

Camp's Frequently Asked Questions (FAQs)

Will my child be safe at camp?

While no one can guarantee against accidents, we do everything possible to assure safety. Campers are supervised at all times by well-trained counselors and we maintain a staff to camper ratio of 1 to 5 for programming and 2 to 8 for sleeping.

The Center has trained and qualified staff that serve as lifeguards, swimming instructors, ropes course facilitators, and boating instructors. All Center counselors and program staff are carefully screened and receive 2-3 weeks of pre-camp training. If an injury or sickness should occur, we have qualified medical and emergency help on call. Our counselors and some staff are also trained to handle a variety of emergencies.

What should my child bring?

- comfortable shorts & shirts for 6 days
- underclothing & socks for 6 days
- 1 pair of long pants, jeans or sweat pants
- 1 sweater or sweatshirt, rain gear or jacket
- 2 pair of closed-toe shoes (required when not at the pool or waterfront)
- 2 single/twin sheets, pillowcase, pillow and a blanket, or a sleeping bag
- 2 bath towels and washcloths
- 1 or 2 pool/waterfront towel(s)
- 1 pair water shoes and sandals
- toiletries (soap, shampoo, toothpaste & brush, deodorant, comb, or brush & hair dryer)
- swimsuits (please bring more than one)
- flashlight and batteries
- insect repellent
- sunscreen

CAMP TIP – Put your name on clothes and gear with permanent marker.

Medications

All prescribed medications must be given to the camp nurse in its original container stating the camper's name and the dosage requirements.

What NOT to bring:

- Any electronics, computers, iPads, or cell phones
- Expensive items, especially jewelry
- Weapons or controlled substances of any kind

The Center cannot be responsible for campers' personal items.

Optional things to bring:

- paper, pen, envelopes, and stamps for letters home
- disposable camera with your name in permanent ink
- up to \$25.00 for camp store spending money that can be used during your camp session to purchase snacks, souvenirs, T-shirts, etc. All money will be collected during camp registration. A camp store card system will be used while you are at camp. Any money remaining at the end of the week will be returned to you at check-out.

Can my child's dietary needs be met?

Special dietary needs and other medical conditions are very important to the well-being of your child! Please talk with center staff prior to your child's arrival to make sure all measures are met for a safe and fun camp experience.

What about food?

We have great food prepared by an outstanding dining hall staff! All campers receive breakfast, lunch, and dinner each day with afternoon camp store and evening snacks. Healthy meals are planned and prepared safely, following all health code and ServSafe guidelines. Please inform camp staff of any special dietary needs or food allergies.

How are campers supervised?

Campers are supervised at all times by well-trained counselors. Counselors and program staff assist campers throughout their camping experience to ensure safety.

Where is the camp located?

Our facility is on Bulls Bay near Columbia, NC. About 45 minutes west of the North Carolina's Outer Banks. The 4-H Center is located 4 miles off the US Highway 64 corridor using Exit 562.

How do we apply for camp?

After choosing the camp your child will attend, see our camp registration page, and follow the instructions.

I am worried that my child will become homesick.

You know your child better than anyone else does, but there are some helpful guidelines or tool kit

- Involve your child in planning for a camp experience—from choosing the camp to packing for the trip.
- Encourage your child to talk about ALL the feelings he/she has relating to camp. Don't belittle his/her concerns or try to pass them off by saying 'It will be okay'. Simply acknowledge all the emotions shared. Be realistic and talk about how natural it is to feel homesick or sad sometimes and happy and excited at other times. Encourage the child to expect the sad moments to pass and help him/her understand how to help them pass more quickly. For example, tell your counselor or a friend how you feel then deliberately focus on something that makes you feel better.
- Depending on the age, your child may want to take a special reminder of home, like a family photograph, a favorite stuffed animal or other reminder.
- Visiting the camp facility beforehand can be comforting to some children (and parents).
- If your child is old enough to write home, help your child pre-address some stamped postcards to take with them for mailing to friends and family members while he/she is at camp.
- Try and arrange for your child to attend camp with a friend so that the two can support each other.
- Send an encouraging letter to your child at camp and have it waiting for him/her before arrival. Express your confidence in his/her ability to handle this new and exciting experience. Tell them you are looking forward to hearing all about the fun they will have during the week. You may want to tell them you are planning a special homecoming meal to celebrate this milestone.