>
<td>$4.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frisbee (any color)</td>
<td>$3.25</td>
<td>Bug Spray and Sunscreen</td>
<td>$6.00</td>
</tr>
<tr>
<td>Rock Springs Lip Balm</td>
<td>$3.00</td>
<td>Toothpaste</td>
<td>$2.00</td>
</tr>
<tr>
<td>Twig Pen</td>
<td>$3.00</td>
<td>Toothbrush/Shampoo/Soap</td>
<td>$1.50</td>
</tr>
<tr>
<td>Friendship Bracelet</td>
<td>$2.00</td>
<td>Deodorant</td>
<td>$1.00</td>
</tr>
<tr>
<td>Wooden Key Ring</td>
<td>$2.00</td>
<td></td>
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</tbody>
</table>
2018 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** - Snake, Fish, Arrow, Horseshoe

**Weaving** - Drink Coasters w/Loom, God’s eye, Paracord: Keychain, Zipper Pull or Bracelet

**Leather** - Bracelet, Keyfob, Bookmark, Mystery Braid

**Other** - Mini Canvas Art, Fused Beads, Sand Art, Pony Bead Animal Keychain

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

<table>
<thead>
<tr>
<th>CAMP EXPENSE PLANNING</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
<tr>
<td>T-Shirt (optional) $</td>
</tr>
<tr>
<td>Souvenirs (opt.) $</td>
</tr>
<tr>
<td>Extra Crafts (opt.) $</td>
</tr>
<tr>
<td>Day 1 – Snacks $</td>
</tr>
<tr>
<td>Day 2 – Snacks $</td>
</tr>
<tr>
<td>Day 3 – Snacks $</td>
</tr>
<tr>
<td>Day 4 – Snacks $</td>
</tr>
<tr>
<td>Miscellaneous $</td>
</tr>
<tr>
<td><strong>TOTAL SPENDING:</strong> $</td>
</tr>
</tbody>
</table>

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 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 you will “rescue” him/her from Camp if they don’t like it.
   * Allow your child to pack a favorite stuffed animal/picture so they will have a reminder of home.
   * Remind your child you have confidence in their ability to adjust to an away-from-home camp.
POINTS OF MAIN INTEREST TO CAMPERS:

1. Johnson Administration Center
6. Leadership Adventure Course
7. Archery Range
8. Rifle Range
11. Earl Parsons Hilltop Housing
13. Craft Center
14: Spring Plaza
19. Swimming Pool
20. Flint Hills Education Building
22. Heritage Hall
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

36. Weatherwax Cottage
37. Lake Bluestem (Canoe Pond)
38. Hansen Cottage
39. Stoneybrook Housing Area
40. Council Circle (campfire)
42. Preston Cottage
44. Finnup Cottage
47. Horse Stable
50. Picnic Area
52. Flagpole Plaza and Amphitheater
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 Kathy Tharman or Margaret Chamas, Extension Agents, Doniphan County. PO Box 487, Troy KS 66087. Phone: 785-985-3623

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(Revised - 2018)