

**New London County 4-H Camp**  
**PO Box 6002**  
**Norwich, CT 06360**  
**CAMP REGISTRAR'S OFFICE: (860) 886-7476**  
**email: [NLC4HCamp@aol.com](mailto:NLC4HCamp@aol.com)**  
**ALTERNATE & OFF SEASON: (860) 889-5266**

**FAX: 860-642-3032 (Camp, June-August) or 860-887-1378 (alternative & off season)**

Dear Parents/Guardians and Campers:

Welcome to the **2023 New London County 4-H Camp Season!** Thank you for registering your child for camp. If your child is a returning camper, welcome back! If your child is a new camper, we can't wait to meet them and we're glad to have them join our camping season! We are excited to have Ben Cowan as our Camp Director this season. As you proceed through this registration packet and have any questions, please feel free to call the following phone numbers for assistance: Camp Registrar (860) 886-7476 or Alternate & Off Season Phone (860) 889-5266 or e-mail us at [NLC4HCamp@aol.com](mailto:NLC4HCamp@aol.com).

The **HARD COPY** forms that require signatures can be found on our website [www.my4hcamponline.com](http://www.my4hcamponline.com) (Parents=>Forms tab) or are available in our online registration system, which is accessible from our website, on the dashboard (bottom right of screen – Forms=>Download Forms (to scroll to second page of forms, click on the center of the forms screen, holding the mouse button down and slide to left or right). Forms cannot be uploaded in the online registration system. Please **HAND CARRY FORMS TO CAMP**. If you have electronic versions you can email scanned forms to [NLC4HCamp@aol.com](mailto:NLC4HCamp@aol.com) or faxed to 860-642.3032 (camp fax operational June-August).

Your registration and deposits/payments have been recorded in the online registration system. The system has automatically emailed you a copy of the invoice that indicates sessions and payments. Kindly review the DATES for camp. You may change any session if you need to. Please email [NLC4HCamp@aol.com](mailto:NLC4HCamp@aol.com) to change the session.

You must log into the online registration system and complete all **ONLINE DATA ENTRY FORMS** and REQUIRED INFORMATION. Enter emergency contact info, OTC medication authorization, permission slip, medical release, names & phone numbers for the authorized pick-up list for day and overnight campers and other info. Also select candy snack or photos online. Kindly pay session balance now or by at least a week before the camp session starts.

Advance completion of online forms and information, selection of camp candy snack and photos as well as full payment will speed your registration check in at camp. Thank you!

**HARD COPY FORMS**

Forms are on our website [www.my4hcamponline.com](http://www.my4hcamponline.com) (click on 4 lines in upper right corner, then click on Parents then Forms) or in the online registration system (see above)

**We require all medical forms in HARD COPY for 2023.**

- Physical Exam that is <2 years old is REQUIRED for all campers. For RETURNING CAMPERS-you will be notified if we require a new physical exam form. We are using the State of CT school form this year. A copy of the school health form is OK and must include the immunization record. Part 3 Oral Health Asmt is NOT required. Parent/guardian should sign first page of the form where applicable.
- Authorization for the Administration of Medication is required for all prescription medications brought to camp as well as any OTC medications not on our OTC list on the next page.

In addition, the following HARD COPY forms are required.

- Special Health Needs Plan of Care form is REQUIRED for all campers. If there is no notable plan, we still require the form with the No box ticked and form signed. – signed by the parent/guardian
- Code of Conduct – signed by the parent/guardian and camper
- Refund, Transfer and Credit Policy – if you have NOT completed the form online, signed by the parent/guardian.

If you choose to mail HARD COPY forms, please allow 7 business days prior to camp prior to. Or scan and email or fax.

NLC 4-H Camp

Box 6002

Norwich, CT 06360

Email: [nlc4hcamp@aol.com](mailto:nlc4hcamp@aol.com)

Fax: 860-642-3032 (camp fax operational June-August) or 860-887-1378

## PAYMENTS

Advance ONLINE payment of the balance paid activities, photos and the candy snack should be made at least a week before arrival at camp. There are no paid activities this season. There are NO refunds for cancellations after May 20<sup>th</sup>, 2023. Refer to our Refund, Transfer and Credit Policy document. There will be a **service charge of \$30.00** for each check returned due to insufficient funds. **Any unused portion of camp store candy snack funds will not be refunded.**

## HEALTH FORMS

The Camp is governed by State of Connecticut rules and regulations concerning health forms. We **MUST** ask that you follow the instructions according to the line checked below when completing the forms listed below. Incomplete forms could result in **denial of registration**. All forms will be HARD COPY and not electronically uploaded into the online system.

Health forms **MUST** be in our NORWICH office **NO** later than 7 days prior to camp attendance so we have plenty of time to file them.

If you have missed this deadline, **PLEASE EMAIL YOUR FORMS TO OUR INBOX IF YOU DON'T THINK THEY WILL MAKE IT TO US THROUGH THE MAIL PRIOR TO YOUR ARRIVAL TO CAMP (Our email address is [NLC4HCamp@aol.com](mailto:NLC4HCamp@aol.com)) or Fax them to 860-642-3032 (camp fax operational mid-June-August) or 860-887-1378.**

1. **HEALTH EXAM RECORD** – State of CT Form (i.e., physician's Physical Exam form):
  - a. A physical (or proof of) is required and must be within 2 years of camp attendance. The Health Examination must be completed. Part 3-Oral Health Asmt is NOT required. The date of the examination and the physician's signature **MUST** be filled in. A nurse may complete the form with the necessary information and initial in the space provided. HOWEVER, there **MUST** be a LICENSED PHYSICIAN'S or NURSE PRACTITIONER signature. A nurse CANNOT sign in place of a physician. The physician's signature can be handwritten or stamped, provided the stamp is a SIGNATURE stamp. **An electronic physician's signature may be acceptable if it is the normal operating procedure of their practice. A copy of a school physical is acceptable.** As stated in our brochure, **no camper will be admitted without a PROPERLY COMPLETED, CURRENT health form.**
  - b. A copy of the immunization record can be attached and 'see attached' noted on this form or can be included with the school physical exam. If a child is not immunized you must submit a documented/signed/witnessed Religious Exemption Statement.
2. **SPECIAL HEALTH NEEDS PLAN OF CARE**
  - a. The State of CT introduced this new form in 2018. **A form for each camper must be completed** whether they require a plan or not. Sign the form for each camper.
3. **AUTHORIZATION FOR THE ADMINISTRATION OF MEDICATION** by School, Child Care, and Youth Camp Personnel (State of CT form):
  - a. If your child brings prescription medication to camp, a medication **FORM FOR EACH MEDICATION** must be completed and signed by the prescriber. Please note that **ALL** medications will be retained and dispensed by the camp nurse. NO medications are allowed in cabins.
  - b. Medicine must be in the original container, pharmacy labeled with medication name, dosage, and dosing instructions. **Inhalers must be in their original box with the pharmacy prescription detail label attached.** Children should not be taken off prescription medications while attending camp. Please be sure that you bring all prescribed medication (enough for the week) that are labeled with the pharmacy prescription details to camp with the camper.
  - c. Note the over the counter (OTC) medications listed below are supplied in the nurse's station and are used on an AS NEEDED basis to manage illness and injury. If your child requires any other OTC medication (i.e., any OTC medication that is not on the list below) it must be listed on the Authorization for the Administration of Medication form and signed by the prescriber.

**You will review this OTC medication list online and authorize their use. Access the online registration system from the camp website [www.my4hcamponline.com](http://www.my4hcamponline.com) by clicking the Register button.**

Acetaminophen (Tylenol)	Calamine lotion	Cetirizine HCl (Zyrtec)	Guaifenesin cough syrup (Robitussin)
Ibuprofen (Advil, Motrin)	Hydrocortisone 1% cream	Loratadine (Claritin)	Dextromethorphan cough syrup (Robitussin DM)
Generic cough drops	Aloe	Diphenhydramine antihistamine/allergy medicine (Benadryl)	Solar Cain
Sore throat spray (Chloroseptic, Cepacol)	Topical triple antibiotic cream	Chlorpheniramine maleate antihistamine (Chlor-Trimeton)	Antacid-Calcium Carbonate (Tums)
Tolnafate Fungal Cream/Powder (Tinactin)	Swimmers Ear Drops		

**\*\*\*2023 – CAMP CODE OF CONDUCT AND POLICY\*\*\***

Parents/Guardians should review the Code of Conduct and Policy with their camper(s). Many of these items are currently camp rules but are now a formal agreement made by each camper. Once reviewed, each camper and their parent/guardian sign and date the HARD COPY form and return it with their medical records prior to the start of camp or at check-in.

If you have any questions, please call the **Camp Registrar at (860) 886-7476 or the Alternate & Off Season Phone at (860) 889-5266**. We thank you, in advance, for your cooperation. The mailing address for payments and medical forms is NLC 4-H Camp, Box 6002, Norwich, CT 06360.

**ONLINE ENTRIES FOR OTHER INFORMATION**

The following information will be collected in our online system. **Log on to the camp website [www.my4hcamponline.com](http://www.my4hcamponline.com) and click the Register button to access the online registration system.**

- Over the counter (OTC) medications that can be dispensed to your child
- A list of Allergies
- The Approved Pick-Up List for Day AND Overnight campers. – please list any and all people who will pick up your child. A child will not be released to anyone if they are not on the list. There will be an ID check at every pickup.
- Emergency Contact Information
- Authorization to provide medical care
- The Parental Consent form grants permission for children to attend camp
- Refund, Transfer and Credit Policy
- Selecting group or cabin photo and online payment
  
- **NOT COLLECTED ONLINE:**
  - Medication administration information – Please note that you **MUST** provide a PAPER authorization form for each medication in order for your child to receive a medication, including those over-the-counter not on our list. Medication will NOT be dispensed without authorization from the prescriber.
  - Health Exam Record
  - Special Needs Plan of Care
  - Code of Conduct

**DISMISSAL**

- A camper will be dismissed from camp if they violate camp rules, policies, code of conduct, or if they bully, hit/injure, or threaten another camper or camp staff. Parents/guardians will be notified by the Camp Director regarding dismissal.
- No refunds will be given if a camper is dismissed.

**HOUSING**

Campers are assigned to cabins by gender, by age. Cabin assignments may vary each week depending on enrollment. While you may make bunk requests, ultimately bunks are determined by the age of the camper, space availability and at the discretion of the Camp Directors. We cannot guarantee that your bunk request will be honored. Staff members live in and supervise each cabin unit.

**FOOD**

Do not send food with or to campers. An ample quantity of food is served in the dining hall. The campers are served three daily meals as well as afternoon and before bedtime snacks. Day campers will have lunch and snacks provided. If your camper has special dietary needs or restrictions, these should be reflected on their medical health exam record. Kindly discuss dietary issues with the Camp Nurse or Camp Director.

**CAMP STORE – CANDY SNACK (Not applicable for Clover Campers)**

If you wish for your child to purchase and additional candy snack, add **\$10.00** as a ‘paid activity.’ This is different than the separate store entry we had in the online system last year. Please note that the fee for candy is for the whole week. We will no longer accept partial/daily candy snack payments. This will cover ONE afternoon candy snack each day. Purchasing the additional candy snack is optional. Free snacks and fresh fruit will also be available at all snack times. **There are no refunds on Camp Store deposits.**

**CAMP PHOTO**

Camp photos are extremely popular. There are two photo opportunities at camp this year. Campers can purchase a group color picture which includes all the campers and staff for each session and/or a cabin photo with all the campers in his/her individual cabin. A camper can buy an 8" X 10" color print of his or her cabin and/or group photo. Please note that there is only a group photo for Clover campers. Photos are \$20.00 each.

### CAMP LOCATION

The Camp is located at 37 Kahn Road, Franklin, CT. Your GPS may require a North Franklin address.

Driving directions from points south:

- Take Route 2/32 North to Exit 25, Route 2 North, towards Franklin.
- Take Route 2 North – 0.5 miles to second traffic light and left turn at Mobil gas station onto Route 87 North towards Lebanon.
- Take Route 87 North – 1.8 miles to left turn onto Old Route 87 (there is a green New London County 4-H Camp sign marker).
- Take Old Route 87 North – 0.4 miles to left turn onto Kahn Road.
- Take Kahn Road – 0.25 miles to 4-H Camp on the left.

### VISITING HOURS

There are no visiting hours during any camp session. In cases where children must be picked up from camp, all visitors should call the Camp Director at (860) 642-6131 **24 hours in advance** and report to the Director's Cottage upon arrival, or if there is a prior obligation during the camp week, be sure to get in contact with the Camp Registrar. Whoever is picking up a camper must show ID and be on the approved pick up list which is available for completion in our online registration system.

ALL visitors must report to the Director's Cottage upon arrival. Visitors are NOT allowed on camp unless they have an escort.

### TELEPHONE

Campers are not allowed to make or receive phone calls. In the event of an EMERGENCY or to arrange a pickup/drop off or to speak with the nurse, parents may call the Camp Director at **(860) 642-6131**. Parents may call the Registrar's Office with questions regarding registrations, payments, check in or about medical forms at **(860) 886-7476**. The Registrar's Office is not located at the camp. Thank you for your cooperation.

- **Camp Director – Emergency Number: (860) 642-6131**
- **Registrar's Office: (860) 886-7476**
- **Alternate & Off Season Phone: (860) 889-5266**
- **Off Season Fax Number: (860) 887-1378**
- **Camp Fax Number (during camp only): (860) 642-3032**
- **Camp Nurse (during camp only): (860) 642-1992**

### MAIL

Campers enjoy receiving a cheerful letter from home. Please write early enough in the week or send on Saturday before your camper's session begins on Sunday to ensure arrival. You can also drop off letters at check in on Sunday. Post cards from home are great and are also easy for campers to send to parents while at camp. Please do not send any food or snack items.

Address: **Camper's Name, C/o New London County 4-H Camp, 37 Kahn Road, Franklin, CT 06254**

### EMAIL

We have revised our email policy and ask that you do not send emails to camp. In past years we printed about 100 emails per day, with many being just one line of text. This has proven to be a large undertaking and we ask that you send letters or postcards instead via old fashioned 'snail mail' or drop them off at check in on Sunday.

**ALL CAMPERS-Arrival Check In and Pick up Procedures**

GENERAL ARRIVAL CHECK IN PROCEDURE:

- We will have registration tables and lines for check in this year.
- The Registration Team will review registration material, health forms and direct campers to their cabins or to the Day Camp Director.
- Parents and campers will check in with the nurse.
- Parents can accompany their campers to the cabins.
- **SWIM ASSESSMENT:** Will take place on Sunday for Day and Overnight campers. Hint: Wear your swimsuit under your clothes and pack a set of undergarments and a towel on top of your packing bin.) **The swim assessment is not required if a camper does not intend to swim.**
- **If a camper does not show up for registration, the camper family will be called by the Registrar, Camp director or Day Camp Director.**

GENERAL PICK UP PROCEDURE:

- Camper luggage and belongings will be in a designated area by the parking lot labeled by cabin. See a member of the Registration Team or Staff to get cabin assignment.
- See a member of the Registration Team or Staff to sign out your camper. (Bring your ID to sign out the camper. Only those on the Approved pick up list can sign a camper out,)
- Pick up all medications, check lost and found, pick up camp pictures. The Camp is not responsible for any items left at the end of each camp session.

**\*\*\*EARLY PICKUP\*\*\***

We know that situations arise where campers must leave camp early. In some cases, campers must leave camp during the day to attend a scheduled doctor visit or a sports tournament. Please do not simply show up to camp for an early pickup without notification. The Camp Directors and Counselors are on campus with your camper and generally not be available in the office. Our administrative assistant may not be available either. We need to coordinate your pickup with our camp staff and escort your camper to the Director's Cottage. Whoever is picking up a camper must show ID and be on the approved pick-up list which is available for completion in our online registration system.

- Make your pickup requests at check-in on Sunday whenever possible. Early pick up forms are located at the end of this document.
- Make early pick up requests 24 hours in advance. This includes leaving before 5:30 PM on Friday.
- Report to the Director's Cottage upon arrival. Do not enter the camp without an escort.
- Please call the **Camp Director – Emergency Number: (860) 642-6131 – leave a voice mail message if necessary.**
- If you have any questions, concerns or need to make changes regarding pick up, you may call the Camp Director at (860) 642-6131. For any other questions, call the Registrar's office at (860) 886-7476. (If there is no answer, please leave a message and we will return your call as soon as possible.) E-mail us at [NLC4HCamp@aol.com](mailto:NLC4HCamp@aol.com) , or write to the New London County 4-H Camp, Box 6002, Norwich, CT 06360.

## **CLOVER CAMP-Arrival Check In and Pick up**

### CLOVER CAMP ARRIVAL CHECK IN TIME:

- Thursday, June 22nd, 11 AM-12 PM

### CLOVER CAMP PICK UP TIME:

- Saturday, June 24th, 12 Noon

## **RESIDENTIAL/OVERNIGHT CAMP-Arrival Check In and Pick up**

### OVERNIGHT/RESIDENTIAL CAMP ARRIVAL CHECK IN TIME:

- Sunday of your session
  - Junior Staff – 12 Noon
  - Residential Campers, 2:00-4:00 PM (If you do not want to stand in line, please come to registration after 3 PM.)

### OVERNIGHT/RESIDENTIAL PICK UP TIME:

- **All General campers must have an Approved Pick-Up List (completed online) and be signed out by an approved parent or guardian before leaving camp.** Only the parent or legal guardian may pick up a camper. Any exception to this procedure must be arranged in advance. A camper will not be released if this policy is not strictly adhered to. Whoever is picking up a camper must show ID and be on the approved pick-up list which is available for completion in our online registration system
- Camper families will not be allowed on campus before 5:15 PM. Closing ceremony begins at 5:30 PM on Friday. Camp closes at 6:30 on Friday.
  - Residential Campers – by 6 PM Friday. Closing ceremony is at 5:30 PM.
  - Junior Staff – 7:00 PM Friday
- **Note: If picking before 6 PM (7 PM for Junior Staff), please complete an Early Pick Up Request Form.**

## **DAY CAMP-Arrival Check In and Pick up**

### DAY CAMP ORIENTATION – SUNDAY before the first session of camp

- Day Camp Orientation - Sunday before the first session. Day campers are required to stay for the opening ceremony at ~5 PM on Sunday for staff introductions, camp rules review and dinner. If coming for multiple weeks of Day Camp, you only have to attend the first Sunday before the first week of Day Camp. See below for pick up time.

### DAY CAMP ORIENTATION ARRIVAL CHECK IN TIME:

- Sunday - 3:00-4:00 PM

### DAY CAMP ORIENTATION PICK UP TIME:

- Day Camp Orientation – Sunday
  - Day Campers with last name beginning with A-L – 7:00-7:15 PM
  - Day Campers with last name beginning with M-Z – 7:15-7:30 PM

### DAY CAMP DAILY DROP OFF TIME:

- Parents must remain in their cars during drop off.
- Day Camp – Monday-Friday
  - Day Campers with last name beginning with A-L – 7:45-8:10 AM
  - Day Campers with last name beginning with M-Z – 8:10-8:30 AM
- **\*There is a fee of \$1 per minute per camper if dropped before 7:45AM – NO EXCEPTIONS.**

### DAY CAMP DAILY PICK UP:

- Parents must remain in their cars during pick up.
- **All Day campers must have an Approved Pick-Up List (completed online).** No camper will be released to anyone who is not on the list. ID will be checked at every pickup.
- Day Camp – Monday-Friday
  - Day Campers with last name beginning with A-L – 4:45-5:10 PM
  - Day Campers with last name beginning with M-Z – 5:10-5:30 PM
- **\*There is a fee of \$1 per minute per camper if per camper if picked up after 5:30 PM – NO EXCEPTIONS.**

**PARENT/GUARDIAN CHECK LIST:**

<b>Send at least 10 days before Camp session*:</b>	<b>Day of Camp check in:</b>
<input type="checkbox"/> Heath Exam Record	<input type="checkbox"/> Medical forms and code of conduct not already sent in or updated
<input type="checkbox"/> Special Health Needs Plan of Care	
<input type="checkbox"/> Medication Authorization form(s)	<input type="checkbox"/> Balance due (including store, photo)
<input type="checkbox"/> Code of Conduct	<input type="checkbox"/> Payment method (cash, check, credit card)
	<input type="checkbox"/> Camper's packed items (see packing list)
<b>Complete ONLINE before the first week of camp:</b>	<input type="checkbox"/> Medication(s) (as listed on medication authorization form)
<input type="checkbox"/> Additional information (OTC medications, emergency contact, pick up list, other forms/info, etc.)	<input type="checkbox"/> Sleeping bag, pillow, sheets, blankets (if there is a medical issue such as bed wetting, pack more than one set)
<input type="checkbox"/> Select and pay online for candy snack. Paid activities or photos, pay session balance by Thursday	<input type="checkbox"/> Camper ☺

**\*All medical forms, Code of Conduct and permission slip can be mailed to NLC 4-H Camp, Box 6002, Norwich CT 06360 at least 7 business days prior to camp start date. Alternatively, forms can be emailed to us ([nlc4hcamp@aol.com](mailto:nlc4hcamp@aol.com)) or faxed to 860-887-1378 attention NLC 4-H Camp if you feel they will not reach us in time via mail.**

**WHAT TO BRING TO CAMP**

Please mark the camper's name clearly on **EVERYTHING** with a laundry marker or sew/iron on labels. Have your child help pack, so he/she is aware of the items brought. It is helpful (and appreciated) if a list of the items brought to camp is taped to the child's luggage to serve as a checklist upon leaving. NLC 4-H Camp will not be responsible for any items left at the end of each camp session.

**Please check the Lost & Found table on Friday at pick up.**

*Please pick up all medications, check lost and found, pick up camp pictures, and sign out your camper. The Camp is not responsible for any items left at the end of each camp session.*

**\*\*\*CELLULAR ELECTRONIC DEVICES\*\*\***

Electronic devices that are cellular or have internet capabilities are not permitted at camp. This includes cell phones, pagers, tablets, like iPads with cellular service, iPod Touches, hot spots, etc. If a camper is found using their cell phone or other cellular device for calls, texting, or social media, the Camp Director will confiscate the phone until the end of the camp session and will notify the parent. If a camper is found to have these devices at subsequent session of camp, their parents/guardians will be notified by the Camp Director regarding dismissal.

**MUSIC PLAYERS**

iPods/mp3 players with no cellular or internet capabilities (see above) are allowed, but campers may only use them in the cabins. We are not responsible for lost or stolen items.

**OPTIONAL**

Paper, envelopes, pens/pencils, stamps, baseball gloves or other sports equipment, fishing pole and fishing gear (we have fishing poles and gear here for the campers use), camera, and hiking boots, etc. are all optional. Drama and Variety Show welcome your talents and props from home.

**DO NOT BRING**

Do not bring hair dryers, curling irons, hair straighteners, radios, tape recorders, CD players, knives, or any weapons. The Camp Director will confiscate any of these items until the end of the camp session. Do not bring bows from home for archery. Please do not bring these items.

## SUGGESTED CAMP PACKING LIST:

### Tips for Packing:

- Encourage your camper to help pack for camp.
- Use a plastic bin/storage drawers to transport packed items.
- Label items with a permanent marker.
- Pack clothes for the day (shorts, shirt, socks, underwear) inside a gallon zip-lock freezer bag and label them for each day of the week. This helps keep clothes dry and organized. And what comes back inside the bag is clean!
- Pack extra socks, extra underwear, long pants, sweatshirt, etc. in a separate gallon zip-lock freezer bag and label.
- Pack toiletries (toothbrush, toothpaste, shampoo, soap, comb, brush, shower shoes) in a string backpack for easy transport to the restroom.
- Pack at least 2-3 towels. The towels should be your thinnest (for quick drying) and not your best. Towels are the most frequent lost and found item. Over 100 towels a year are left at camp!

### PACKING REQUIREMENTS:

- CLOSED TOED shoes are required for camp. CROCS are OK but if campers are going to enjoy or Ropes Course, tied shoes like sneakers are required.
- NO CELL PHONES or any other device that connects to the internet via cellular are allowed at camp. Please check that your campers devices remain at home.
- Please do not pack any food.

### ALL DAY AND OVERNIGHT Campers:

<input type="checkbox"/> Sweatshirt, sweater, and/or jacket	<input type="checkbox"/> Cap, hat, or visor
<input type="checkbox"/> Rain gear	<input type="checkbox"/> Sunscreen* (labeled with name)
<input type="checkbox"/> Bathing suit (2)	<input type="checkbox"/> Bug Spray* (labeled with name)
<input type="checkbox"/> Towel(s) for swimming	<input type="checkbox"/> Fishing gear-you do not need to bring gear to camp. It will be provided at no charge.
<input type="checkbox"/> Medication(s) (as listed on health form)	<input type="checkbox"/> Musical instruments
<input type="checkbox"/> Closed toed shoes (Crocs, sneakers, boat shoes)**	<input type="checkbox"/> Sports equipment
<input type="checkbox"/> Masks (Day Campers – 2-3 per day, Overnight Campers – 15-20)	<input type="checkbox"/> Day Campers: toiletry items (e.g., brush/comb, hair bands, feminine hygiene products)

\*Sunscreen & insect repellent are allowed but MUST be left with the Camp Nurse at the Health Center. Label all cans/bottles.

\*\*For safety reasons, NO open-toed shoes, sandals, or flip-flops (except for shower shoes) are allowed during Overnight or Day Camp.

### OVERNIGHT Campers:

<input type="checkbox"/> Sleeping bag or Sheets (fitted, single twin size) & Warm Blankets rolled into a bedroll and tied	<input type="checkbox"/> Socks (5)
<input type="checkbox"/> Pillow and pillowcase	<input type="checkbox"/> 'Dressy/nice' clothes for the Dance (optional) (N/A for Clover Campers)
<input type="checkbox"/> Comfortable, modest, warm pajamas	<input type="checkbox"/> Washcloth(s) and 2 towel(s) for showering
<input type="checkbox"/> Jeans or long pants* (2 pair)	<input type="checkbox"/> Shower shoes (flip flops)
<input type="checkbox"/> Modest cut shorts (5 pair)	<input type="checkbox"/> Dirty clothes bag
<input type="checkbox"/> Modest shirts (5)	<input type="checkbox"/> String backpack for carrying items
<input type="checkbox"/> Long sleeved shirts (1)	<input type="checkbox"/> Flashlight and batteries
<input type="checkbox"/> Underwear (6)	<input type="checkbox"/> Props for Drama/Talent Show (N/A for Clover Campers)
<input type="checkbox"/> Stuffed animals (optional)	

\*TEEN LEADERS & CAMPERs AGED 10 AND ABOVE- Must bring pair of long pants/jeans and sneakers for participation on the Ropes Course.

**Note: Clover Campers need only pack for 3 days.**

### Toiletries/Shower Items:

<input type="checkbox"/> Toothbrush & Toothpaste	<input type="checkbox"/> Hairbrush/Comb
<input type="checkbox"/> Shampoo & Conditioner	<input type="checkbox"/> Hair Ties/Bands & Barrettes
<input type="checkbox"/> Body Soap	<input type="checkbox"/> Retainers or bands, etc. for braces
<input type="checkbox"/> Deodorant	<input type="checkbox"/> Clothespins (~10)
<input type="checkbox"/> Feminine hygiene products	



## ACTIVITY CHOICES

Please review these activities with your camper. All activities are taught and supervised by qualified counselors. Campers select 4 activities for the week by ranking. Overnight campers rank their activity selections on Sunday night in their cabins. Please make sure they know what paid activities are selected for them and should be marked as their first choice(s). **All activity fees are non-refundable. Kindly register for paid activities, photos and camp store (candy snack) online the week before the camp session starts.** You can access the online registration system from our website [www.my4hcamponline.com](http://www.my4hcamponline.com) by clicking the Register button.

### **\*\*\*DAY CAMP REGISTRATION & ACTIVITY SELECTION\*\*\***

You **MUST** attend the Sunday check in, 3-4 PM, before the first session of Day Camp. Your camper will check in with the Nurse along with their medical forms and medications. Campers take their swim assessments (wear your suits and bring a towel). Campers then check in with the Day Camp Director to select their activities for the week. Campers are put in activity sessions on Sunday night. If you do not select your activities on Sunday, our Directors and Counselors have to scramble on Monday morning to assign your camper to an activity that will not be their first choice nor their paid activity. If a camper attends more than one session of Day Camp, the Activity Choice sheet can be handed in by Friday of their current session.

### **CAMP ACTIVITIES**

<b>Activity</b>	<b>Description</b>
<b><u>ARCHERY</u></b>	A certified instructor will teach safety and beginner and intermediate skills with bow and arrow. Minimum age of 10 yrs. to participate
<b><u>CANOEING &amp; FUNYAKS</u></b>	Receive trained instruction about the safety and handling of canoes and continued training of canoes in the pond setting for qualified campers.
<b><u>DANCE</u></b>	Learn the basics or advanced steps to various routines leading up to a production during the Camp Weekly Variety Show!
<b><u>DISC GOLF</u></b>	An exciting program that combines your Frisbee throwing abilities with 9 holes of golf!
<b><u>DRAMA</u></b>	A variety of creative activities, which might include mime, puppetry, set making, one act plays, costume creation, and pantomime. Perform the pieces in the Camp Weekly Variety Show!
<b><u>MOVIE MAKING</u></b>	Using fun digital technology, learn how to produce a movie at the 4-H Camp for a full production!
<b><u>NATURE/OUTDOOR LIVING</u></b>	Awareness of everything around you... pond life, animal life, forests, and fields etc. Your adventure continues with a one night campout experience (residential/overnight campers only) including pitching tents, cooking on an outdoor fire, training in basic first aid, and fishing.
<b><u>NEWSPAPER</u></b>	Reporting, photographing, and producing the weekly camp newsletter: " <u>The Camp Chronicle</u> "
<b><u>PERFORMING ARTS</u></b>	Become an off-off-off-broadway star! For lovers of musical theater, or just singing and dancing in general! In this activity, you rehearse and perform a musical number at the Camp's Weekly Variety Show.
<b><u>RECREATION/SPORTS</u></b>	Various sports, indoor/outdoor games, and cooperative games. Something different every day! Includes beach volleyball, softball, soccer, Spikeball, basketball and gaga ball!
<b><u>ROPES COURSE</u></b>	Instructors will encourage exciting and challenging team building and leadership skills. This activity is taught by certified counselors on a low ropes course. *Minimum age of 10 yrs. to participate.
<b><u>SWIMMING</u></b>	Certified American Red Cross staff will follow programs for fun at the 4-H pond. Swimming assessment required upon arrival at camp.
<b><u>FISHING</u></b>	Camp supplies a fishing pole and complete with tackle for an exciting week of fishing on the well-stocked 2 acre 4-H camp pond. Minimum age of 10 yrs. to participate. Note: If a camper has their own a fishing pole they can optionally bring it to camp.

Paid activities are not applicable for Clover Campers.

<b>Paid Activity</b>	<b>Description</b>	<b>Fee</b>
<b><u>*ARTS &amp; CRAFTS</u></b>	Designer crafts to be made by camper to challenge the basic to experienced arts/crafts enthusiasts. Bracelet making and T-Shirt making are available as well as general arts & crafts.	\$30
<b><u>*ROCKETRY</u></b>	Beginner and advanced classes. Campers will learn to safely construct and launch rockets. Minimum age of 10 yrs. to participate.	\$30
<b><u>*MAD SCIENCE</u></b>	Do you have a knack for creating wacky inventions? Do you like to design and participate in crazy science experiments? Does your curiosity sometimes run wild? Then Mad Science might be the perfect activity for you! Minimum age of 10 yrs. to participate.	\$30

**NEW LONDON COUNTY 4-H CAMP  
2023**

Dear Parents/Guardians:

In order to make the check-in process at camp on Sundays move more quickly, please choose paid activities, camp store candy snack or photos **ONLINE** and **pay ONLINE before Thursday of the start of the session**. You can access the online registration system from our website [www.my4hcamponline.com](http://www.my4hcamponline.com) by clicking the Register button. Any unpaid session balances can be paid online also.

If you cannot access the online system, complete the form below. Please Print. Please fill out a separate form for each week if your camper is coming multiple weeks. You may combine all of the fees in one payment. Thank You.

**SESSION:** \_\_\_\_\_

**CAMPER NAME:** \_\_\_\_\_

**CABIN NAME (will fill in at check in):** \_\_\_\_\_

**OPTIONAL PAID ACTIVITY FEES (N/A for Clovers and JS\*)**

\$ \_\_\_\_\_ ARTS AND CRAFTS (A&C, T-Shirts) - \$30\*

\$ \_\_\_\_\_ ROCKETRY- Age 10 and above -\$30\*

\$ \_\_\_\_\_ MAD SCIENCE- Age 10 and above - \$30\*

**CAMP STORE – 1 CANDY SNACK/DAY (N/A for Clovers\*\*)**

\$ \_\_\_\_\_ CANDY SNACK - \$10\*\* - Weekly candy orders only. No daily candy purchases please.

**CAMP PHOTO – pick up on Friday at close of Camp**

\$ \_\_\_\_\_ CABIN PHOTO, 8x10 - \$25 (N/A for Clovers)

\$ \_\_\_\_\_ GROUP PHOTO, 8x10 - \$25

\$ \_\_\_\_\_ **Above Activities/Items Balance Due**

\$ \_\_\_\_\_ **Session Balance Due**

\$ \_\_\_\_\_ **TOTAL AMOUNT ENCLOSED – All selections and payments can be made ONLINE**

<input type="checkbox"/> Check: Make check payable to: <b>NLC 4-H Camp</b>	Check Number:	\$
<input type="checkbox"/> Credit: VISA, M/C, Discoverer	Card Number:  Expiration (mo/yr):                      CVV Code:  Cardholder Zip Code	\$
<input type="checkbox"/> Cash: Please do not mail cash		\$

Please mail payments to the following address:                      NEW LONDON COUNTY 4-H CAMP  
 BOX 6002  
 NORWICH, CT 06360



## NEW LONDON COUNTY 4-H CAMP EARLY PICK UP REQUEST



The Camp requires 24 hours' notice for early pick up or if a camper must leave camp during the camping session. Requests can be made at check in on Sunday or by calling the Camp Director at 860-642-6131.

Report to the Director's Cottage and please bring an ID. Do not enter Camp without an escort. Campers will only be released to those listed on the authorized pick up list which you can complete in the online registration system.

Session	
Camper's Name	
Day or Overnight Camp (circle)	Day          Overnight
Cabin (N/A for Day Camp)	

Day	Date	Pick up time	Return to Camp time	Reason