



First Time Camp Parents/Guardians Information for Camp!

Dear First Time Camper and Camp Parent/Guardian,

We are so glad that your camper will be joining us this summer! We have put together this packet for you and your camper to help ease any worries and to answer any questions you might have but weren't sure who to ask. We want to make sure your family and camper feel prepared for camp and to make your camper's experience safe, fun and fulfilling! We look forward to providing you and your camper the PREMIER Girl Scout camp experience that will include care from the highest quality staff, as well as leadership and personal development opportunities like no other. Our camps are located in three of the best locations in North Carolina to instill a great sense of appreciation for the outdoor world!

Camp is just one way for girls to experience the Girl Scout program. Girl Scouts is girl-driven, and girls have the CHOICE of how they want to participate!

In addition to the Girl Scout Leadership Experience, we will strive this summer to:

- Promote the physical, mental and spiritual well-being of every girl and adult.
- Encourage girls to develop resourcefulness, initiative, self-reliance and recognition of the worth and dignity of each individual.
- Provide opportunities for practice in democratic living.
- Encourage girls to develop a sense of responsibility, qualities of leadership and an awareness of the capacities of all people.
- Provide an inner satisfaction, a sense of awe and wonder and a deep enjoyment for both girl and staff.
- Provide a sense of accomplishment.
- Encourage girls to develop their individual sense of responsibility to conserve the natural world.

Even if you have been to one of our camps before with your troop or for a program, please read through this packet thoroughly as our summer camps run a little bit differently. If you have any questions that are not answered here, do not hesitate to contact the Camp Director of the camp your daughter is attending.

Ginger Cascades Adventure Base Camp

Mailing Address/GPS or Online Mapping - Camper's Name, Program Name, 2090 Scout Road, Lenoir, NC 28645

Phone Number: 828-758-5321*

Fax Number: 828-394-5080

Email Address: gingercascades@girlscoutsp2p.org

Camp Pisgah

Mailing Address/GPS or Online Mapping

Camper's Name, Program Name, 570 Girl Scout Camp Road, Brevard, NC 28712

Phone Number: 828-862-4435*

Fax Number: 828-884-9464

Email Address: pisgah@girlscoutsp2p.org

Keyauwee Program Center

Mailing Address/GPS or Online Mapping - Campers name, Program Name, 2574 Sweetbriar Road, Sophia, NC 27350

Phone Number: 336-861-1198*

Fax Number: 336-861-1188

Email Address: keyauwee@girlscoutsp2p.org

****These contact e-mails and phone numbers are for business only and not for camper contact lines.***

Below you will find a timeline of information we have created to assist you and your camper in having a successful stay at camp!



www.CampLikeAGirl.org

Camper Timeline

Camp is an opportunity for girls to learn responsibility and independence by living away from their family environment. At camp, children can learn about themselves in a safe, supportive atmosphere. However, some children may experience fear, anxiety and even worry while away at summer camp. Reasons may be because of homesickness, a problem at home or a feeling of not fitting in with other children. Following our timeline will help ease your camper into the summer camp experience and set them up with the right tools to complete a successful overnight stay at camp.

After Registration

- Get her excited about going to camp. We encourage parents/guardians to use the term “going” to camp rather than you “sending” your child to camp.

2 Months Before Camp Begins:

- Help prepare your camper to care for herself by having her spend a weekend with a friend or relative.
- Talk about and practice self-care. Examples of this would be taking a shower independently, brushing teeth, brushing hair, putting on deodorant, etc.
 - If your camper will need help from staff with self-care routines, please let the camp know. This will help your camper have a great week at camp and also prevent her from coming home with lots of knots and tangles. Some examples of staff being able to help are listed below.
 - Need help with general shower/hair care? Staff can help by having your camper put on a bathing suit for shower time and to make sure her hair is properly cleaned.
 - Need help with getting dressed? Staff will make sure to check in on your camper in the morning and make sure they have on clean clothes. You can also help by putting each day’s clean clothes in Ziploc baggies that are clearly labeled with the day.
 - If you have a specific question about a self-care routine for your camper, please call camp.
- Check out the Outdoor Experience blog at www.CampLikeAGirl.org where we have a number of resources, including a letter from a first-time camper who is returning to camp among other topics.

1 Month Before Camp Begins:

- Read books and articles together about going to camp like *The Summer Camp Handbook* by Chris Thurber or *Off to Camp* by Myra Pravda.
- If this is your camper’s first time away from home, have a conversation about homesickness. Homesickness is natural. Create a plan with your camper for what she will do if she becomes homesick at camp. Some ideas may be to write a letter home, tell a counselor or try to be a friend to someone else who may be feeling homesick, too. *Avoid “pick-up deals,”* like telling your camper that if she feels homesick, all she has to do is call you and you will come pick her up. This tells the camper that you do not think she is strong enough to handle homesickness on her own and undermines the counselors’ efforts to help your camper become comfortable at camp.

Just Before Camp Begins:

- Final payment for camp is due June 3, 2019. Your final balance will be automatically charged on this date, and you do not need to do anything.
- Check to see if your camper requires a physical and, if so, have the physical completed.
- Attend Family Fun Day on June 9, 2019 at all three camps. This is the perfect day for both you and your camper to meet the staff and see camp before summer starts! You will be able to interact with the staff, play and see the units around camp. **No visitors are allowed while camp is in session.**
- If your child has special dietary or other needs, please note this on their registrations. If your camper has a severe allergy, please contact the Camp Director of your camp ***at least two weeks prior to your arrival.***

*** If you have concerns or if there is something we should know (a recent move, serious illness, death, divorce, etc.) please call the Camp Director directly.***

Arriving To Camp

The time for camp has finally come! Both you and your camper are excited and a little nervous. Have no fear you will find all the information you need to have a successful check-in at camp!

Check-in for Resident Camp:

- **Check-in** is on the first day of the session from 2:00 p.m. – 4:00 p.m.
- All medications must be in its ***original packaging***. This includes all over the counter medications, even vitamins and topical creams. We also can only dispense medication according to the labeled directions unless we receive a note from your physician.
- At check-in, your camper will go through a health screening as well as being screened for lice/nits. Campers will not be allowed to stay if they have lice/nits and parents/guardians are responsible for treatments. No refunds are given for lice/nits. Girls may return to camp after receiving treatment at home once they are found to be lice/nit free. Campers may also be sent home at check-in due to fever or other concerning health conditions.

Please remember all check-in procedures differ at each of our locations due to their layout and staffing, so respect each camp's rules. **For check-in, keep these general camp rules in mind.**

- a. No drugs or alcoholic beverages are allowed on the site. Any participant or guest under the influence of drugs or alcohol will be asked to leave immediately. Local law enforcement will be contacted, if necessary.
 - b. All our properties are tobacco and smoke-free. This includes cigarettes, vaping, chewing, etc. No exceptions.
 - c. Firearms and ammunition are not allowed on the site except for on duty law enforcement officers or other officials as authorized by the council.
 - d. Pets are not allowed on site (unless they are a certified service animal).
 - e. Personal sports gear (climbing harness, archery equipment, etc.) should not be used without staff inspection and approval.
 - f. Vehicles are not allowed past the camp check-in location without permission from the camp staff. A parking lot is available at the entrance of camp for all guests. Absolutely no transportation of persons in non-passenger vehicles is allowed (truck beds, golf carts, etc.)
- **You will be contacted via phone in the event of an emergency that would affect the above listed arrangements.**

Online Photos and E-mail Service:

This summer, every camper's family will have access to our online photo service and one-way email system. All of the details for this will be handed out at check-in at the individual camps. We will not be releasing this information online in an effort to protect the safety of our girls.

Camper Mail:

All campers love mail! We recommend sending mail early or dropping it off at check-in so your camper receives a letter in the first few days. If campers would like to send letters home while they are at camp, we suggest you send her with pre-stamped and addressed stationary. If you wish to have your camper receive a P2P Camp Essentials Kit, you are able to do so by logging into your online camp account. If you are unsure of what to write about to your camper, we have some suggestions on our blog at www.CampLikeAGirl.org.

Telephone and Electronics Policy:

Cell phones and other communication devices are not allowed at camp. Having these devices on camp can create a lot of homesickness and issues in the units amongst girls. Camp is an opportunity for girls to be unplugged and become active members of our camp community. Additionally, the environments at camp are not suitable for the safe storage of these devices.

- Campers are not allowed to receive or make phone calls while at camp.
- If there is a problem or if your camper is not adjusting well, a Camp Administrator will contact you.
- We know not speaking with your camper can be very hard. If you have any special circumstances, please call camp a week before your camper attends so you and the Camp Director can make plans on how to manage it.

While Your Camper is at Camp

Below are policies and procedures that are followed while your Girl Scout attends camp. We have also included some information on how to help your camper have the best week!

- If your daughter is sick for more than 24 hours, has a high fever, gets an injury that requires advanced treatment, or if the health supervisor has concerns about her condition, you will be contacted immediately.
- Campers are covered by supplemental insurance for accidents and sickness that may occur while participating in activities. Pre-existing conditions are not covered.
- Homesickness is a very real and natural emotion when anyone leaves a familiar family surrounding. Counselors are trained to deal with homesick campers and help them adjust to camp. Campers are encouraged to try new activities and adjust to camp during the first 48 hours. In cases of extended homesickness, the Camp Director or a member of the Camp Leadership Team will contact parents to discuss steps to help the camper. Should the family decide to pick the camper up, no refunds will be issued.
- Staff go through 14 days of staff training, and training includes how to deal with sensitive issues that may arise. These include (but are not limited to) self-harm, eating disorders and bullying. If these come up, the staff are trained to facilitate a conversation and the camp director will contact you to discuss your camper's situation.
- Please note that campers cannot receive phone calls while at camp.
- Here is what a typical day of Resident Camp will look like:
 - 6:45 a.m. Wake up
 - 7:45 a.m. Flag
 - 8:00 a.m. Breakfast
 - 9:00 a.m. Activity Sessions
 - 12:30 p.m. Lunch
 - 1:30 p.m. Rest hour
 - 2:30 p.m. Activity Session
 - 5:45 p.m. Dinner
 - 7:00 p.m. Evening Activities
 - 9:00 p.m. Bedtime routines start
 - 10/11:00p.m. Lights out

Picking Up Your Camper from Camp

The day has come to pick up your camper from camp. They have had a great time, and we have all the information you will need to pick up your camper.

Check-out Times for Resident Camp:

- **Check-out** is on the last day of the session (Wednesday or Saturday) with the parent program beginning at 9:00 a.m.
- The person picking up your camper will be **required to show a photo ID** and must be listed as an authorized pick-up person on your child's paperwork.
- Please remember all check-out procedures differ at each of our locations due to their layout and staffing, so respect each camp's rules.
- Pets are not allowed on site (unless they are a certified service animal).
- **You will be contacted via phone in the event of an emergency that would affect the above listed arrangements.**
- **If you have concerns with check-in and check-out times, please contact your camp directly.**
- **EARLY PICK-UP:** If you need to pick-up your camper early, this is not a problem. Let camp staff know during check in.

After Camp Care

Your camper has had a great time at camp, and we have some helpful information and tips to help your camper adjust to being back home.

- Check-out and leaving camp can be a very emotional time for campers. They are going to be excited to see you but may also be sad to leave their new friends, camp staff and the place they called home for the week. They will most likely be tired and potentially pretty exhausted. This is completely normal.
- Once you have your camper in the car, you are going to want to ask them all about their time at camp, but remember they just spent a week being disconnected from electronics, being engaged in the outdoors and other campers and participated in lots of walking. Your camper may be tired and want to decompress on the car ride home.
- In the week following your daughter's time at camp you will receive an email that includes their badge sheet and a link to the camp evaluation.
- Your camper may come home singing some camp songs, so encourage them to teach these songs to their troop so when they go camping they can sing them together.

Want more of camp? Visit www.CampLikeAGirl.org to see our year-long programs available for all girls!

