The Pioneer Trails 4-H Camp is Saturday, June 12 through Tuesday, June 15. 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 Ranch South of Junction City. Camp dates rotate from early June through early July each year. We are guests of Rock Springs and must adhere to all their policies, including those related to COVID-19 mitigation.

4-H PARTICIPATION INFORMATION & HEALTH CONSENTS:

All campers MUST have a 4-H Participation information on file at their Extension Office (Kansas 4HOnline) BEFORE attending Camp. Medical information needs to be completed at: https://rocksprings.campintouch.com/ui/forms/application/camper/App. This includes: Emergency Contacts, Health Care Providers & Health Insurance; Physical Health History; Mental, Emotional, and Social Health; Nutritional Profile; Medications; Immunizations and electronic signatures.

CAMP NURSE - MEDICATIONS:

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 camp letter for details on 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 allergies should be submitted to Rock Springs in advance via the web-form, mentioned above. https://rocksprings.campintouch.com/ui/forms/application/camper/App

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.

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! Due to COVID 19 protocols, beds will be assigned prior to campers arrive.

REGISTRATION AND CHECK-IN:

4-Hers can register beginning at 4:00 P.M. on Saturday, June 12, 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 seven (7) 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 5:30 P.M.

**LABEL YOUR LUGGAGE & BEDDING:**
Please label all luggage and all bedding with the camper’s name & 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. You need to provide your own masks and have enough for two per day.** Rock Springs will be providing a drawstring bag and water bottle for each camper. 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
- 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.
** Water shoes are needed for Stream Studies. These can be an extra pair of tennis shoes that can get wet.

**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!

DAYTIME, SPECIAL CLASSES, EVENING PROGRAMS:
Living groups will be assigned to another group to form a “pod”. These “pods” will participate in activities together and share space in the dining hall. 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. Each group will need to help with Kitchen Patrol (KP) duties at least once during camp.

During the daytime, campers stay with their living group and canoe, swim, ride horses, archery, hike and participate in educational classes. Evening activities will involve all campers. In the evening the campers will have; sing-alongs, group games, special presentations and campfires.

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.

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.

2021 Clover Corner Snack Bar Prices
(subject to change based on availability)

Candy - $1.25
(Butterfinger, M&Ms, Peanut Butter M&M’s, Snickers, Reese’s Peanut Butter Cups, Hershey’s Bar, Twix,
Skittles, Sour Patch Kids, Rice Krispies Treats and Welch’s Mixed Fruit Snacks)

**Beverages (20 oz Bottle) - $1.50**
(Coke, Diet Coke, Pepsi, Diet Pepsi, Mountain Dew, Dr. Pepper, Sprite, Mug Root Beer, Dole Lemonade, Lipton Unsweet Tea and Gatorade – Fierce Grape, Orange, Cool Blue, Fruit Punch)

**Chips - $1.25**
(Doritos Nacho Cheese, Doritos Cool Ranch, Cheetos Crunch, Funyuns, Lays Classic, Lays BBQ, Cheez-It, Munchies Snack Mix and Ruffles Cheddar & Sour Cream)

**Hungry McGee’s Meat Sticks - $1.25**
(Original, Sweet N Sassy, Jalapeno, Mandarin Teriyaki)

**Frozen Treats - $2.00**
(Chocolate Chip Ice Cream Sandwich, Klondike Oreo Ice Cream Sandwich, Reese’s Peanut Butter Cup Ice Cream, Strawberry Frozen Bar, Mini Ice Cream Tub – Brownie, Bunny Tracks or Cookie Dough)

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### 2021 Souvenir Prices
*(subject to change based on availability)*

<table>
<thead>
<tr>
<th>Apparel</th>
<th>Price</th>
<th>Headwear</th>
<th>Price</th>
<th>Jewelry</th>
<th>Price</th>
<th>Toys</th>
<th>Price</th>
<th>Bags</th>
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<tbody>
<tr>
<td>Hoodie Sweatshirt</td>
<td>$20.00</td>
<td>Hats</td>
<td>$20.00</td>
<td>Horse Pendant Necklace</td>
<td>$2.50</td>
<td>Farkle</td>
<td>$4.00</td>
<td>Drawstring bag</td>
<td>$8.00</td>
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<td>T-shirts</td>
<td>$12.00</td>
<td>Bandana</td>
<td>$4.00</td>
<td>Neon String Bracelet</td>
<td>$1.50</td>
<td>Hacky Sack</td>
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<td>Clearance 1/4 Zip Shirt</td>
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<td>Sunglasses</td>
<td>$3.00</td>
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<td>Glow ‘n’ Dark Yo-Yo</td>
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<td>Clearance Spirit Jersey</td>
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<td>Playing Cards</td>
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<td>Playing Cards</td>
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<td>Clearance T-Shirt</td>
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<td>Frisbee</td>
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<td>2021 Souvenir Prices</td>
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<td>Flat and Fold Bottle</td>
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<td>Flashlight</td>
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<td><strong>Apparel</strong></td>
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<td>Picture Frame</td>
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<td><strong>Price</strong></td>
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<td>Coloring Book &amp; Colored Pencil</td>
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<td><strong>Headwear</strong></td>
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<td>Twig Whistle</td>
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<td>Twig Pen</td>
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<td>Horse Pendant Necklace</td>
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<td><strong>Drinkware</strong></td>
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<td>Metal Tumbler 18 oz.</td>
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<td>Camelback 25 oz.</td>
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<td>Nalgene Bottle 32 oz.</td>
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<td>Metal Mug 12 oz</td>
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<td>Nalgene Bottle 14 oz.</td>
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<td>Tervis 24 oz.</td>
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<td>Tervis 16 oz.</td>
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<td>Porcelain Tumbler 24 oz.</td>
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</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.

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.

CAMP EXPENSE PLANNING
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.

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

$ _______________
MAP OF ROCK SPRINGS 4-H CENTER:
(Map available at www.rocksprings.net)

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
ADDITIONAL QUESTIONS:
Information about Rock Springs 4-H Center can be found on their website at: http://www.rocksprings.net/
Please contact your local Extension Office with any additional questions.

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<tbody>
<tr>
<td>Doniphan Co. - 785-985-3623</td>
<td>M ED- Jefferson - 785-863-2212</td>
<td>RVD-Republic - 785-527-5084</td>
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</tbody>
</table>

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 Ross Mosteller, Extension Agent, Meadowlark Extension District, 1500 Community Drive, Seneca, KS 66538. Phone: 785-985-3623 Email: rmostell@ksu.edu

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(Revised - 2021)