



2026



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The Cornell Cooperative Extension system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.

Please contact the 4-H Camp Bristol Hills office at (585)394-3977 ext 435 if your child has any special needs.

# CAMP HANDBOOK

## Dear Camp Parents,

**Welcome to 4-H Camp Bristol Hills!** This is going to be a special time for your camper. Please review this entire handbook, and talk with your child about what they can expect from their week at camp. They are likely to have lots of questions, and with this guide in hand, you'll be ready for them.

Please note that information in **GREEN** is specifically for Day-Only campers, while information in **BLUE** is intended for anyone staying overnight. Information in **RED** is critical for all campers.

### Section 1: Preparing for Camp

- A Day at Camp (Sample Schedule, Menus)
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- Rustic Living
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### Addendum: Even More Stuff You Should Know

- A collection of hints and tips to help you and your child have a successful camp experience.

# SECTION 1: PREPARING FOR CAMP

## CAMP CHECK-IN

- Day Campers will arrive between 8:30-9:00 am each morning.
- Overnight Camper Check-In will be Sunday afternoons from 2pm-4pm.
- Sprout campers arrive between 2:00pm-2:30pm Wednesday.
- Night Campers arrive between 4:45pm-5:00pm, Monday through Thursday.

Day, Progression and Night Campers will enter camp and proceed to the parking lot where they will be greeted by a staff member who will check you in each day. The process is quick and easy, and we do our best to get you on your way. On Mondays, parents will have the opportunity to meet with the camp nurse to review any medical care needs.

**All Overnight Campers:** Approximately two weeks before camp, overnight campers will receive an email that gives you a **15-minute time slot** afternoon for arrival. Our check-in process depends on parents arriving a few minutes early so we can process you as quickly as possible. If you will not be able to arrive during this time, please contact our office to make other arrangements.

- When you arrive, a staff member will greet you at your vehicle and welcome you to camp.
- At a second stop, a staff member will confirm your Camper Pickup Authorization and Emergency Contacts, in the event that we need to reach you during the week.
- You will have the opportunity to discuss any medical concerns regarding your child with the Health Supervisor. The Health Supervisor will collect any medications for your child at this time (medications must be provided in their original containers). **NY State Health Code requires that all medication be stored in their original packaging, in the Infirmary.** This includes any pain relievers, cold medicines, vitamins, gummies, melatonin, or other over-the-counter medications, as well as prescription medications. For more information regarding medications, please refer to the Medical Information and Guidelines.
- A representative from our Camp Store will be your next stop. You will have the opportunity to deposit cash into your campers online account, if you wish to do so. Please see note in yellow box, page 6. If you have ordered any merchandise from the Camp Store, it will be packaged and ready for your camper here at this stop.
- Once your camper has been screened, they will be invited to exit the vehicle, unload their belongings into the Dining Hall and meet their counselor/s.
- At the conclusion of your scheduled time slot, a wagon will take all of the luggage to the cabins.

## PACKING UP!

### TIPS TO REMEMBER AS YOU PACK YOUR BAGS

**Clothing at Camp:** Socks and shoes must be worn at camp at all times, except for water activities. Please remember the camp experience can often be very hard on clothes. We suggest that you do not bring brand new clothing or high-priced items because they can easily be damaged during a week at camp. Camp is not responsible for lost, stolen, or damaged items. *Please be sure to review the Camper Dress Code.*

### All Campers Should Bring:

- ☐ Close-toed Shoes or Sneakers
- ☐ Reusable Water Bottle
- ☐ Swimsuit
- ☐ Towel
- ☐ Flip-Flops or Crocs (for pool ONLY)
- ☐ Swimwear
- ☐ Rain Jacket/Poncho
- ☐ Sweatshirt/Sweater
- ☐ Backpack
- ☐ Sunscreen (staff can assist with spray/pump dispensers, not lotions)

### Campers Staying Overnight Should Add:

- ☐ Pillow and Pillow Case
- ☐ Sheets for Single-bed and either a Sleeping Bag or a Blanket
- ☐ Washcloth
- ☐ Socks and Underwear
- ☐ Shirts
- ☐ Jacket
- ☐ Shorts and Long Pants
- ☐ Pajamas
- ☐ Soap and Shampoo
- ☐ Hairbrush or Comb
- ☐ Toothbrush and Toothpaste
- ☐ Deodorant
- ☐ Flashlight with Extra Batteries

### Specific Program Suggestions:

- ☐ Campers may choose to bring swim goggles, masks, swim floaties, or lifejackets for use at the pool. Camp also has a small supply of lifejackets for campers.
- ☐ Campers in fishing classes may bring their own pole to use. Camp also has a supply.
- ☐ Counselor-In-Training or Leader-in-Training Campers may choose to bring notebooks with pen or pencil.

### Optional

- ☐ Insect Repellent
- ☐ Inexpensive Camera

**LABEL EVERYTHING** and pack it in an easy-to-carry duffel bag or suitcase. Occasionally campers will leave belongings behind after they leave camp. Having your property labeled helps to ensure that you will be able to claim your items. We reserve the right to inspect any belongings on camp property.

Campers staying overnight in the cabins will be expected to stow their bags/suitcases beneath the bunk beds. The clearance under the bunk bed is approximately 12" from floor to the bottom of the bunk. Also note that the cabins have very few electric outlets, so you can leave your electronics at home.

### Please Do Not Bring:

- ☐ Camp will provide Archery, Air Rifle and Ropes Course equipment. Do not bring these from home.
- ☐ Cell Phones
- ☐ MP3 Players
- ☐ Handheld Video Games
- ☐ Spray Cans
- ☐ Knives
- ☐ Alcohol, tobacco, vaping or related paraphernalia
- ☐ Candle or Lanterns
- ☐ Weapons of any kind
- ☐ Expensive Jewelry

*Note: Campers who bring any of the above items to camp will be asked to surrender them to the camp staff, and may face further disciplinary action. Camp is not responsible for confiscated items.*

**MEDICATIONS:** ALL MEDICATIONS MUST BE STORED IN THE CAMP INFIRMARY, INCLUDING OVER THE COUNTER (ie. melatonin, advil, cbd, gummies, vitamins, etc). MEDS MUST BE IN ORIGINAL LABELED CONTAINERS AND APPROVED BY A PHYSICIAN. SEE MEDICAL GUIDELINES SECTION.



### Think Twice Before Packing the Cell Phone

Cell phones are not permitted at camp. Camp is an exciting opportunity for children to build a sense of independence and we encourage them to focus on their camp experience. Today's youth need a break from technology more than ever. Cell phones, like many other modern technologies, are expensive possessions which can easily be lost or damaged within the course of a week at camp.

## A DAY AT CAMP:

### RESIDENT CAMP

7:00	Reveille/Wake Up
7:45	Flag Raising
8:00	Breakfast
8:45	Cabin Clean-Up
9:00	Class 1
9:50	Class 2
10:40	Class 3
11:30	Class 4
12:30	Lunch
1:30	Rest time
	Cabins rotate through Camp store
3:15	Recreational Activity
4:30	Free Swim
6:00	Dinner
7:15	Flag Lowering
7:20	Evening Program
9:15	Getting ready for bed in cabins
9:30	Lights Out

### SPROUT CAMP

7:00	Reveille/Wake Up
7:45	Flag Raising
8:00	Breakfast
8:45	Cabin Clean-Up
9:30	Activity Rotation
12:30	Lunch
1:45	Rest time & Camp store
3:00	Activity Rotation
5:15	Cabin Time
6:00	Dinner
7:15	Flag Lowering
7:20	Evening Program
9:15	Getting ready for bed in cabins
9:30	Lights Out

### NIGHT CAMP

5:00	Recreational Activity
6:00	Dinner
7:15	Flag Lowering
7:20	Evening Program
9:00	Camper checkout at Camp.

### DAY CAMP & PROGRESSION CAMP Including SAMPLER CAMPS

Day Campers can be dropped off directly at camp by 7:50am each morning. Camp begins at 8:00am, with breakfast provided.

#### Sample schedule for a day at camp

8:50	Camper Check-in at camp
9:00	Class 1
9:50	Class 2
10:40	Class 3
11:30	Class 4
12:30	Lunch
1:30	Free Swim
3:15	Recreational Activity
4:30	Camper checkout at Camp.

### ADVENTURE CAMP

7:00	Reveille/Wake Up
7:45	Flag raising
8:00	Breakfast
8:45	Cabin clean-Up
9:00	Meet with your groups and begin/continue with your progression of adventure activities.
12:30	Lunch
1:30	Rest time/camp store/Free Swim
3:00	Resume adventure activities with your group
6:00	Dinner
7:15	Flag lowering
7:20	Evening program
9:15	Evening debrief
9:45	Getting ready for bed in cabins
10:00	Lights Out

***Master Camps, LIT & CIT  
Schedules, Next Page!***

**Animation and Wilderness First Aid Master Camps**

7:00	Reveille/Wake Up
7:45	Flag Raising
8:00	Breakfast and Cabin Clean-Up
9:00	Master Camp Lessons
12:30	Lunch
1:30	Rest time
	Cabins rotate through Camp store
3:15	Recreational Activity (may include workshops or staff shadowing)
4:30	Free Swim
6:00	Dinner
7:15	Flag Lowering
7:20	Evening Program
9:15	Getting ready for bed & Lights Out

Animation and Wilderness First Aid Camps follow the Resident Camp schedules, but forgo the four morning classes, and dedicate the full three hours each morning to their chosen Master Class lessons.

**CIT & LIT CAMP**

7:00	Reveille/Wake Up
7:45	Flag Raising
8:00	Breakfast and Cabin Clean-Up
9:00	CIT and LIT workshops
12:30	Lunch
1:30	Rest time
	Cabins rotate through Camp store
3:15	Recreational Activity (may include workshops or staff shadowing)
4:30	Free Swim
6:00	Dinner
7:15	Flag Lowering
7:20	Evening Program
9:15	Getting ready for bed & Lights Out

CITs will return for a second week. During the second week, they will be assigned into Resident Camp cabins, and will follow the Resident Camp daily schedule. CIT's should plan to arrive by 11:30am on the second week.

## Camper Dress Code

At 4-H Camp Bristol Hills, we aim to create a welcoming, professional, and practical environment for both staff and campers. Our dress code is designed to ensure safety, comfort, and inclusiveness while allowing for self-expression. Clothing should be comfortable, safe, and modest.

We ask that campers bring clothing that meets the following basic guidelines.

**General:**

1. Clothing should be appropriate for an active outdoor camp setting, including walking, running, swimming, and engaging in camp activities.
2. Campers should wear clothing that provides adequate coverage and support for their activities.
3. Clothing should be modest, and should not include

inappropriate graphics nor language, and should not promote alcohol, drugs, violence or sexual innuendos.

**Swimwear**

1. Campers who are swimming may wear one piece or modest two piece swimwear. Campers should not be wearing swimwear as outerwear, outside of the pool area.
2. Swimwear should remain secure during water activities to prevent wardrobe malfunctions.

**Footwear**

1. Closed-toed shoes are required for most activities for safety reasons.
2. Sandals (including Croc's or similar) or flip flops should be worn only at the pool or in shower houses.

## Sample Menu

Here are a sample of some of the foods you might find on the menu at camp. Note, these are samples. Not all foods will be available at all meals.

Breakfast: Cereal, yogurt, waffle sticks, pancakes, French toast, breakfast sandwiches, coffee cake, juice, milk

Lunch: Spaghetti, sandwiches, sloppy Joes, chicken tenders, ravioli, ham and potatoes, salad bar

Dinner: Pizza, lasagna, tacos, tossed salad, soup, hot dogs, grilled cheese, veggie burgers, veggie chili

We also offer vegetarian, dairy and peanut free options at each meal. Peanut Butter and Jelly sandwiches as an option at each lunch and dinner. Fresh fruits and healthy snacks will be available throughout the day in the dining hall.

**Dietary Needs:** From time to time, we have families contact us about bringing in special foods to accommodate specific medical/dietary needs. If you have such dietary needs, we ask that you indicate those needs in the Allergies section of the online Health Form. If your child has significant dietary needs, we recommend you contact the office and we can put you in touch with our Camp Food Service Director. Contact the office for a hard copy if you did not register online.

## SERVICES

### Laundry:

Please plan to pack enough clothes for your child's complete stay. Camp staff will launder items if circumstances require.

### Mail:

We encourage campers to write letters home during the week. Mail is taken to the post office each day. Please send your child with enough self-addressed, stamped envelopes. Additionally, the camp store has stamps and postcards available for sale. For sending your camper mail, see the section "Contacting Your Child At Camp", page 10.

### Camp Store

We carry a variety of T-shirts, water bottles, stuffed animals and other souvenirs. We also sell snack foods. Camp T-Shirts, Survival Kits and Customized Camper Care Packages are available pre-sale. If you would like to pre-order these items, you can add it to your online registration no later than June 20. To see what all is available in the store, visit us at <https://cceontario.org/camp-bristol-hills/day-overnight-camps/-camp-store>. Campers will typically visit the camp store once each day during the week.

## WEATHER

- ◇ Average temperatures at camp in July and August range from 61°F and 81°F.
- ◇ On average, camp has about 10 days of full sun and 14 days of partial sunny days during the 6 weeks of camp.
- ◇ On average, camp has about 13 days of rain in 6 weeks of camp.

## Camp Store

Families have the option to deposit money into your child's camp store account in UltraCamp for purchases at the Camp Store. Families can log into their camper account online with UltraCamp at any time to deposit funds and monitor their campers' spending. Families who bring cash to camp will have the opportunity to deposit cash into their store account on the first day. Unspent money in a Store Account will remain in the account until August 31 so campers coming for multiple weeks can carry over their balances.

At the end of the season, if the remaining balance is \$10 or more, families may request a refund of the balance anytime before August 31. Balances under \$10, or unclaimed balances, will automatically roll over into the Hilltop (Campership) Fund for the following year.

If you would like your child to be able to make purchases in the store, please deposit funds into their house account or give cash to the Camp Clerk during your check-in at camp. The store does not accept cash from campers after Mondays.

## RUSTIC LIVING

4-H Camp Bristol Hills is situated atop the scenic Bristol Hills, with a mixture of forests, fields, ponds and streams. Campers should embrace the opportunity to disconnect from their electronics and reconnect with nature and friends.

Because we are a rustic camp program, campers should not be surprised to find the occasional chipmunk scurry under the cabin, or a spider in the bathrooms. Bugs can also be found at camp, and we suggest that your camper pack a non-aerosol bug repellent.

## REFUND POLICY:

*Deposits are non-refundable and non-transferable (a deposit cannot be applied to the balance of another week's camp fees, nor transferred to another camper's fee).*

*Refunds for the balance of the camp fee are made only for cancellations received in writing at least three weeks prior to the opening day of the camp session. A refund will be granted in cases of serious illness or injury, and this request must be accompanied by a physician's note.*

*A camper who does not arrive, arrives late, leaves early or attends only a part of the session will not receive a refund. If a camper is experiencing a difficult adjustment to camp or is sent home because of a behavior problem, no refund will be granted.*

*Families may wish to consider adding Camper Protection Coverage. This is a voluntary service offered to overnight resident camps and programs to help protect organizations, and individuals from loss. In the event that*

*you need to cancel your camp registration, the insurance offered through Travel Insured International, a partner with UltraCamp, may be able to protect your financial investment. The cost of this coverage is based on your camp fee and would be collected as part of your camp fees. Some restrictions apply.*

*Please note that 4-H Camp Bristol Hills has no affiliation with Travel Insured International (TII). Information provided by TII regarding any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise, does not constitute or imply CCE's endorsement, recommendation, or favoring of such item or organization. Any such material presented by any vendor in any format, without limitation, is for informational purposes only. Any potential customer of any vendor, is expected to conduct their own due diligence and assessment of the vendor, product, or services as appropriate for their needs. 4-H Camp Bristol Hills is not responsible for any claims made through this offer.*

## AVOIDING THE FEELINGS OF MISSING HOME

Some campers may experience feelings of missing home during their first few days at camp, particularly if it is their first time away from home. While many camps refer to this as “homesickness”, our camp uses the language of “missing home”. While we are aware that the stress and anxiety of a new environment can eventually manifest itself as a physical illness, we work proactively to help campers adjust to camp early and make friends before these feelings ever get to the level of tummy aches, headaches, and other medical concerns.

Our staff is trained to deal with these feelings. We work to engage each child in activities to make new friends quickly to help children acclimate to their new environment. If you suspect your child is likely to be missing home during their stay, there are steps you can take to address this concern before coming to camp. For more information on dealing with these feelings, see *When They Come Home*, in Section Two.

- Allow your child to practice being away from home. Try letting them stay overnight at a friends house, or a long weekend at their grandparents home. These experiences will help them get used to being away from

home. Allowing them to feel a sense of separation will allow them to learn basic coping skills, and will make them less likely to experience severe missing home.

- Emphasize that your child is “going to camp,” rather than you are “sending your child to camp”.
- Even if you are feeling nervous yourself about being away from your child for the week, don’t express those concerns to your child. If you show confidence in your child, they are more likely to feel comfortable with the experience.
- Avoid statements like “We’re really going to miss you,” which may make your child feel bad about being away.
- Speak directly and honestly with your child about the feelings they may have. Make it clear that it is a natural and normal feeling. Discuss coping strategies your child can use if they are missing home while they are at camp.
- Do not say “If you don’t like camp, you can come home.” When campers know that parents are willing to pull them out of camp, they are less likely to give camp a fair chance.
- Provide comfort for your child after negative life events and help them learn to cope with stressful situations.
- Never coerce an unwilling child to come to camp.

## PREPARING CHILDREN FOR THE SUMMER CAMP EXPERIENCE

Reprinted with permission from the American Camp Association

“Summer camp is more than a vacation for children,” says Bruce Muchnick, Ed.D., a licensed psychologist who works extensively with day and resident camps. “As a parent, there are a few things to consider to increase the opportunity for a rewarding camp experience for your child.” Some helpful suggestions provided by Dr. Muchnick and the American Camping Association include:

### Consider camp as a learning experience

This is an opportunity for your child to explore a world bigger than his/her neighborhood and a chance for you and your child to practice “letting go.” Letting go allows children to develop autonomy and a stronger sense of self, make new friends, develop new social skills, learn about teamwork, be creative, and more. This time also allows parents an opportunity to take care of themselves so that they will feel refreshed when their child returns home.

### Prepare for camp together

Decisions about camp - like where to go and what to pack - should be a joint venture, keeping in mind your child's maturity. If your child feels a part of the decision-making process, his/her chances of having a positive experience will improve.

### Talk about concerns

As the first day of camp nears, some children experience uneasiness about going away. Encourage your child to talk about these feelings rather than acting on what you think his/her feelings may be. Communicate confidence in your child's ability to handle being away from home.

### Have realistic expectations

Camp, like the rest of life, has high and low points. Not every moment will be filled with wonder and excitement. Encourage your child to have a reasonable and realistic view of camp. Discuss both the ups and downs your child may experience. Your child should not feel pressured to succeed at camp, either. The main purposes of camp are to relax and have fun.

## CAMPER CONDUCT

In order to provide the best possible experience for everyone, all campers are expected to understand and comply with camp policies and group rules. Please read the following rules and discuss them with your child.

### GROUND FOR LIKELY EXPULSION FROM CAMP:

- Non-compliant behavior (failure to comply with camp rules and the reasonable directions of camp staff)
- Disruptive behavior
- Profanity, obscene gestures, indecent conduct
- Fighting, bullying, threatening, and other forms of violent or aggressive behavior
- Theft, vandalism, damaging, destroying, or defacing personal or camp property
- Severe cases of missing home (Our Camp staff will work with you and your child to work through most cases of separation anxiety. See Avoiding the Feelings of Missing Home [Section 1] and Campers Missing Home [Section 2].)
- Not eating, sleeping or bathing

### GROUND FOR EXPULSION FROM CAMP:

- Possession and/or use of cigarettes, e-cigaraettes (vapes), cigars, pipes, and other smoking products.
- Possession of matches, lighters, candles, lanterns and other combustibles.
- Possession and/or consumption of alcoholic beverages
- Possession and/or use of any drug without the supervision of the camp nurse
- Possession of a weapon
- Sexual, racial, religious or other forms of harassment
- Leaving camp property without authorization, running away, being in restricted areas of camp without permission.
- Violence towards self or others.

In the event that the Camp Director decides to send a camper home for one or more of the behaviors described above, they will notify the parent immediately. The parent must provide transportation to bring the camper home. If the parent cannot pick up the child, the camp will arrange for alternate transportation at the parent's expense.

Our goal is to insure that no campers are hurt or adversely effected by the actions of another camper. To that end, we will apply camp rules strictly and consistently. We appreciate your understanding in this matter.



# MEDICAL GUIDELINES AND INFORMATION

New York State Health code requires that a completed and up-to-date health history be submitted for each child attending camp. *The Health Form, along with the Medication Approval Form, a copy of your child's school/doctor's physical (dated within 24 months of camp) AND a complete record of your child's immunizations must be completed and returned to the Camp office within one week of your Application. These will NOT be accepted upon arrival this year.*

This health history must be updated annually. If your child has attended camp in previous years, you must submit a new health history form each year.

Families registering online will complete the health form online. The Medication Approval Form will require a physician's signature if your child will need any sort of medication administered (prescription or over-the-counter). If no medications are to be given at all, a parent can check the box for No Medications and sign the form themselves. Campers will not be permitted to attend camp without all of the required health forms being on file.

All campers with medications or other medical needs will check in with the Health Supervisor upon arrival at camp. Campers who arrive sick will be sent home. Camp fee, minus the deposit, will be refunded only if the Camp Health Supervisor finds it necessary to send a child home at check-in. Any medical fees incurred during camp will be billed to the parent/guardian. The Health Supervisor and selected staff are trained in First Aid and CPR. They are available 24 hours a day to provide medical assistance to your child.

## PRESCRIPTION & NON-PRESCRIPTION MEDS

If it is necessary for your child to receive any medication (prescription or over-the-counter) while at camp, please adhere to the following guidelines.

- **No medications (prescription or over-the-counter, including vitamins or melatonin) will be given to campers unless a licensed physician has granted permission to do so on the camper's Medication Approval Form.**
- The physician must provide clear written instructions regarding the use of prescription medications on the Health Form or the Physical Form.
- No camper is permitted to have any medications, (prescription or over-the-counter) including vitamins, ointments or lotions of any kind (excluding insect repellents and sunscreen) without the express permission of a licensed physician.
- All medication (prescription or over-the-counter, including inhalers) **must be packaged in their original containers and labeled correctly.** Medications will not be dispensed without expiration dates. It is the responsibility of the parent/guardian to supply any medication other than those listed on the Health Form as available from the Infirmary with physicians authorizing signature (see below).
- Camp will have a supply of Tylenol, Ibuprofen,

Robitussin, and Benadryl. Please have your physician complete the appropriate section on the health form authorizing use of these medications, as needed. Our staff can not administer these medications without the appropriate physician signature.

All children with medication will be instructed on the first day of camp about the schedule for dispensing medications. Emphasize with your child the importance of taking responsibility for complying with this schedule. If a camper is due for medication and does not report to the Nurse, camp staff will be notified and the child will be sent to the Infirmary to be sure medication is administered.

## HEALTH AND SAFETY

The camp takes every precaution to provide a safe and healthy environment for all campers. The Health Supervisor is on site to address any minor illness or injury at camp. In some cases, campers may have to remain overnight in the Infirmary to provide the best care. Parents will be notified if an illness or injury requires outside treatment. Campers requiring additional care will be transported to FF Thompson Hospital in Canandaigua, NY. Any fees for outside treatment, including ambulatory services, are the responsibility of the parent/guardian.

## MEDICAL CONCERNS

The Camp Director should be notified in advance of any concerns regarding their child's special needs which would require specific attention on the part of our staff. Examples of these concerns might include hearing impairments, recent traumatic events, language barriers, learning disabilities, recent changes in medications, or situations at home which could impact your child's experience. Campers arriving to camp with pre-existing injuries or illnesses, without notifying the camp in advance, may be sent home at the discretion of the Camp Director.



# SECTION 2: DURING CAMP

## CONTACTING YOUR CHILD AT CAMP

Campers Name  
Cabin Name  
4-H Camp Bristol Hills  
4437 Kear Rd.  
Canandaigua, NY 14424

### Mail:

Campers are always eager to get a friendly note from home. All letters, care packages and other mail should be addressed as shown above. It is a good idea to send mail a day or two in advance of your camper's visit so that it arrives on their first day.

### One-Way E-Mail:

Families registering online are now able to send one-way emails to camp through their online portal. There is a small fee to use this service. Please note that users will need to be logged in to send messages through the UltraCamp user interface. You will only have access to email your individual camper and access is available only during the week that your child is at camp. Emails are received and printed each morning before 8am and put into the Cabin mailboxes.

### Telephone:

Camp has one telephone line which services the Program Office, the Kitchen, and Day Camp facilities, and a second line that services the Health Supervisor's Office. It is important for the safety of all campers that these lines are available for business use. For this reason, we ask that you refrain from calling camp unless there is an emergency requiring your child's immediate attention. Non-emergency calls can be made to the Camp Office at (585)394-3977 ext 435.

### Visiting Camp:

We believe camp provides an opportunity for children to acquire self-reliance, and confidence through achievement in a new environment. We ask that parents/guardians refrain from visiting campers during their stay, unless there is an emergency. Any persons visiting camp, for any reason, must report to Gleason Lodge (the Infirmary) and check in with the Camp Director upon arrival. At no time are visitors permitted on the property without checking in with the Camp Director. Our staff are advised to address any unknown persons on the property, and escort them to the camp office. This is a measure we take for the safety of all campers.

### Early Departure/Temporary Absence:

Occasionally, parents need to pick up their child early or temporarily remove them from camp for outside commitments (family emergency, sports, music, etc). We ask that parents planning to remove their child from camp outside of the normal camper pick-up times please contact the Camp Office at [campbristolhills@cornell.edu](mailto:campbristolhills@cornell.edu) or call (585) 394-3977 ext 435. A note from the parent/guardian, clarifying the days and times that the camper will be out of camp, is required in such instances. With adequate advance notice, our staff will have the child ready for dismissal (belongings packed if not returning to camp) upon your arrival. Campers will ONLY be released to individuals named as Authorized Pickups on the campers health form. In the event of an emergency that requires someone else to pick up the child for any reason, the primary contact for the camper will be required to notify the Camp by phone.

## CAMPER PICKUP

Campers will have a camp closing on Friday afternoons (or Thursday afternoon for Adventure Campers). Following the closing, campers will report to the lawn in front of Gleason Lodge for pickup. Families should plan to arrive by 4:00pm to sign out their campers. Staff will be positioned at the main gate to ask you for your campers name and cabin, and that information will be relayed to staff on the lawn who will call your camper to the sign out station. Once you arrive at the checkout station, a member of our Leadership Team will greet you and will verify your pickup authorization, before releasing your camper. Please note that your camper will only be released to individuals listed in the pickup authorization field on the Health Form. Be sure to include yourself as well as anyone else you wish to pick up your child. After picking up your child, you will drive around to the pavilion to collect their personal belongings. After loading the car, you will have the opportunity to part at the pavilion and walk into camp to visit the camp store or walk the grounds with your camper.

**Camp Evacuation:** In case of emergency requiring an evacuation of camp, parents will be informed via phone or email about any changes in location or time that a child needs to be picked up.

## SUPERVISION

Our supervision ratios meet or exceed the standards established by the New York State Department of Health and the American Camp Association. Those ratios vary based on ages of campers and activity levels. For Resident Campers, engaged in active activities, we maintain a ratio of 1 staff for every 8 campers. During rest periods, the ratio allows for 1 staff to supervise up to 20 campers. We frequently exceed these standards, with more staff than necessary, to ensure a safe living environment.

Waterfront activities require 1 lifeguard for every 25 swimmers in the water.

## CAMPERS MISSING HOME

Your child is away at camp, and you hope that they are having the best time of their lives. We understand that you may be feeling nervous that maybe they're not. Missing home is a concern for both campers and parents alike, and it's something that we deal with on a regular basis at 4-H Camp. For many campers, it may be their first time away from home. For parents, it may be the first time they've been away from their children for more than a day or two. A sense of separation anxiety is common for many families with a child at camp. If you are feeling this tension, you are not alone!

- Recognize that our staff are trained and highly skilled in identifying and addressing concerns about missing home. On average, almost 95% of campers experience some level of missing home, but only 1 in 5 children have an elevated level of missing home. It may be reassuring to know that less than 1% of all campers need to return home due to severe missing home.
- No news is good news. If you haven't heard from our Camp Director, you can safely assume that all is well at camp. Cabin counselors are trained to work with early signs of missing home directly. When concerns become more significant, counselors know how to reach out for help. Our Camp Director or Assistant Directors will work directly with certain campers to help them through their difficult times. On occasion, if our staff finds it necessary, we will contact the parents to ask for your support in addressing the issue. In such cases, you will receive a phone call from our staff, without the camper present, advising you of the situation and letting you know what we are doing to help your child. We try to reach out before these challenges elevate to a critical level, and this phone call is simply for your information. If the situation continues, we may call you again when your child is present, and allow you to speak directly with your camper. We ask for your support in such situations. Please avoid telling the child that you will pick them up right away if they want to come home. Children who expect to leave camp early have a very difficult time allowing themselves to adjust to camp and enjoy their experience.
- Write letters to your camper. Getting mail makes campers feel loved and remembered. Personal letters or postcards from home renew the connection with home. You may want to send the first letter a day or two before camp, so that it arrives on the first day of camp. You may also write the letter at home and deliver it to your child's cabin counselor on the first day of camp. In your letters, ask your child about camp and encourage them to write back. Focus on asking questions about all the fun activities they're enjoying, friends they're making, and so on. Avoid telling them the things going on at home, which may make them feel they are missing out.
- If you receive a letter during the first few days of camp, please understand that our staff often encourage children to write letters when they are missing home as a way to establish that connection with home. Chances are, by the time you receive the letter, your child has already overcome their anxiety, and are truly loving camp. Resist the urge to immediately call the camp and pick up your child. Rather, take a moment to write a letter in reply. You are welcome to send an email by logging into your UltraCamp account selecting the Message Center from the menu of options. There, you will see "Email a Camper". Note that this option is only available while your camper is registered to be at camp. Let your child know that you are proud of them. Validate their feelings, and consider sharing a story of a time that you might have felt the same way. Let them know how you survived your own experiences.
- We don't allow cell phones at camp, for a variety of reasons (See Packing List, Section 1). Yet some families choose to send phones to camp so that campers will be able to call mom or dad when they are missing home. It is our policy to collect cell phones. If you are expecting a phone call from your child and don't receive one, do not panic. It doesn't mean that something terrible has happened. It typically means that either your child is having a great time and doesn't feel the need to call home, or that the phone has been turned in to the Camp Director for safe keeping until the end of the week.

# SECTION 3: RETURNING HOME

## LOST AND FOUND

Try as we might, sometimes there are personal belongings left at camp after campers go home. We limit the items that we hold on to after each session. We want to be mindful of space and how to prevent exposure of our staff and campers from items week to week. Items that are retained will be stored at the 4-H Office until August 31. At that time, items will either be retained for future campers, donated to charity, or disposed of, at the discretion of Camp.

If you find that your child is missing an item they brought to camp, please contact the camp office by email at [campbristolhills@cornell.edu](mailto:campbristolhills@cornell.edu) as soon as possible.

## WHEN THEY COME HOME

By Bob Ditter, L.C.S.W

It is probably difficult to imagine, as you scan the “packing list,” count socks, get the trunk out, and make sure your child’s name is on everything they are taking, what your son or daughter might be like when they come home from the summer adventure at camp—the adventure for which you are working so hard to get them ready. Indeed, for many parents the send-off requires enough emotional and logistical effort that there is no time to think about where all this work might lead. So allow me to give you some idea of what to expect on the other end of the calendar when your child returns from camp. It just might help, as you get them ready, to have a “big picture” reminder of what this endeavor is all about.

Expect your child to be tired. Not just physically tired, but emotionally tired. You see, camp in its best form engages children not just in activities, but as active members of a community. What does this mean? Your child is about to acquire several “brothers” or “sisters” they will then have to share everything with—personal space; the counselor’s attention; time; fun; laughter; decision-making; clean-up (yes, chores!); some of their own personal possessions; and each other’s friends. This requires a level of negotiating and give-and-take that most children do not experience in any place but camp!

This experience alone pays dividends. I have parents who have told me their child was so much more cooperative at home after camp. Or that they got along better with their siblings after camp. Or that they now eat a broader range of foods or keep their room clean. Perhaps the most common comment I hear is that their children seem

### Medications Left at Camp:

Any medications that you provided to the Camp Health Supervisor upon check-in are returned to you when you pick up your child at camp. Please be sure to remember to check with your Counselor during checkout to collect any prescription or over-the-counter medications. If you return home and discover that you forgot to pick up your medications, please contact the Camp Office as soon as possible to claim them. Medications not picked up by August 31 will be disposed of through an Old Medications Collection Program.

somehow calmer after coming home from camp, which almost seems puzzling to some parents. Where does this calm come from? Once you have the knowledge that you can successfully handle yourself—that you can negotiate with your peers and hold your own and compromise and find out it’s just fine—it gives you a sense of confidence that is, well, just calming.

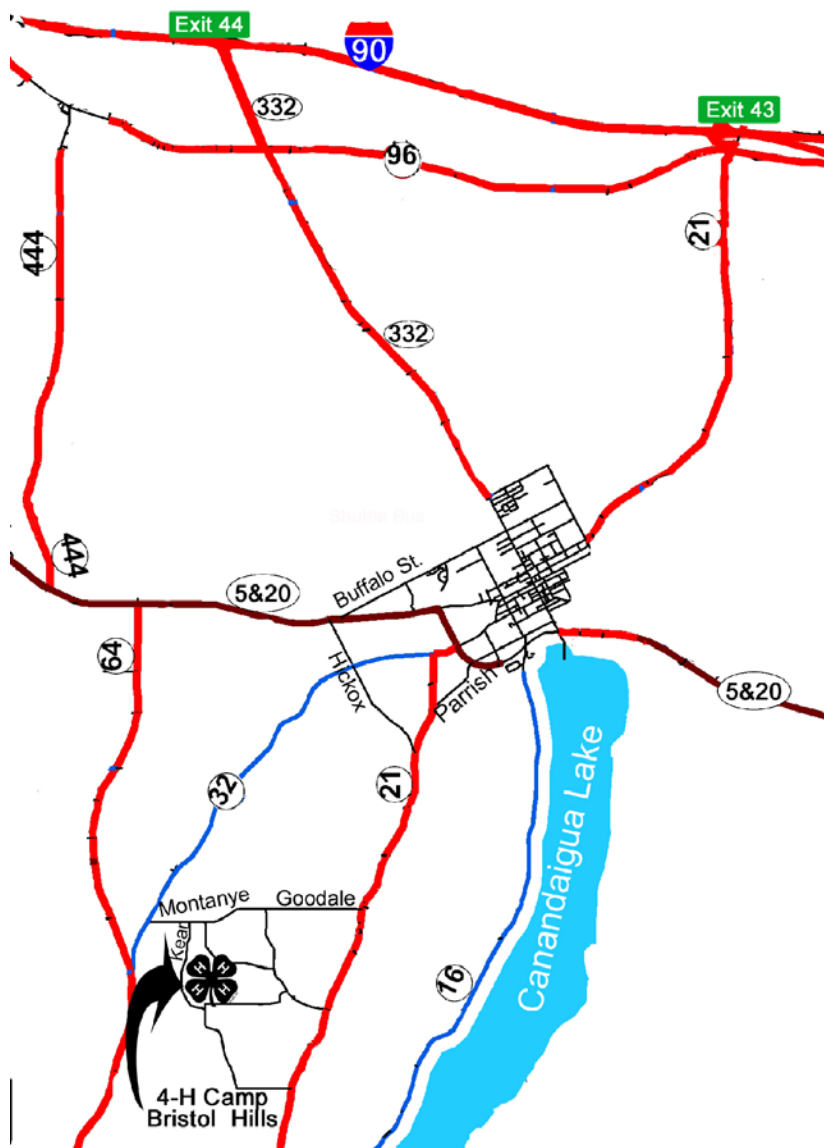
Your child may also be a bit sad after camp. If camp is anything, it is intense. Many children make some of their best friends at camp. Leaving that rich social environment where you learn you can do things of which you never thought you were capable imparts a temporary emptiness. I call it the August blues. Oh, after a good sleep and a nice dinner, they’ll perk up. My advice to you as a parent is, keep that first day or two after camp a bit low key. Have it be a time of family reunion. The stories and the songs and the sayings and the new wisdom will gradually come out, and as they do, it is as if your child will suddenly realize all that she has brought home from her camp experience.

And as they reminisce, you may find yourself surprised at the mature young person you are listening to, asking yourself, as many parents have told me they ask themselves: “When did she get so grown up?!” At camp, of course!

*Bob Ditter is a noted child, adolescent, and family therapist in Boston, Massachusetts. He is a regular contributor for the American Camp Association, and frequently speaks at conferences.*

## DIRECTIONS TO CAMP

Using a GPS? Navigate to: 4437 Kear Road, Canandaigua.



### From NYS Thruway:

Take exit 44, and travel south on Rt. 332 for approximately 10 miles. Rt. 332 becomes Main St. once you pass the stop light at North Street in Canandaigua. From there, travel about 1 mile and turn right onto Buffalo St. and travel for 2.5 miles. Buffalo St. will end at Rts. 5 & 20. Turn right onto 5&20, and drive 0.2 miles to the top of the hill. At the blinking light, turn left onto Hickox. Travel just over half a mile to Rt. 32, and turn right. Drive 4.6 miles to Montanye Rd., and turn left. At the bottom of the hill, about one half mile on Montanye Rd., is Kear Rd. Turn right onto Kear. Camp is located 0.7 mile down Kear Rd., on the left side.

### From the East

Take Rts 5&20 into Canandaigua. Pass through the light at Rt. 332, and travel 1.3 miles. Turn left onto Parrish St. for .8 miles until it ends at Rt. 21. Turn left onto Rt. 21. And drive 3 miles, into the village of Cheshire. Turn right onto Goodale. Travel 2.5 miles and turn left onto Kear Rd. Camp is located 0.7 mile down Kear Rd., on the left side.

### From the West:

Take Rts. 5 & 20 toward Canandaigua. Turn right onto Rt 64, and drive 5.3 miles. As you arrive in Bristol Center, you will turn left at the Sunoco station, onto Rt. 32. Drive 0.7 miles to the top of the hill and turn right onto Montanye. At the bottom of the hill, about one half mile on Montanye Rd., is Kear Rd. Turn right onto Kear. Camp is located 0.7 mile down Kear Rd., on the left side.

### From the South:

Take Rt. 21 N from Naples, along the western side of Canandaigua Lake, to the village of Cheshire. From here, you will turn left onto Goodale. Drive for 2.5 miles, and turn left onto Kear Rd. Camp is located 0.7 mile down Kear Rd. on the left side.



## AMERICAN CAMP ASSOCIATION (ACA)

4-H Camp Bristol Hills is an ACA-Accredited® Camp! This is verification from the American Camp Association® that our camp complies with industry- established standards. These standards are recognized by courts and government regulators as the standards of the camp industry. The ACA-accreditation symbolizes excellence and our ongoing commitment to the children we serve. For more information about ACA accreditation, visit: [www.acacamps.org/accreditation](http://www.acacamps.org/accreditation).



## ADDENDUM

# **EVEN More Stuff You Should Know!**

A collection of hints and tips to help you and  
your child have a successful camp experience!

## YOU SHOULD KNOW...

Helpful Hints as You Prepare Your Child for Camp

### What do you call a snowman at Summer Camp?

A PUDDLE!

Ever wonder what Camp professionals talk about at a meetings? Hint: It's not all corny jokes and songs. We asked Camp professionals across the country what they wish their camp families knew about, before they came to camp, and this Guide has been designed to share their insights with you, the camp families who are preparing to send their children to camp this summer! We hope that you'll pour a cup of coffee, tea or juice, and spend a few minutes reading through these tips as you prepare your child for an amazing summer experience with us at 4-H Camp Bristol Hills.



## PACKING YOUR BAGS

You've Registered! Now What?!?

- There is a reason we have a list of things to bring, and not to bring to Camp. Seriously, if it's on the do-not-bring list, leave it at home.
- If your child can fit inside their own suitcase, it might be too large. Campers will need to keep their bags under the bunk beds, which are 12" high. If you bring a trunk that doesn't fit, they will need to put them against the wall, which takes up a lot of precious space in the cabins.
- Prepare for the weather. If the forecast is calling for rain, pack some extra clothes. If it's going to be chilly, pack a sweatshirt. If it's going to be hot, pack lightweight clothing. We do everything we can to keep your campers safe, but we try not to cancel activities because of the weather. Unless lighting... and then, well... yeah.
- Please do not bring cell phones. Don't hide them inside their suitcases. Don't stuff them inside a favorite toy. Don't send them with extra phones so they can turn one in. We've seen it all, but it's important to trust us to take care of your children without needing them to contact you (or their friends) throughout the week. Sneaking phones in to camp teaches your child to disregard the rules, and that you don't think they can handle being away for a week. What is way more helpful is to prepare them for their week at camp so that they won't feel the need to call you 15 times a day.
- Let your camper help to pack their own bags. They will be more aware of what is in them, and why it's there.
- Label absolutely everything. Shirts, pants, underwear, socks, flashlights, water bottles, everything. We collect more than a garbage bag full of things left behind, every single week.

## MISSING HOME

### Avoiding the feelings of missing home

- Most campers, especially first time campers, will miss home for the first day or two. That's totally normal! We are trained professionals, we know all the tips and tricks to help campers make connections early in the week to help adjust to Camp.
- Please don't promise your child that they can call home whenever they want to. We generally try to avoid having campers call home. Camp is all about trying new things and pushing comfort zones. Many children will experience a level of discomfort and if they've been told they can call home, they often don't try to push through the little bit of discomfort. They'd rather call you and ask to go home. Don't panic, if your child is really struggling, camp will call you to get your help in ensuring they have a great time.
- If you're writing a letter, postcard, one-way email (via UltraCamp), etc, avoid telling your child about all of the fun things you're doing without them, or how much you miss them. This will leave them feeling guilty for being away. Instead, tell them how proud you are of them for being at camp. And how you can't wait to hear all about what they've been up to. Update them on sports scores for their favorite team, or send them a riddle or a few corny jokes.



## MEDICAL

### No one wants to think about it, but...

- If I could ask just ONE thing, it would be this: Fill out your health form as if your child is in the Emergency Room right now, and we can't reach you. Leaving information off the form puts your child's care in jeopardy in the very unlikely event that we need to provide medical care for them. It is surprising how often we try to reach parents for a variety of reasons, and can't reach anyone.
- If your child needs medications (including over-the-counter), you will need the doctor's signature on your Medication Approval Form. Without this precaution, we are not permitted to provide your child with a tylenol, should they get a headache, or Benadryl, should they find some poison ivy. This is NYS law. We know paperwork isn't fun, but ultimately, this is for your child's protection. Please be sure the Medication Approval form is completed by a doctor's office and signed.
- Any medications you bring need to be in their original containers. Prescriptions need to have labels on them with dosing instructions. Again, not our fault. We're just following the rules.
- If your child is using medications at school to stay focused, chances are they will need those meds at camp too. "Medication Vacations" are a real thing but putting your child on a med vacay while they're at camp is just asking for trouble. Please don't do that to your child.
- We know that food allergies are a big scary thing when you aren't the one cooking for your child. Our Food Service Director has been feeding kids for many years. Please let us know about any food allergies as soon as possible, and know that we take these very seriously. Your child will be doing activities they may never have done before, using muscles they didn't even know they had. Be prepared for skinned knees/elbows, or sprained knees/elbows, and sore muscles.
- Make sure that your child knows how to apply the bug spray and sunscreen you are sending. Staff can help with sprays, but we can't assist with lotions or creams.
- Please know that we can accommodate nearly anything, as long as we know about it up front. While your child is at camp, we are acting as their parents, so having as much information as possible just helps us do our jobs. We're on your side! Please don't keep secrets from us!

## PICK UP AND DROP OFF

### Just a Few Thoughts

- At Drop-Off, hug them, tell them you know they are going to have a great day/week, tell them how proud you are of them... and then leave. Do not linger. If they are crying, know that the crying will last approximately 38 seconds after you leave and we get a chance to distract them with something fun.
- Please be respectful of pick-up and drop off times unless prior arrangements have been made with us. Many parents arrive far too early and we are not prepared to give their child our full attention. Likewise, if you need to pick up earlier than then stated pick-up time, let us know so that we can have your child packed and ready to go.

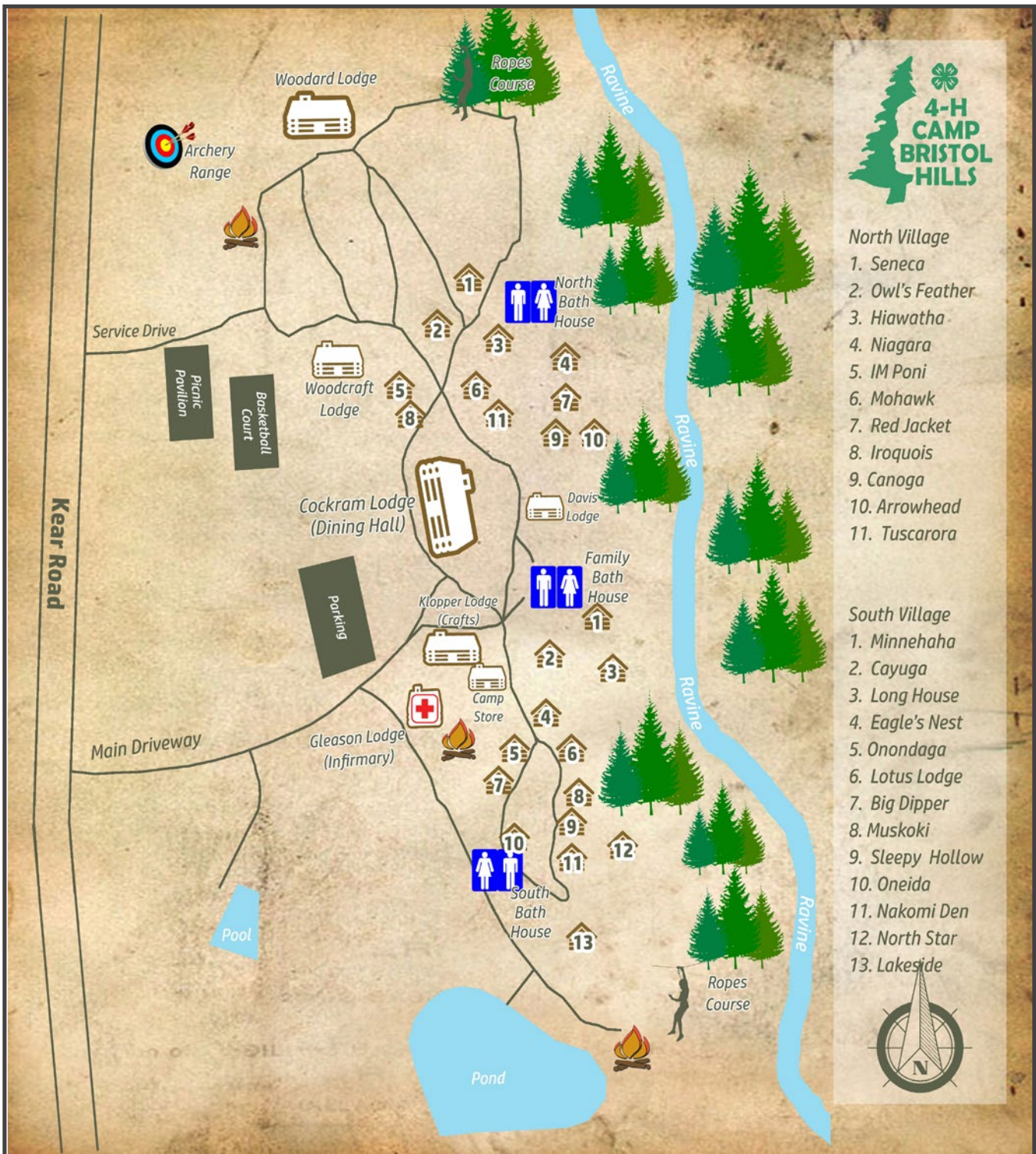
## And a Few More!

- There is a reason we ask for all of your paperwork one week after you register. When you arrive at camp, we want to focus on them, not on collecting late paperwork and payment.
- Overnight skills such as showering and getting dressed by themselves are important. It's great if your child can practice these skills before camp with a sleepover at grandma and grandpa's house, or at a friends place.
- There are going to be bugs! Bring some bug spray, but don't let the bugs ruin your day!



## FINDING YOUR WAY AT CAMP

Camp covers about 121 acres in the Bristol Hills. The main camp is divided into 2 main villages, divided by Cockram Lodge (the dining hall), Klopper (Arts and Crafts) and Gleason (Infirmary). With 23 sleeping cabins, ponds, swimming pool, program buildings, and miles of trails, Camp has lots of space for all of our campers. Day Camp is based at Davis Lodge, and Campers will be able to store their belongings there during their days at camp. All campers will be given a tour of camp on their first day.





## RENT 4-H CAMP!

Did you know that 4-H Camp Bristol Hills is available for rental too? Whether it is a school field trip, scouting overnight, or a church youth group outing, you can have it all at 4-H Camp Bristol Hills!

With residential accommodations for up to 225 people, we can handle just about any group. Cabins range from 6-19 persons, and you can customize the rental to suit your needs! The Kitchen, Dining Hall, Woodard Lodge and the Infirmary are also available to meet your needs.

## ADVENTURE PROGRAM

**TEAMBUILDING, ROPES COURSE PROGRAMS FOR YOUR SCHOOL, BUSINESS OR ORGANIZATION-** The 4-H Camp Adventure Program is designed to develop trust, teamwork, group dynamics, communication and self esteem in youth and adults. Our course presents groups with the ultimate challenge! Groups work through a series of challenges ranging from fun and exciting field games and problem solving initiatives to the thrills of the high ropes course. Push yourself on the Pamper Pole or take a trip on the Zip Line! While engaging in a "challenge by choice" philosophy, groups will develop group problem-solving, communication and human relation skills!

## GEOCACHING

**GET LOST! AND HAVE A BLAST DOING IT!!** Geocaching is our newest teambuilding opportunity for groups up to 30 people. Groups work together to navigate the wilds, using GPS and searching for hidden treasures throughout camp! We provide the GPS units and show your group how to navigate with them before setting out on over 120 acres of woods, meadows, ponds and streams in a GPS-based adventure they will never forget! A great opportunity for any group from youth groups to corporate retreats.

## HEALTH FORMS

(Complete Health Form, Physical and Immunization Record)

**ONE WEEK**

**AFTER REGISTERING**

## FINAL PAYMENT

**June 1**

## OPEN HOUSES

**April 26, May 13, June 6**

Tours every half hour between 2 - 4pm

**June 28**

Community Meet & Greet at Camp

## CAMP STORE

**June 20**

Deadline for Camp Store Pre-Orders

## CHECK IN TIME

**Day & Progression Campers**

**Monday-Friday**

**8:30-9:00am**

**Night Campers**

**Monday - Thursday**

**4:45-5:00pm**

**Overnight Campers**

**Sunday 2:00-4:00pm**

**Sprout Campers**

**July 1, 2:00-2:30pm**

## PICKUP TIME

**Day & Progression Camp**

**Daily at 4:30-5:00pm**

**Night Camp**

**Daily at 9:00pm**

**Resident, LIT & CIT Camp**

**4:00-5:00pm Friday**

**Sprout Camp**

**4:00-4:15pm Friday**

**Adventure Camp**

**4:00-4:15 pm Thursday**

## LOST AND FOUND, MEDS, STORE MONEY

Claim By August 31

# OPEN HOUSES

# 2026

**APR**  
**26**

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**OPEN HOUSE**  
**2PM-4PM**

**MAY**  
**23**

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**OPEN HOUSE**  
**2PM-4PM**

**JUN**  
**6**

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**OPEN HOUSE**  
**2PM-4PM**

**JUN**  
**28**

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**COMMUNITY**  
**MEET & GREET**  
**5PM-8PM**

**PLUS VIRTUAL OPEN HOUSES ON THE THE  
THIRD THURSDAY OF EACH MONTH AT NOON!**

**FOR MORE INFORMATION VISIT**  
**[WWW.4-HCAMPBRISTOLHILLS.ORG](http://WWW.4-HCAMPBRISTOLHILLS.ORG)**