

Cincinnati Ohio North Stake Young Women Camp 2024 Registration & Information

Dear Young Women,

We are very excited to welcome you to your 2024 Girls Camp experience! If this is your first year, WELCOME! We are so excited for you to experience Girls Camp with your fellow sisters in the Cincinnati North Stake! If this is not your first year, WELCOME BACK! We love each and every one of you and are so pleased that you have decided to attend Girls Camp. So many exciting adventures await you!

This year we are so excited to focus on our Savior Jesus Christ at Girls Camp. The youth theme for 2024 is “I am a disciple of Jesus Christ”— and camp is no exception! Being a disciple of Jesus Christ is a privilege that will bless your life and others.

All can be a disciple of the Lord. Elder Hales said “I testify that everyone can be a disciple of the Savior. Discipleship is not constrained by age, gender, ethnic origin, or calling. Through our individual discipleship, we, as Latter-day Saints, build up a collective strength to bless our brothers and sisters throughout the world.” While we seek to emulate Him and be His disciple, so much goodness follows.

Together at camp, we will draw closer to the fundamentals of the gospel. We will enjoy time in nature and time together as sisters. Nature can be a sacred place where we can draw closer to Heavenly Father. Alma said “The earth, and all things that are upon the face of it... do witness that there is a Supreme Creator.” (Alma 30:44). Some of the most powerful and intimate spiritual moments in the scriptures happened in nature. It is a blessing to spend a few days together in the great outdoors, learning from the scriptures and one another, and drawing closer to Heavenly Father and Jesus Christ together.

And as always camp will be a BLAST! The Young Women’s Camp Council has been working hard to make sure camp will be both a spiritual *and* fun experience for all who attend. We are very excited for you to join us!

Sincerely,

The CNS Young Women Presidency

Sister Hellstrom, Sister Watterson, Sister Allan, and Sister Reed

***Please see the back of this page for your checklist of Young Women 2024 Camp registration forms to complete and return to your YW Camp Director or YW President.

Cincinnati Ohio North Stake Young Women Camp 2024
FORMS CHECKLIST

Forms to be completed:

- Young Women Camp Registration Form YOUTH
- Youth Permission and Medical Release
- Young Women Camp Over the Counter Medication Release
- (If needed) Special Dietary Needs Form
- Kirkwood Adventure Park Online Waiver Info (must be filled out online)
<https://waiver.roller.app/kirkwoodcampandadventurepark/>

Forms for your information:

- FAQs for Young Women Camp 2024
- Young Women Camp 2024 Packing List
- Caesar Creek State Park Group Campground Map
- Caesar Creek State Park Driving Directions

Form to bring to camp completed (if needed):

- Young Women Camp Medication Check-in and Administration Release

Permission and Medical Release Form

Each participant (including leaders) completes this form separately for each event or activity involving an overnight stay, travel outside the local area, or higher than ordinary risks (see *General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints*, 20.5.5, 20.7.4, 20.7.7). The event or activity leader should have access to all participants' forms during the activity.

Event Details (to be filled out by event planner)

Event		Date(s) of event
Describe event and activities (please be specific)		
Ward	Stake	
Event or activity leader	Event or activity leader's phone number	Event or activity leader's email

Contact Information

Participant	Date of birth	Age
Telephone number		
Address	City	State or province
Emergency contact (parent or guardian)	Primary telephone number	Secondary telephone number

Medical Information

Does the participant require a special diet? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, please explain the dietary restrictions.
Does the participant have any allergies? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, please list the allergies.
List all prescription or over-the-counter (OTC) medications the participant is taking. Leave blank if none.	
Can the participant self-administer his or her medication? <input type="checkbox"/> Yes <input type="checkbox"/> No If no, please contact the event or activity leader directly.	

Conditions That Limit Activity

Does the participant have a chronic or recurring illness? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, please explain.
Has the participant had surgery or a serious illness in the past year? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, please explain.
Identify any other limits, restrictions, or disabilities that could prevent the participant from fully participating in the event or activity.	

Other Accommodations or Special Needs

Identify any other needs or considerations the participant has that the event or activity planner should be aware of (attach additional pages if needed).

Permission

I give permission for my child or youth to participate in the event and activities listed above (unless noted) and authorize the adult leaders supervising this event to administer emergency treatment to the above-named participant for any accident or illness and to act in my stead in approving necessary medical care. This authorization shall cover this event and travel to and from this event.

Please note: Units may not have the ability to meet all medical, physical, and other accommodations and are asked to counsel with parents or guardians on what is possible.

The participant is responsible for his or her own conduct and is aware of and

agrees to abide by Church standards, camp or event safety rules, and other pertinent instructions. The participant's conduct and interactions should abide by Church standards and exemplify Christlike behavior.

Parents and participants should understand that participation in an activity is not a right but a privilege that can be revoked if participants behave inappropriately or if they pose a risk to themselves or others.

This information is collected to help event and activity leaders or medical personnel so they can be prepared and appropriately respond to health concerns or an emergency. It will be kept confidential and shared only as needed.

Participant's signature	Date
Parent or guardian's signature (if participant is a minor)	Date

Over-the-counter Medication Consent

Young Women Camp CINCINNATI OHIO NORTH STAKE: June 12-15, 2024

The following medications will be on hand at camp to be used *by the nurse* to provide basic first aid.

To give parental consent for use, **please initial** beside those medications that you approve be given to your youth as needed.

I, _____ give consent for the following medications to be
(guardian's name)

administered to my youth _____ as needed for basic first aid:
(youth's name)



Parents/Guardians initial next to **each box** that you approve to be given to your youth by the nurse as needed at camp.

- X _____ 1. **Benadryl**: Take 12.5 or 25 mg orally every 6 hours as needed for hives, itching, allergic rhinitis, or other allergic reaction.
- X _____ 2. **Bactine spray**: Cleanse area and spray small amount to the skin up to 3x/day.
- X _____ 3. **Neosporin**: Cleanse area and apply ointment liberally to skin up to 3x/day. Cover with occlusive bandage (i.e. Band-Aid)
- X _____ 4. **Tylenol**: Take 325-650 mg orally every 4 hours as needed for pain, fever, or headache.
- X _____ 5. **Ibuprofen**: Take 200-400 mg orally every 6 hours as needed for pain, fever, or headache.
- X _____ 6. **Tums**: Take 1-2 tablets orally every 2 hours as needed for gastro-enteral reflux (heartburn) or nausea.
- X _____ 7. **Imodium**: Take 2 caplets/pills (or 30 ml suspension) orally after first loose stool, then 1 caplet/pill (15 ml suspension) orally after each subsequent loose stool. Maximum is 4 doses per 24 hours.
- X _____ 8. **Gas X**: Take 80-125mg up to 4x daily as needed for gas.
- X _____ 9. **Hydrocortisone cream**: 2x/day to affected areas as directed
- X _____ 10. **Calamine/Caladryl lotion**: to affected areas as needed
- X _____ 11. **Visine saline drops**: Apply 1-2 drops in the affected eye(s) up to 4x/day for redness/irritation.
- X _____ 12. **Midol**: Take 2 caplets orally every 6 hours as needed for menstrual-related symptoms of cramps, bloating, myalgia, or other discomfort. Maximum dose is 6 caps/24 hours. Do not administer within 4 hours of taking Tylenol.

Guardian signature: _____

Date: _____

SPECIAL DIETARY NEEDS FORM

****Signature on page 2****

To better help the volunteer cooking staff, please fill out the details of the dietary restrictions of the participant. This is NOT for food preferences, but for food allergies or other health concerns. Please remember that it will not be a professional kitchen at this event, but it will do the best to accommodate special diets. Cooking staff will contact you if there are any additional questions.

Participant: _____ Birthdate: _____

Best adult contact person: _____

Best adult contact phone number: _____

Today's date: _____ Event(s): _____

NO WHEAT Yes or Does not apply

Does the participant only have issues if the wheat or gluten is eaten? _____

Does a label of "gluten-free" mean **it is safe to eat**? _____

If a product does not contain wheat, but it "may contain" or "manufactured in same facility" or "manufactured on the same equipment" as wheat products, **is it safe to eat**? _____

Is cross-contamination at the serving area a concern? _____

NO MILK Yes or Does not apply

Does the participant only have issues if the milk is eaten? _____

Does this include all forms of milk, for example, if butter is in the recipe, **is it safe to eat**?

Please explain: _____

If a product does not contain milk, but it "may contain" or "manufactured in same facility" or "manufactured on the same equipment" as milk products, **is it safe to eat**? _____

What is the usual milk alternative for the participant? _____

Is cross-contamination at the serving area a concern? _____

NO EGG Yes or Does not apply

Does the participant only have issues if the egg is eaten? _____

Does this include all forms of egg, for example, if egg is baked in a product such as a muffin, **is it safe to eat**?

Please explain: _____

If a product does not contain egg, but it "may contain" or "manufactured in same facility" or "manufactured on the same equipment" as egg products, **is it safe to eat**? _____

Is cross-contamination at the serving area a concern? _____

NO PEANUTS Yes or Does not apply

Does the participant only have issues if the peanut product is eaten? _____

If a product does not contain peanuts, but it "may contain" or "manufactured in same facility" or "manufactured on the same equipment" as peanuts, **is it safe to eat**? _____

Is cross-contamination at the serving area a concern? _____

(Continue to page 2)

NO TREE NUTS Yes or Does not apply

Does the participant only have issues if the tree nuts are eaten? _____

If a product does not contain tree nuts, but it "may contain" or "manufactured in same facility" or "manufactured on the same equipment" as tree nuts, **is it safe to eat?** _____

Are **coconut** or coconut products **safe to eat?** _____

Is cross-contamination at the serving area a concern? _____

NO SOY Yes or Does not apply

Does the participant only have issues if the soy product is eaten? _____

If a product does not contain soy, but it "may contain" or "manufactured in same facility" or "manufactured on the same equipment" as soy, **is it safe to eat?** _____

Is cross-contamination at the serving area a concern? _____

NO SHELLFISH Yes or Does not apply

Does the participant only have issues if the shellfish product is eaten? _____

If a product does not contain shellfish, but it "may contain" or "manufactured in same facility" or "manufactured on the same equipment" as shellfish, **is it safe to eat?** _____

Is cross-contamination at the serving area a concern? _____

NO FISH Yes or Does not apply

Does the participant only have issues if the fish product is eaten? _____

If a product does not contain fish, but it "may contain" or "manufactured in same facility" or "manufactured on the same equipment" as fish, **is it safe to eat?** _____

Is cross-contamination at the serving area a concern? _____

OTHER Yes or Does not apply

Please explain any other dietary restriction not listed. **Please use details.**

I have read through all dietary sections and completed those that apply to my participant. I understand the food at the event is prepared by volunteers and will not be liable for issues.

X _____
Parent or Guardian Signature **Date** **Name of Participant**

Kirkwood Adventure Park Online Waiver

This year at Young Women Camp we will be attending the Kirkwood Adventure Park in Wilmington, Ohio for a day of fun and excitement. The waiver required for this activity is **ONLY ONLINE**. Please visit the following site **BEFORE** camp to allow your youth to join in on the adventure.

MUST BE COMPLETED ONLINE!

<https://waiver.roller.app/kirkwoodcampandadventurepark>

When you have completed this waiver, let your YW Camp Director or YW President know. We will have no other way of tracking the progress and status of these waivers. If the waiver is not filled out by the day of the activity, your child will not be able to participate.

Visit <https://www.gokirkwood.com/> for more details.

FAQs for YOUNG WOMEN CAMP 2024

When is camp and who can go?

Camp is Wednesday, June 12th through Saturday, June 15th. All young women turning 12 this year and older may attend. *Check in is Wednesday, June 12th at 9am. Check out is Saturday, June 15th at 10:30am.*

Where will we be camping this year?

This year we are camping at Ceasar Creek State Park. The YW will be camping all together at the Cedar Point Group Campground.

Is this camp the same time as the YM camp again?

Yes, both camps are the same week. However, the Young Men (YM) are at a different location at Ceasar Creek Camp. Camps are run separately from each other.

How do we get to Caesar Creek State Park to drop off and pick up the Young Women?

The entrance to BOTH YW and YM camps will be the same this year. Please refer to the included map and directions to determine how to get there. Drop off times will be the same for YW and YM camps. We will have signs to direct you to both registration areas for your convenience. More details will follow as we get closer.

Are Girls Camp and Young Women (YW) Camp the same thing?

Yes, "Girls Camp" was the name for a long time and is still a nickname. In official Church language, it is "Young Women Camp".

Will there be YCL's (Youth Camp Leaders) this year?

Camp leaders will look different this year. We will have new opportunities for girls this year in the form of ministering. But we will need all girls who have been at camp before to help new girls feel welcome and be good examples of how to make the most of camp. We are adjusting camp this year to more closely follow the church handbook for Young Women Camp. "Youth Camp Leaders are defined as those who have a primary responsibility for planning, directing, and evaluating camp. They counsel with the Young Women presidency, ward and stake camp leaders, and priesthood leaders." We have an assigned representative Youth Camp Leader assigned from each ward/branch. They are prayerfully helping us plan camp - if any young women who will be coming to camp have suggestions for how camp can be improved or activities you want to see at camp this year, please reach out to your unit's Youth Camp Leader.

I really liked being a YCL and being able to work with younger girls. Will I still get to do that if there are not YCLs at camp?

Yes! We are changing camp this year to more closely follow the church handbook for Young Women Camp. "Camp provides an environment where young women can become more like the Savior as they learn to minister to one another." We will provide opportunities for ALL young women to minister to each other, rather than only the older girls getting to focus on the younger girls. More details to come!

Will we be camping by years?

This year we will all be camping in the same open area and we will be organizing camp by age groups versus "camp year". Everyone will have a chance to request a tent mate!

How do I register to go? How much does it cost?

Every ward/branch has registration packets for each YW and her parent to fill out and turn back in. The cost of camp will be \$50. Please determine with your unit leaders if part of this cost will be covered by your unit funds. The remainder of the cost will need to be sent by cash or check in a tithing envelope. (This process cannot be paid online). Checks can be made out to The Church of Jesus Christ of Latter-day Saints. Mark the tithing slip as "Other" and write in "Aaronic Priesthood Camp, youth name." Payment is due May 1st.

Can my friends or cousins that do not go to our church come to camp?

You bet! We'd love to have them. They will need to register, pay, and agree to the expectations listed on the *Permission and Medical Release Form* as all the other campers do.

What kinds of facilities are at Ceasar Creek?

There is no kitchen or dining hall so all meals will be brought in each day and we will be eating at a pavilion. There are bathrooms close to the camping area with toilets and standard sinks. Also, there are showers at Ceasar Creek available for us to use. We will carpool girls to the showers and back.

Will we be spending time with the Young Men?

We will see them on occasion throughout the week. Remember, Young Women are NOT to go over to the Young Men side of the camp unsupervised for any reason.

Is there swimming? Is there a lifeguard?

Yes, and yes! We will have a swimming day at Kirkwood Adventure Park. The online waiver must be signed in order to participate. Please see the flyer in this packet with more information.

What if I don't want my YW to participate in hiking or swimming?

Write your request on the *Permission and Medical Release Form* and sign it.

If I need to get in contact with my youth or family, will I be able to?

We will have cell phone service at camp. If a need arises, you can also contact any of our stake leaders or your ward camp director. Leaders will have their cell phones.

Who do I talk to if I still have questions?

Your ward/branch may have a designated camp director. The Stake Camp Directors are also available:

Lacey Miller lacey.miller13@gmail.com 630-730-6869

Alissa Minson minson703@gmail.com 480-220-0356

Stake YW Representative: Sarah Watterson sjwatterson@gmail.com 435-881-6434

Stake YW President: Jeanne Hellstrom jeannehellstrom@gmail.com 937-271-5330

Young Women Camp 2024 Packing List

Clothing:

- 3 t-shirts (*see FSY for guidelines*)
- jacket/sweatshirt/long-sleeved shirt
- 2 pair of pants
- 3 pairs of shorts (*see FSY for guidelines*)
- Modest pajamas
- 3-4 changes of underclothing
- 3-4 pairs of socks
- Hiking shoes/sturdy athletic shoes
- Extra pair of shoes (*secure sandals are acceptable.*)
- Water shoes or boots (*optional*)
- Shower shoes (*flip-flops in shower*)
- Bathing suit (*see FSY for guidelines*)
- Rain poncho/rain jacket
- Hat, protect your face and neck from the sun.

Bedding:

- Sleeping bag or bedroll
- Pillow
- Extra blanket or sheets (*check weather*)
- Cot, air mattress, or sleeping pad
- Garbage bags to waterproof stuff
- Hammock (*Optional*)

Personal Items:

- Toothbrush and toothpaste
- Shampoo and conditioner
- Towel and washcloth
- Body soap (*in a container*) or body wash
- Deodorant
- Feminine hygiene products
- Comb/brush/hair accessories
- Sunscreen
- Insect Repellent
- Swim towel
- **Medications in original bottles with dosage instructions to be given to the nurse upon arrival.**

Camp Accessories:

- **Flashlight/Headlight w/extra batteries (REQUIRED)**
- Reusable water bottle
- Small backpack for hike and daily supplies
- Whistle (*optional*)
- Watch
- Garbage bags for wet items
- Moleskin for blisters

General Accessories:

- Notebook or journal w/pen or pencil
- Camera or cell phone for pictures
- Scriptures (*In plastic bag for rain*)
- Personal Development Youth Guidebook (*optional*)
- Camp chair

Do NOT bring:

- Silly string, prank materials, messy supplies

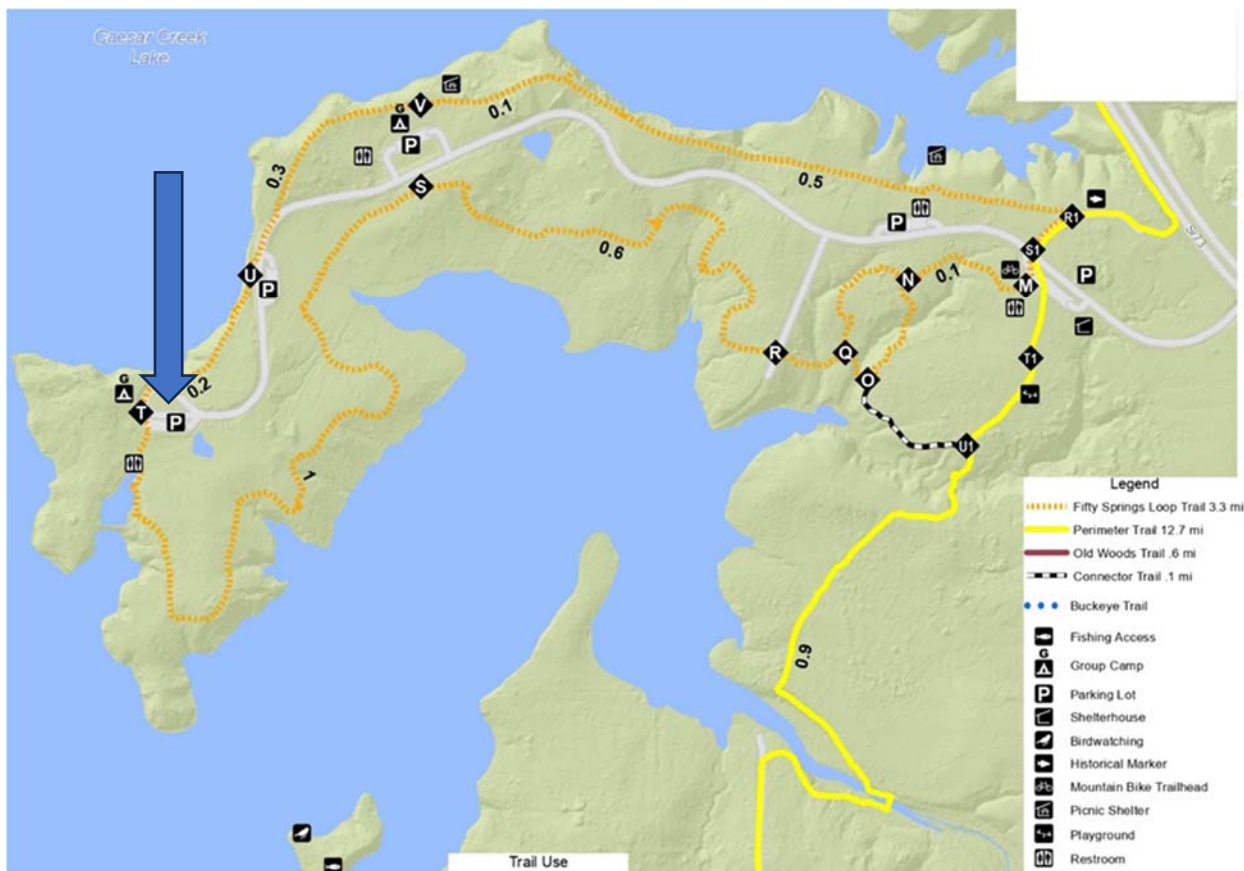
Remember:

- You will be amongst trees and wildlife, so you should dress accordingly to avoid ticks and other bugs and prickly plants.
- To avoid losing items, **write your name on everything you bring!**
- Campers are responsible for the safety of their phone/camera if they bring it. The church and leaders are not liable for any damage or loss.
- We will be at Ceasar Creek State Park. Camp in Ohio. All youth campers and adults arrive on Wednesday, June 12th at 9:00 am.
- Departure from camp will be Saturday, June 15th at 10:30am.
- Participants do not need to bring any meals.
- In case of emergency please call:
Lacey Miller (630) 730-6869
Jeanne Hellstrom (937) 271-5330
Sarah Watterson (435) 881-6434

Caesar Creek Stake Park Group Campground Map

We have reserved the entire peninsula for the Aaronic Priesthood and Young Women's Camps.

YW will be camping at Cedar Point Group Campground where the arrow is pointing at below on the map.



Caesar Creek State Park Driving Directions: Cedar Point Group Campground CNS Young Women Camp

MAKE SURE YOU BRING THIS PAPER WITH YOU AS YOU MIGHT NOT HAVE A GPS SIGNAL IN THIS AREA!

Cedar Point Group Campground Google Map Link: <https://maps.app.goo.gl/1FANJzj8UbWA3k4CA>
(Click on this link for driving directions)

Address: OH-73, Waynesville, OH 45068

Directions from I-75 North:

Follow I-75 North to OH-122 East in Middletown. Take Exit 32

Turn RIGHT onto OH-122 East, continue for 6.5 miles

Continue STRAIGHT onto Old 122 Rd, continue 3.3 miles

At the traffic circle, take the 2nd exit onto Middletown Rd/Old 122 Rd, continue 0.6 miles

Turn LEFT onto US-42 North, continue 3.3 miles

Turn RIGHT onto OH-73 East, continue 4.5 miles

(***Do not turn right on OH-37 as Google Maps will take you, keep following OH-73)

Turn Right at Fifty Springs Campground Entrance, continue 0.3 miles

Follow YW Camp signs from here to continue on to **Cedar Point Group Campground**

Please follow the traffic directors to upload your youth and prepare for Camp Registration

Directions from I-71 North:

Follow I-71 North to Wilmington Rd in Oregonia. Take Exit 36

Turn RIGHT onto Wilmington Rd, continue 0.3 miles

Turn LEFT onto Olive Branch Rd, continue 0.4 miles

Turn RIGHT onto Jeffrey Rd, continue 3.3 miles

Turn RIGHT onto Oregonia Rd, continue 2.5 miles

Turn LEFT to stay on Oregonia Rd, continue 1.0 mile

Turn LEFT onto OH-73 West, continue 0.3 miles

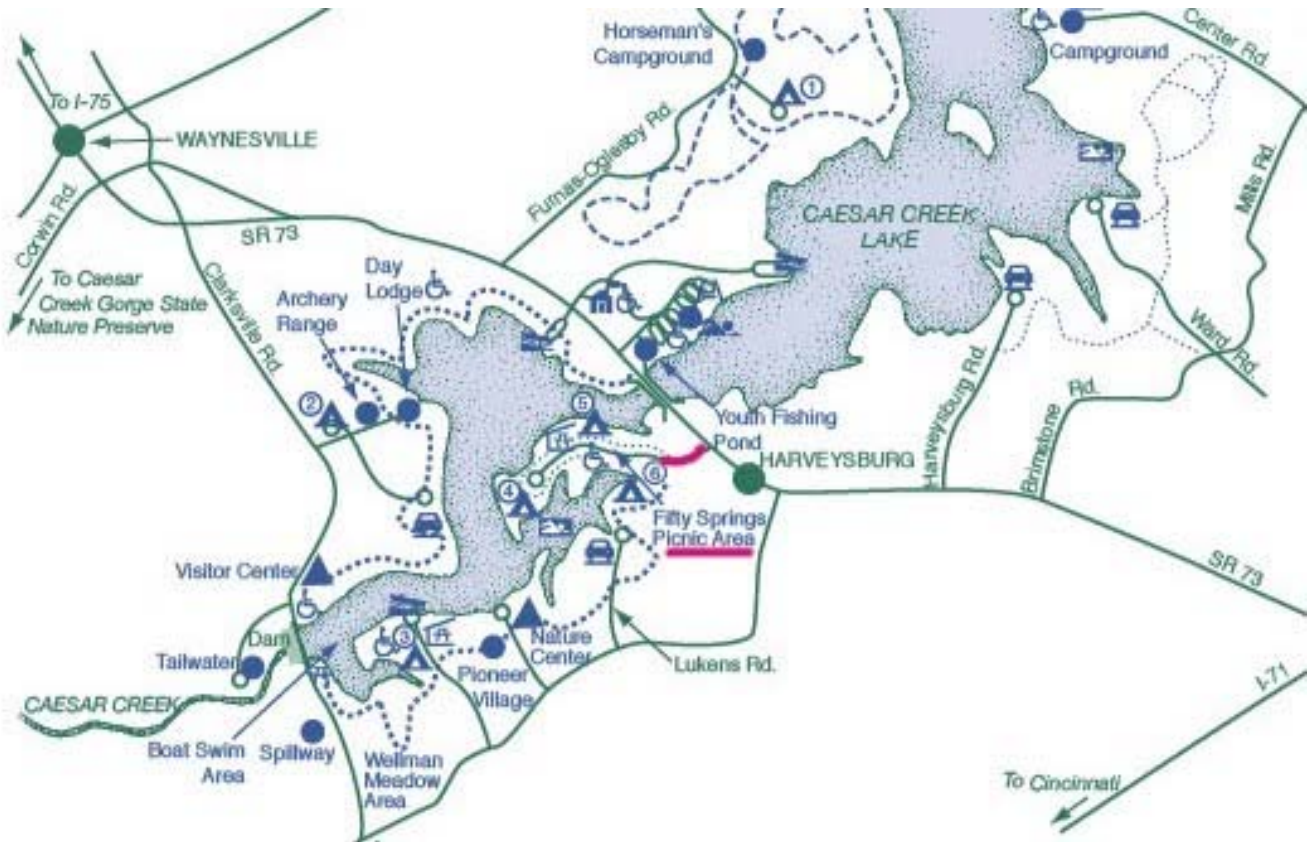
Turn LEFT at Fifty Springs Campground Entrance, continue 0.3 miles

Follow YW Camp signs from here to continue on to **Cedar Point Group Campground**

Please follow the traffic directors to upload your youth and prepare for Camp Registration

Map to Cedar Point Group Campground at Caesar Creek State Park CNS Young Women Camp

MAKE SURE YOU BRING THIS PAPER WITH YOU AS YOU MIGHT NOT HAVE A GPS SIGNAL IN THIS AREA!



Complete only if needed—bring with you to camp

Young Women Camp 2024 Medication Check-in and Administration Release

Only if your child needs to bring any medication to camp, **please complete this form within 24 hours prior** to your child’s arrival at camp. **All medications must be in the original containers.** Place all medication containers in a clear one gallon plastic bag with this completed form detailing instructions for the use of each medication your child is to receive at camp. A medical attendant will receive medications at the medical table during camp registration check-in. Inhalers are the only medication that can be kept with the camper (please send two inhalers in case one is lost). Epinephrine pens will be kept with your child’s two-deep adult leaders.

No medication brought to camp by your child can be administered unless listed on this form with the Parent/Guardian signature.

Youth Name: _____ **Birthdate:** _____ **Ward/branch:** _____

Parent Day Phone: _____ **Parent Evening Phone:** _____ **Allergies:** _____

Please list below **ANY** prescription and/or “over the counter” medications that your child takes at regular intervals. Medications will be given as directed on prescription containers. Please explain any differences in instructions. **Medical personnel must administer all camper medications.**

Medication	Dosage	Breakfast	Lunch	Dinner	Other	Reason for Medication/Special Instructions	For Medical Personnel Use Only			
							Wed	Thurs	Fri	Sat
							L D O	B L D O	B L D O	B L O
							L D O	B L D O	B L D O	B L O
							L D O	B L D O	B L D O	B L O
							L D O	B L D O	B L D O	B L O
							L D O	B L D O	B L D O	B L O
							L D O	B L D O	B L D O	B L O
							L D O	B L D O	B L D O	B L O
							L D O	B L D O	B L D O	B L O

Parent/Guardian:

I, _____, Parent/Legal Guardian of _____ (child’s name) authorize the YW Camp Medical Personnel to administer the medications listed above.

Parent/Guardian Signature: _____ Date: _____ (24 hours prior to camp)

(*Please review the back of this page for reminders from the nurse.)**

A few reminders from the nurse:

- All prescription and over-the-counter medications must be turned in to the nurse upon arrival to camp. Medications cannot be left unsupervised in personal belongings.
- Medications must be in their **original packages** so they can be easily identified. Prescription medications must be in prescription bottles.
- For any medication brought to camp, remember to fill out the “Medication Check-in and Administration Release” form and bring with you
- To protect everyone, parents will be asked to pick up their youth if signs of infectious illness occur. (i.e. fever, nausea/vomiting, diarrhea etc.)
- **Over-the-counter medications will be on hand for the nurse to administer on an as-needed basis. Signed permission was part of registration.**