



# Wildhorse 4-H CAMP GUIDE



## What is the Wildhorse 4-H Camp Guide?

The Wildhorse 4-H Camp Guide is designed to give you and your child all the information that you need to know about camp in a handy “all-in-one-place” reference. Included is a packing list, some program material, directions, and more. Please take the time to read through ALL of the information to help ensure a positive camping experience for all.

## What is 4-H anyway?

4-H is the comprehensive youth development program of K-State Research and Extension. Youth between the ages of 7 and 18 engage in hands-on learning experiences under the guidance of adult or teen 4-H volunteers trained by county extension agents. 4-H programs use experiential learning opportunities to teach the latest research-based subject matter knowledge and to foster skill development in effective citizenship, leadership, and other life skills. 4-H members learn how to: make decisions, manage resources, work with others, and utilize effective communication skills. There is a large selection of projects that participants can choose from and many ways to participate in 4-H after camp.



## LET THE FUN BEGIN!

Campers can start arriving at Silver Maple Camp starting at 11:00 am on Tuesday, June 17. Check-in will be at the front entrance. Parents can then take campers to the correct housing area to drop off campers and luggage.

Campers will be dismissed at Silver Maple Camp at 1:30 pm. on Thursday, June 19. Campers can be picked up in front of the Dining Hall.

**Silver Maple Camp is located at 4817 SE 100 Street, Kingman, KS.**



## PACKING LIST

We always have some “unclaimed freight” when camp is over. Label everything with your child’s name! You also might consider writing our county’s initials (KM). This is a suggested list; you might want more or less.

- ✓ Sleeping Bag (Bedding) & Pillow
- ✓ Towels & Washcloth for bathing & swimming
- ✓ Personal toiletries (toothbrush, soap, shampoo, etc.)
- ✓ Comfortable Clothing for 2 days (tops, shorts)
- ✓ Pajamas
- ✓ Swimming suit
- ✓ Long pants
- ✓ Light jacket
- ✓ Raincoat
- ✓ Sunscreen
- ✓ Insect repellent
- ✓ Flashlight
- ✓ Hat
- ✓ Tennis shoes or other closed-toed/laced shoe for hiking
- ✓ Second pair of shoes
- ✓ Some money (snacks are available for sale)
- ✓ Personal prescriptions with CLEAR directions
- ✓ Plastic bag or zip lock bag to bring home wet swimming suit and/or towels.
- ✓ Water bottle to use during camp.

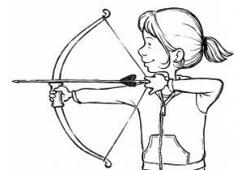


## DO NOT BRING

- ✓ Radios, CD players, iPods, skateboard, skates, jewelry, expensive clothing, or CELL PHONES. Campers with Cell Phones will turn them into their County Agent, and will receive them back on the last day of 4H Camp.
- ✓ Over the counter medications (see enclosed list of what the nursing staff will already have available.)

## Wildhorse 4-H Camp Activities include:

Archery, fishing, crafts, swimming, games, dancing, and more!



## DRESS CODE:

**The following dress code will be strictly followed:** All clothing articles should be in good repair. Tennis shoes, or other comfortable shoes for lots of walking are a must. Flip flops should only be worn in the cabins and at shower time. Items of clothing advertising alcoholic beverages, tobacco products, drugs, or that have vulgar, obscene, or offensive messages are not appropriate. Undergarments should be worn but not seen. Hats, caps, and visors are not appropriate inside buildings and at meals. This is applicable to both females and males. Shorts should be appropriate for school (example: 3-5 inch inseam). Shirts, blouses, tops, and t-shirts cannot expose the midriff, the back, or cleavage. Tank tops and tops with spaghetti straps are allowed as long as they are not revealing. Anyone wearing inappropriate attire will be required to change.

## DETAILS, DETAILS, DETAILS...

- ✓ **Living Groups**—All campers live in permanent housing in groups of campers and counselors. Each group will participate in assigned activities as a group. Everyone is expected to participate.
- ✓ **Name Tags**—All campers will be given a name tag. It is to be worn at all times so we can quickly establish identification in case of a medical emergency.
- ✓ **Spending Money**—Campers from past years feel that \$5 - 10 seems to be a sufficient amount of money. Campers can buy snacks from the Snack Bar. Please send small bills.
- ✓ **Conduct**—All campers sign a 4-H Code of Conduct. Campers are required to be with at least two other campers at all times. The following activities are strictly forbidden during camp: sneaking out at night, climbing steep slopes, and being disrespectful.
- ✓ **Lost and Found**—Items will be at the Dining Hall while at camp.
- ✓ **Phones**—It is our experience that campers who stay away from the phone are less likely to be homesick. Feel free to call Melissa at 620-243-3766 to check up on your camper although cell phone reception is limited.

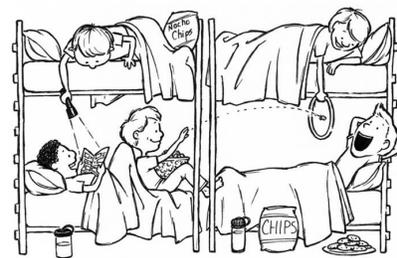
## INSURANCE & MEDICAL TREATMENT

No camper will be allowed to attend camp unless a Kansas 4-H Participation form and Camp Medicine Form is fully completed. The Wildhorse 4-H Camp Group hires a nurse who will reside at camp for the entire time of camp. Should a camper need additional medical attention, the camper will be taken to Kingman County Hospital and the parent(s) will be notified promptly.

## MEDICATIONS

- Wildhorse Camp Standards state that “Prescription medications for each camper must be given to the health care professional upon arrival at the camp. Prescriptions are not to be left with the camper”. Exceptions may include inhalers, Epi kits, or other devices according to doctor’s orders.
- Prescription medications must be administered by a qualified healthcare professional. **COUNSELORS ARE NOT RESPONSIBLE FOR, NOR WILL THEY ADMINISTER PRESCRIPTION DRUGS.**
- A medication form (enclosed) needs to be filled out for each prescribed medication. We need 1 form for each medication You can make copies if needed.
- **You need to place each prescription drug in its own plastic bag CLEARLY LABELED in the ORIGINAL CONTAINER. Please mark the bag with your child’s name and county.**
- **Your child will need to turn in all medicines and medication forms at the time of check-in at camp. Camp policy dictates that all medications be given by the camp nurse.**
- The nurse will have several common over-the-counter medicines in generic form such as ibuprofen, acetaminophen, antacid, Benadryl, Pepto-Bismol, Calamine lotion, Chiggerex, Swimmers Ear Drops, etc. so you DO NOT need to send these with your child.

**FOR ADDITIONAL QUESTIONS, PLEASE CONTACT THE KINGMAN COUNTY EXTENSION OFFICE at 620-532-5131. WE LOOK FORWARD TO CAMPING WITH YOU!**



Silver Maple Camp Grounds  
4817 SE 100 Street  
Kingman, KS



CHILDS NAME: \_\_\_\_\_ COUNTY: \_\_\_\_\_

PLEASE LIST ONE MEDICATION PER CARD...

Name of Medication (prescription or over-the-counter)	Color (if applicable)	Form of Medication	Dosage (Amount to be given)	Breakfast	Lunch	Dinner	Bedtime	Taken For
		<input type="radio"/> tablet <input type="radio"/> pill <input type="radio"/> capsule <input type="radio"/> liquid <input type="radio"/> inhalant <input type="radio"/> injection** <input type="radio"/> other: (specify) _____						

Common side affects/reactions: \_\_\_\_\_

Remarks: \_\_\_\_\_

\*\*No injection will be given except in extreme emergency, such as allergy to wasp or bee sting, etc.

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