

University of California Cooperative Extension
Central Sierra 4-H | centralsierra4h@ucanr.edu | 530.621.5502

FAMILY & CAMPER HANDBOOK



“CAMP ROCK”

July 14-18, 2025 | Camp Concord, South Lake Tahoe



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

■ 4-H Youth Development Program

May 21, 2025

Dear Campers, Parents, and Guardians,

We are excited to welcome youth to next month's Central Sierra 4-H Camp for a wonderful week of adventures and fun at Camp Concord in South Lake Tahoe! We are confident this summer's program will provide campers with memories, friendships and new experiences that are sure to last a lifetime. Our adult camp advisors and Junior Counselor teams have been working for months to develop activities, themes, traditions, and evening programs, to create an outstanding camp experience! Activities are designed to encourage participation and personal growth while building relationships and enhancing skills, all in a safe and nurturing environment full of FUN! All adult staff have DOJ clearance and have completed volunteer training. Our Junior Counselors have completed hours of training in camp planning and youth supervision and are excited to meet their campers!

Campers are responsible for their own transportation to and from camp. Check-in begins no sooner than 12:30 p.m. on Monday, July 14th, but please try to arrive by 1:15 p.m. when cabin groups will begin activities and tours. Departure is scheduled on Friday, July 18th from 11:15 a.m. - 12:30 p.m. Please plan accordingly, we cannot supervise campers past 12:30 p.m. since we will be tearing down camp and packing.

The first meal at camp will be dinner on Monday, and the last meal will be breakfast on Friday. Campers should plan to eat lunch before they arrive on Monday and after they depart on Friday. Please notify an Adult Camp Director (sierracampedc@gmail.com) if you are unable to arrive during the scheduled check-in and departure times. Please carefully read through the following information to ensure an enjoyable camping experience, and feel free to contact us at any time with questions!

If you requested bunk mates for your children, please understand that we will do our best, but there are no guarantees. Bunks are assigned based on age and sometimes we are not able to accommodate requests. **An optional camper orientation will be held at [Cold Springs Church \(2600 Cold Springs Rd in Placerville, 95667\)](#) on Thursday, June 26th at 7:00 p.m.** You are invited to come meet the adults and Junior Counselors that are volunteering to provide an exceptional camp experience!

We are looking forward to an amazing week and hope campers are excited about canoeing, archery, arts & crafts, volleyball, hiking, all camp challenges, enrichment projects, and campfire fun! There will be many stories to share!

Sincerely,

Rebeca R. & Thomas P.

Youth Camp Directors

Andy Peters
Falcon

Cindy St. Pierre
Pua

Jenni Peters
Flipper

Bob Granade
Gru

Adult Camp Directors



DRIVING DIRECTIONS TO CAMP CONCORD

[1000 Mt. Tallac Road B, South Lake Tahoe, CA 96150](#)



- **From Placerville (1 Hour, 19 min):** Head north-east on US-50 E towards S. Lake Tahoe **57.1 miles**
- At the S. Lake Tahoe "Y", turn left onto CA-89 towards Emerald Bay. Go past Camp Richardson and over Taylor Creek Bridge. **3.9 miles**
- Turn left onto Mt. Tallac Road, then first left onto Mt. Tallac Road A, another left onto Mt. Tallac Road B **0.7 miles**
- The drive through check-in and drop off area will be on the right. Parking will be available in the lower lot.

PARENT/CAMPER COMMUNICATION

Campers will not have access to internet or e-mail during the week. Electronics, including cell phones and smart phones are not allowed at camp; there is spotty to no cell service available. If your child has a need to listen to music during his/her time with us, please pack an iPod or MP3 player which cannot access the internet. In order to maintain a sense of independence, and discourage homesickness, once campers are settled in with their cabin groups and counselors, the only parent contact will be through mail. Our directors will be available to facilitate communication between campers and parents/guardians and will be accessible in cases where emergency contact is necessary. In the event of an **EMERGENCY ONLY**, call the camp phone at: **(530) 541-1203**.

All campers are encouraged to write at least one letter home during the week. It helps to pack pre-addressed, stamped postcards or envelopes that they can easily write on and mail. It's always fun to get mail during camp, too! **Do NOT send food** items to campers -- it will be BEAR BAIT!! It may take several days to arrive on site, so plan to mail before they leave for camp!

Send letters to:

"Camper Name"
EDC 4-H Camp at Camp Concord
P.O. Box 8406
South Lake Tahoe, CA 96158

Send packages to:

"Camper Name"
EDC 4-H Camp at Camp Concord
1000 Mount Tallac Road
South Lake Tahoe, CA 96150

E-mail (limit one per camper): sierracampedc@gmail.com

Put "EDC 4-H Camp: (Name of Camper)" in subject line.

To help your child successfully transition to being away from home, please do not give them the option of going home sooner than the last day of camp. Camp fees will not be pro-rated under these circumstances, and children who have this idea in mind tend to prepare for a two or three-day abbreviated stay and never allow themselves the chance to have fun. Be assured that we are deeply concerned about the welfare of your child, and we will let you know if your child is having a more difficult time adjusting than the average camper. Feel free to call or email our Adult Camp Directors with any concerns you may have.



CAMP FACILITY AND ACCOMMODATIONS

FACILITY/MEALS

Camp Concord is located on twenty-nine acres of National Forest Service land between Lake Tahoe and Fallen Leaf Lake. It took at least 40 different civic groups, private businesses, schools, and individuals to establish Camp Concord in 1967. The camp site offers warm days and cool evenings. When the Dining Hall Bell rings, campers gather for delicious meals, important announcements, a chance to recognize campers for their daily accomplishments, and favorite songs and cheers. A vegetarian option will be available at every meal for those who indicate a preference on their registration forms.

ACTIVITIES

The camp features basketball, volleyball, corn hole, disc-golf, ping pong, archery, an observation deck, field sports, campfire areas, performance stage, and arts and crafts. We will also offer hiking to the lakes, swimming, canoeing, crawdads, ropes course challenges, a variety of living outdoors enrichment activities, all camp events, an evening dance, bingo, talent show and campfires!

SLEEPING

Campers and counselors will sleep comfortably in fully enclosed rustic wood cabins tucked among the pine forest. Cabins are furnished with bunk beds, mattresses, and most have **NO ELECTRICITY**. Please send a bed rail if your child would need one on a top bunk. Cabins will each have an adult and JC counselor, and 4-8 campers. The Camp is divided into Girls Area and Boys Area cabin groups. Each area has a centralized meeting place and bath house. Cabins will be inspected daily for damages, cleanliness, and safety hazards. Points will be awarded for clean floors, bunks, clothes storage, and outside areas. **Please have your child practice rolling up their own sleeping bag.** Points will contribute to overall spirit points for each cabin and high scores result in cabin "perks" such as first in line for chow!

SHOWERS

There are two bath houses available for our use. In order to accommodate each camper's individual hygiene needs, specific shower times will be assigned for girls, boys, and adults each day. **Please practice taking two minute "Navy Showers"** so we can conserve water AND have time for everyone to take a shower.

MEDICAL NEEDS

There will be a registered nurse on site throughout the week. Parents will receive a copy of any incident report completed on their child for a visit to the nurse for anything other than regular medication visits. All participants are required to check-in all prescribed and over the counter medications when they arrive. **Please complete a Medication Information Form and put all medications in their original packaging in a sealed plastic bag with camper's name clearly visible.** There will be a "med call" time each morning and evening. Special circumstances can be communicated on the health form, or in person to the camp nurse during check in. Parents will be asked to pick up any camper with fever or signs of illness. Under the supervision of the Camp Nurse, each camper will receive an initial health screening upon arrival to camp. The screening will look at overall observable health, temperature, a scalp check for lice, throat and mouth check, and skin check.



CAMP PROGRAM

There's LOTS to do at camp, so be prepared for busy days and late nights! Our goal is to make sure campers are active and participating throughout the day and entertained in the evenings. Much of the day is prescheduled, but the morning activities are all free choice. Following flagpole each morning there will be time for campers to sign up with their cohort for the activities they would like to do during Session One and Two that day. The time after lunch is reserved for cabin time, where campers will be on their bunks catching up on sleep, writing letters home, playing quiet card games, or reading. The afternoons will be filled with All Camp Challenge games where cabin groups and campers are divided into teams to play games and compete in fun challenges, including relays, cardboard box races, ping pong tournaments, paint your counselor and more. Each evening the JCs will host a campfire program with singing, skits, and traditional fun. Evening programs after campfire include a camper talent show, dance, movies, bingo games, night hikes, star gazing and sleep! Lights out is 10:30 PM for all ages every night. Please let us know ahead of time if your camper will be celebrating a birthday during camp. Visit the El Dorado County 4-H Camp website at <https://ucanr.edu/edc4hcamp> for a list of songs with lyrics that we will be singing at camp!

2025 CAMP THEME

“CAMP ROCK”

Each year, the JC's select a theme for the week and daily themes for activities and evening programs. This year's theme will provide campers with plenty of exciting adventures and memory making moments! Campers are encouraged to pack items to help them dress up and celebrate the following themes each day:



A TYPICAL DAY AT CAMP

7:30	Breakfast
8:45	Flagpole / Announcements
9:00	Cabin Clean-Up / Activity Sign-Ups
9:30	Activity Session 1
11:15	Activity Session 2
12:30	Lunch
1:30	Rest Hour & Cabin Quiet Time
2:30	Canteen
3:00	Camp Challenges
4:30	Shower Hour / Prepare for Theme Night
6:00	Flagpole / Costume Contest / Announcements
6:15	Dinner
7:30	Evening Recreation / Campfire
10:30	Lights Out / Cabin Checks



CANTEEN & CASH

Although the facility does not have their own store, one of our adult volunteers has graciously volunteered to run a canteen during camp. The store will be open for a half hour each day, and will carry snack items, sports drinks, and some sundries like toothpaste, sunscreen, and batteries. Some Arts and Crafts activities may cost a few dollars. Funds for campers to use during the week can be submitted prior to camp or deposited in the Camp Bank during registration. Twenty dollars is plenty of money for the week. Please send \$1's and \$5's in an envelope with camper's name.

WHAT TO BRING

Be sure that every item is marked with your camper's FULL name in indelible ink, or printed name tags securely sewn or ironed onto the articles. Handy iron on name tags and other camp supplies are available from Gilbin's at www.gilbin.com. Laundry is not available during camp, so campers will need to pack enough clothing to last the entire week of camp.

PACKING TIPS

Clothing may be packed in duffel bags, suitcases, or trunks. Trunks should be standard size (16x16x30) to fit under the bed. Toiletries should be in a bag with a handle for hanging. This is camp--clothing will get soiled. Campers will lose items. Parents, PLEASE do not send your camper with their finest clothing or valuables that cannot be replaced. Please do not send items your child has never seen before; they will not know to bring them home. Have them use the Packing Checklist on the next page and help you pack! Then send the list with your child so they can check it again when packing for home.

THE "DO NOT PACK" LIST

Due to the confirmed presence of bears and raccoons, **NO FOOD or DRINKS of any kind are allowed in the cabins.** Scented soaps, deodorants, creams, and perfumes are also discouraged. Other prohibited items: Cell Phones, Internet Electronics, Belly Shirts, Strapless/String/Thong Bikinis, Weapons, Inappropriate Clothing, Knives, Alcohol, Valuables, Drugs, Animals.

LOST AND FOUND

Campers are expected to assume responsibility for their own belongings, as the CAMP IS NOT RESPONSIBLE FOR LOST ARTICLES. "Lost and Found" is centrally located in the dining hall. Each day during mealtimes we will announce and display the found items. Any items not claimed by the close of the session will be donated to a charitable organization.

DRESS CODE

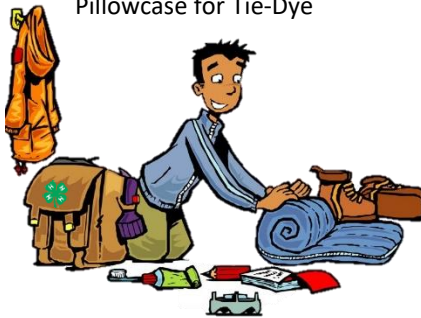
We want everyone at camp to have the best experience possible. The dress code is enforced to prevent participants from becoming offended or uncomfortable during their stay. If a camper chooses to dress inappropriately, they will be asked to change. Please plan ahead and pack appropriately. The dress code applies to all individuals attending 4-H Camp, including staff. All participants agreed to follow the 4-H [Member Code of Conduct](#) and [Dress Code](#) at the time of enrollment.



SUGGESTED PACKING CHECKLIST - Label Everything!

CLOTHING

- (4) Pairs Shorts & 1 Pair Jeans
- (5) T-Shirts
- (1) Pair Pajamas
- (5) Pairs Underwear
- Baseball Cap/Sun Hat
- (5) Pairs Socks
- (2) Hoodies/Jackets
- Sweatpants
- Closed-Toe Shoes (Sneakers OK)
- Flip Flops (Shower/Beach Only)
- Swimsuit (no strapless, string, thong bikinis or speedos)
- White Cotton T-Shirt or Pillowcase for Tie-Dye



TOILETRIES

- Shower Gel/Soap
- Brush/Comb
- Toothbrush & Toothpaste
- Shampoo & Conditioner
- Kleenex
- Sunscreen & Insect Repellant
- Lip Balm
- Plastic Carrier for Toiletries
- Unscented Deodorant
- Unscented Hand Lotion/Sanitizer

BEDDING & LINENS

- (1) Warm Sleeping Bag
- (1) Pillow with Pillowcase
- (1) Wash Cloth & 1 Hand Towel
- (1) Beach Towel
- (1) Bath Towel
- (1) Laundry Bag (pillowcase OK)

MISCELLANEOUS

- Flashlight & Batteries or Battery Powered Lantern
- Wrist or Pocket Watch
- Refillable Water Bottle
- Sunglasses
- Addressed & Stamped Envelopes
- Pens/Pencils
- Quiet Indoor Game/Deck of Cards/Books
- Camera & Batteries
- Small Backpack
- Folding Lawn Chair

OPTIONAL

- Prop Items for Theme Days
- Nice Outfit for Dance
- Canteen Money (Max. \$20)
- Musical Instruments/Talent Show Supplies
- Medication & Medication Information Form (Give to Nurse upon Arrival)

El Dorado County 4-H Camp Medication Information Form

Camper First & Last Name: _____ Bunk # _____

All participants are required to check-in all prescribed and over-the-counter medications with the Camp Nurse upon arrival.

ALL MEDICATIONS (including vitamins, Tylenol, Advil, etc.) must be in their original packaging in a sealed plastic bag. The bag must be clearly labeled with the camper's name, name of medication, dosage, and instructions for administration. Infirmary staff will not give medications that are not properly labeled.

Medication Name	Reason for Taking (diagnosis)	How Often is Medication Taken? <input type="checkbox"/> Daily <input type="checkbox"/> As Needed <input type="checkbox"/> Other	Administration Method	Rx label same as directions on this form? <input type="checkbox"/> Yes <input type="checkbox"/> No
		Time (check all that apply) <input type="checkbox"/> AM <input type="checkbox"/> Noon <input type="checkbox"/> PM <input type="checkbox"/> Bedtime <input type="checkbox"/> Other	<input type="checkbox"/> By Mouth <input type="checkbox"/> Injection <input type="checkbox"/> Inhaler <input type="checkbox"/> Ear Drops <input type="checkbox"/> Eye Drops <input type="checkbox"/> Topical <input type="checkbox"/> Other	To be taken for duration of camp? <input type="checkbox"/> Yes <input type="checkbox"/> No
Dose (mg/ml/unit, etc.)	Special Instructions	Can time be changed to accommodate camper's schedule? <input type="checkbox"/> Yes <input type="checkbox"/> No		When is first/last dose to be given?

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EL DORADO COUNTY 4-H CAMP HEALTH & SAFETY GUIDELINES

PRE-ARRIVAL

Do not participate in any in-person 4-H activities if you are sick, have COVID-19 symptoms, or if you or someone you have been in contact with has been diagnosed with COVID-19. Symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat, congestion, or runny nose
- Nausea or vomiting
- Diarrhea

Vaccination Status

UC 4-H requests the date of last Tetanus vaccination for youth members attending camp. This information is to be provided when completing the Youth Member Health History & Treatment Authorization section in ZSuite. Proof of COVID vaccination is **not required** for events hosted, managed, and controlled by UC 4-H.

ARRIVAL SCREENING

Under the supervision of the Camp Nurse, each camper will receive an initial health screening upon arrival to camp. The screening will look at:

- Overall observable health
- Temperature
- Scalp check for lice
- Throat and mouth check
- Skin check

WILDFIRE SAFETY & EVACUATION PROCEDURES

All camp staff are trained in emergency notification and evacuation procedures. In the unlikely event of a wildfire or other natural disaster, parents will be notified immediately by phone and campers will be safely evacuated to a designated pick-up location.

CAMPER ORIENTATION

THURSDAY, JUNE 26TH @ 7:00PM AT [COLD SPRINGS CHURCH](#) IN PLACERVILLE.

Join camp staff for an optional orientation geared towards new campers. Meet the camp directors, the camp nurse, and your youth and adult counselors. We will share camp expectations, sing a couple songs, and answer any questions that you may have. The orientation is also available via ZOOM.

