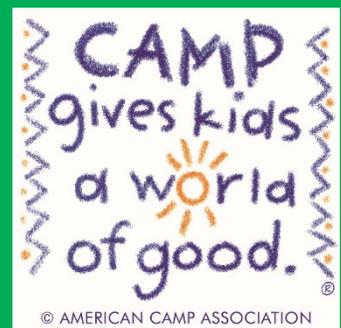


Resident Camp

FAMILY HANDBOOK



GIRLSCOUTSGWM.ORG | 888-474-9686



Welcome!

We are so excited that your Girl Scout is joining us for a fantastic summer full of fun! Girl Scout camp is a wonderful way for her to make new friends, develop new skills, experience new activities and adventures, and create memories that will last a lifetime.

We encourage you to read the entire family handbook as it provides answers to frequently asked questions about camp, and includes required forms, information about daily routines, what to pack, and camper expectations. If you have questions or specific concerns after reading the handbook, please contact us via our Customer Care team at 888-474-9686. Do not hesitate to communicate with us early and often so we can build our partnership with you and ensure your camper has a positive experience at Girl Scout camp.

Excited for camp to begin? Our Helping Hands camp program on May 1, 2021, needs volunteers to help get our camp ready for the summer. Stay overnight and join us the next day for camp Open House. Come with your family or your troop, and even bring a friend who is thinking about coming to camp. Both events are great opportunities to meet our Camp Director and a few of our camp staff. It's a fun way to explore camp, ask questions, and get ready for a great summer.

We are looking forward to an amazing summer at camp!

The Outdoor Program Team

Important Dates

- Tuesday, March 31..... 2020 Cookie Dough Program Credits *expires*
- Monday, April 19 CIT 1 & 2 Applications due and in person interviews begin
- Sunday, May 2 Camp Farnsworth Virtual Open House, 1:00-2:00 p.m.
Pre-registration required: bit.ly/2021FarnsworthOpenHouse
- End of April..... Look for 2021 Cookie Dough Program Credits to use for camp!
- Friday, May 28..... All camp balances due; Trading Post pre-order closes; camper health history and release forms due

Please note: all camp fees must be paid before girls can attend camp. Girls with outstanding balances may lose their spot to girls on waitlists.

Camp Information

Camp Address:

Camp Farnsworth
94 Camp Farnsworth Road
Thetford Center, VT 05075

Send mail to your camper:

Camp Farnsworth
Camper Name, Program
94 Camp Farnsworth Road
Thetford Center, VT 05075

Pre-Season Phone Number: 888-474-9686

Camp Office Number (June 27 - August 13): 802-785-2171

Camp Director E-mail Address: Farnsworth@girlscoutsgwm.org

Send email to your camper at: Farnsworthcamper@girlscoutsgwm.org

Website: www.girlscoutsgwm.org

Directions to Camp:

From I-91

Take exit 14 off of I-91 for VT-13 toward US 5/Thetford.

Turn onto Rte. 113 toward Thetford Hill.

Follow 113 through Thetford, past the post office (on your right); continue down the steep hill.

Less than 1/2 mile past the elementary school and just past Mud Pond Road, turn right onto

Camp Farnsworth Road by the large barn and Camp Farnsworth sign.

Bear left around the barn on our one-way road, where we will greet you.

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Our Camp Staff

Our camps offer a welcoming space for your camper to participate in girl-led activities while learning valuable life skills and creating long-term friendships. Our camp staff pride themselves on creating an environment in which girls are encouraged to discover the outdoors, explore new interests, and experience the fun of an all-girl environment.

Members of our Camp Farnsworth team are selected from candidates all around the globe to help enrich your camper's experience. Most of our staff are college students, college graduates, and camp professionals. All staff members go through an extensive hiring process including an interview, references, and a criminal background check as we endeavor to hire the most qualified role models to work with your girl. Staff must meet ACA and Girl Scout Safety Activity Checkpoints age requirements.

After being selected, our staff participate in training in child development, behavior management, bullying intervention, abuse and neglect prevention, general camping skills, the values of Girl Scouting, curriculum planning and implementation, specific area responsibilities, and safety procedures. They are enthusiastic, excited to be at camp and ready to let girls lead the way in fun and adventure this summer! Most of all, they embody the Girl Scout Promise and Law.



Our Campers

Girl Scout camp gives your camper an opportunity to grow, explore and have fun. It is our goal to help her build the courage, confidence, and character to take the lead and realize her full potential. To help strengthen this behavior in camp, we refer to the Girl Scout Promise and Law as our guiding principle:

Girl Scout Promise

On my honor, I will try:

To serve God and my country,
To help people at all times,
and to live by the Girl Scout Law.

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong, and
responsible for what I say and do,
and to
respect myself and others,
respect authority,
use resources wisely,
make the world a better place, and
be a sister to every Girl Scout.

Community building is important to the growth of every camper. Our staff work to provide an inspiring and encouraging environment for all girls that is based on respect and the Girl Scout Promise and Law. We expect every girl at camp to model these behaviors, follow camp rules, and act as a sister to all camp participants. Campers who cannot follow these standards will receive a reminder of expected camp behavior. The camper will then develop a plan for changing their behavior. Behavior consequences are progressive and may include dismissal from camp. Should the behavior occur again, the camper will create a behavior modification plan with input from staff and parents/guardians. Should behavior continue after the development of a behavior modification plan, dismissal from camp without a refund is a consequence.



Some actions are deemed to have a significant impact and will require immediate dismissal from camp without a refund. Physically and/or verbally abusive/harassing behavior, illegal drugs, marijuana, alcohol, tobacco, and clothing that promotes any of the above compromise our community and are not welcome at camp. Behaviors that are intentionally harmful, such as taunting, spreading rumors, excluding others from groups, endangering the safety of any camper, and verbal or physical aggression toward staff, adults, or campers may result in immediate dismissal from camp.

Arrival & Departure Details

An email reminder about the start of camp will be sent before your camp session. Here is a sample of how our check-in and check-out process works.

Arrival: Check in at Girl Scout camp between 1:00 and 3:00 p.m.

Please be aware that check-in can take an hour or more, and you may speed up your check-in duration by arriving a little later and avoiding the early “rush hour.” When you arrive, park in the main field. Leave your camper’s luggage in the car and walk to the Camp Office/Recreation Center. Bring any medications or additional forms with you to check in.

During check-in, you will:

- Have a well camper check (head lice, fever, illness)
- Confirm your camper paperwork is complete, and highlight specific needs or concerns
- Meet camp director/program staff
 - Tell us who will be picking up your camper and confirm check out day!
 - Drop off camper letters or packages for delivery (save on postage!)
 - Ask any questions about food or camp program
 - Sign any specialty program waivers
- Speak with a health supervisor (optional)
 - Turn in any medications
- Get your unit assignment (where you will be living!)
- Visit Trading Post
 - Check on your camper’s Trading Post card
 - Deposit money into her Trading Post account
 - Buy her some cool camp gear

Once check-in is complete, you are ready to move in!

Walk or drive to unit and move in. During move-in, you will:

- Meet your counselors
- Meet Girl Scout sister campers
- Counselors will help you find your bed
- Get comfortable and move in!
- Start choosing your camper choice activities for the week

Saying Goodbye

- Best to keep goodbyes short.
- Use positive messages: "Have a great time." "I love you." "See you at the end of the week!"
- Take a photo of her next to her bed, or with her counselors.
- Remind her of the fun she will have and the new friends she will meet.

When saying goodbye to your camper, focus on the fun she will have at camp, or tell her you are looking forward to hearing about all her adventures! This lets her focus on fun ahead, and not on what she may miss at home.

Please note: Drive carefully as you leave. Many campers and families will still be arriving and walking through camp.

Departure: Pick up campers between 9:00 and 11:00 a.m.

Please note that check-out can take 30 minutes or more. When you arrive, please park on the field. Many families start by checking the luggage area for your camper's luggage. We recommend visiting this area with your camper, as many duffels and packing bins look alike. Be sure to check for your camper's name! Remember to check the lost-and-found area as well—we don't want your camper to forget any of her items.

Show photo ID and sign out your camper

Proceed to the Camp Office/Recreation Center to show your photo ID and sign out your camper(s). A photo ID is required to pick up your girl. We must have written permission for someone else to pick up your camper or for you to pick up someone else's camper. To avoid departure delays, please be sure we have permission information prior to the day of departure.

Pick up any medications and Trading Post card

- Pick up medications from the Health Care area.
- Pick up remaining Trading Post cards/money.

Welcome your camper home!

- Ask her what her favorite activity was during camp, what she will miss about camp, or what she most wants to eat at home.

Facilities, Friends, & Food Facts

Licensing and Accreditation

All Girl Scouts of the Green and White Mountains camps follow ACA guidelines and state laws, in addition to Girl Scouts of the USA's guidelines. Our camps maintain high safety and quality standards for programming, transportation, administration, personnel, and health care. It is our goal to offer fun, exciting, and safe girl-led camp programs in accordance with these guidelines.

Living Units

Camp offers a variety of rustic sleeping quarters that allow campers to be close to nature while still providing some of the comforts of home. Depending on your camper's program/session, she may stay in small or large cabins, treehouses, tentalows, or canvas tents on platforms. Girls will be notified of their sleeping unit assignment upon arrival at check-in day.

All units include beds and mattresses, storage shelves, and have fire circles for campfires. Camp counselors stay close by in tents or small cabins. All units have nearby bathrooms and access to two central shower houses. Girls may choose to participate in overnights away from their living unit, and may sleep in the open air, in hammocks, in portable tents, or shelters they create themselves.

Buddies at Camp

Most girls come to camp as an individual, but some girls choose to camp with a buddy. If your girl wants to be placed with a buddy at camp, be sure girls are registered for the same week and program. Both girls should enter each other's information on their health forms. We will place them together if they are registered for the same program. If a group of girls comes to camp together and they are registered for the same program, we will often pair them up and spread them throughout the living unit so they can have a friend with them and make new friends at camp as well. If girls come with a friend (or sibling) but not to the same program, remind them that they will still see each other at mealtimes and at all-camp activities, and that they can sign up for camper's choice activities together.

Luggage

To keep cabins and units clutter-free, campers are encouraged to tuck their luggage under their bunks. Clearance may be 10-12 inches and must be shared when girls sleep in bunk beds. Please pack belongings in a duffel bag or storage bin that will fit under the bunk. It is helpful when a camper's luggage is clearly labeled and securely packed. If she can carry her luggage (with your help), check-in day may go faster than waiting for luggage delivery.



Please also bring a backpack large enough to hold a water bottle, bug spray, sunscreen, and other items campers may need daily around camp.

Clothing

A packing list is found later in this handbook. Please label all clothing and belongings. We encourage you to consider the weather, and that camp happens outdoors and is tough on clothes. Campers often wear the same shirt for a day or two and their favorite shorts for several days. We encourage campers to practice good personal hygiene but offer the independence to make their own clothing decisions. Please work with your camper to be sure she packs enough clothing for any weather (including hot, humid days, and multiple rainy days); that it is free of derogatory or inappropriate messaging, and that it is appropriate for the active nature of camp. Help your young camper organize by packing entire outfits into resealable see-through plastic bags; help her recognize her belongings and label items with her name. Help your older camper make smart packing choices appropriate for the multi-aged camp community and Girl Scout environment.

Lost and Found

Camp is not responsible for lost or missing items. While counselors help girls learn the skills needed to keep track of items and find misplaced items during camp, we ask that she leave valuable, cherished, or irreplaceable items at home. On the last day of the session, a lost-and-found area will be located near luggage pick up; please check there with your camper before you leave, as lost and found items are donated or discarded after each session. We regret that we are unable to mail missing items to campers after camp due to the high cost of postage.

Meals at Camp

Hanoum Hall is the hub of Camp Farnsworth. Throughout the day, girls sing, socialize, perform skits, and eat a lot of great food at Hanoum Hall! When not at the dining hall, girls plan their meals and cook outdoors at their unit.



Campers enjoy breakfast and dinner family style with friends and counselors. Girls sit 8 per table with 1-2 staff to supervise and help girls get to know each other. Breakfast and dinner include main course items and breakfast or a salad bar with additional options. SunButter and jelly are always available. Lunch is cafeteria style, and girls can choose from a variety of sandwiches, salads, fruits, and vegetables. Lunch is made to be portable so girls and counselors can take their meal to program areas, on picnics, or eat on the singing porch as a unit, giving counselors a chance to check in with their campers and for girls to

eat with their unit friends. Contact Customer Care if you would like a copy of the camp menu.

Our kitchen is managed and staffed by Café Services, a contracted food service company. They are experienced in providing a variety of nutritionist-approved, kid-friendly meals which offer gluten-free and vegetarian options, and operate as a nut-aware kitchen. They are well trained in accommodating food allergy and dietary needs. Please contact us if your camper has specific food needs or allergies, and be sure to record this information on her health form.

At least once per session girls will plan and prepare a cookout dinner and request food items from the kitchen. The purpose of a cookout is to learn and practice outdoor cooking skills. Campers may decide to have a cookout as often as once per day.

Sun Safety

We recommend that campers use sunscreen daily and take precautions such as wearing long sleeves and hats with a brim to avoid the sun. Most camp activities take place outside in the sun, although we will avoid direct sun when we can. Camper rest time is planned for midday hours when the UV index is strongest. Please send sunscreen to camp that you have determined is appropriate for your camper, and teach her to apply it.

Insects

We recommend that campers use insect repellent every day and take precautions such as wearing long pants and sleeves at dusk to prevent insect stings and bites including ticks. We will remind campers to wear repellent daily. Please send a repellent to camp that you have determined is appropriate for your camper, and teach her how and when to apply it. Our staff will remind campers to check for ticks daily, and there are signs posted throughout camp telling girls to check for ticks.

Trading Post

Campers can use their Trading Post card or Cookie Dough Program Credits to shop at the camp Trading Post for items such as water bottles, sweatshirts, camp journals, patches, and many other fun camp items. The Trading Post is open on the first day of camp during check in, and the last day of camp during check out. Girls can use any remaining balances at the Bedford, NH or Williston, VT, Mountain Top Shop retail stores. If you have Cookie Dough Program Credits, you can use that at camp too, just bring your 9-digit code along (or we can look it up for you!).

Communicating with Your Camper

Plan-Ahead Letters and Packages

If you are a plan-ahead family, you can send a package or letters to your camper by writing them ahead of camp and delivering them to the camp office during check-in. Your letters/packages will be delivered with regular camper mail throughout the week, saving you postage, and ensuring your letters get to your camper on time.

Postal Mail

Getting letters at camp is one of the greatest joys of the resident camp experience. Mail is delivered at lunchtime and campers are encouraged to send letters and postcards home. We recommend packing a few pre-addressed stamped postcards with your camper so she can just write the highlights of her day and drop it in the mail to you. You'll need to plan ahead to mail letters in time for your camper to receive them. Use the mailing address at the front of this handbook with your camper's name and program to send letters.

Care Packages

Care packages can be mailed to campers and will be opened with a counselor's supervision. Excellent care package ideas include items the unit can share such as bubbles, small toys, puzzles, books, crafts, or even an extra T-shirt or a pair of socks for your camper. Please do not send food, candy, or baked goods. All food will be discarded because of allergy sensitivity.

Email

In addition to traditional mail, campers can receive (but not send) email messages. Emails should receive the same thought and care as a letter. Be sure emails only include text as we will not be able to print photos, attachments, color, or background images. Emails are printed at 11:00 a.m. each day and delivered with letters at lunchtime. Emails received after 11:00 a.m. are printed and distributed the next day. When sending an email, type the camper's name and program in the subject line: Suzy Camper, Messy Olympics, and send it to FarnsworthCamper@girlscoutsgwm.org. This email is for camper emails only. To contact the camp office, or for any business or health questions, please use our Farnsworth@girlscoutsgwm.org email address.

Phone Calls

Girls do not make or receive phone calls at camp in order to enjoy their time unplugged and independent. Camp staff will contact you if there is a need; otherwise, you can call the office to ask us to check on your camper. While camp staff is often out and around camp during the day, they do stop by the office to check messages and return calls promptly. If you get the camp voicemail, please leave a message for the fastest return call. We ask that you do not send a cell phone or any other digital device with your camper, and allow her to be independent and make decisions for her time at camp. If we find that a camper has a cell phone or other communication device at camp, we will hold it safely in the camp office and return it to you when you pick her up.

Health and Safety

The health and safety of campers and staff is our first priority. Our health care policies meet or exceed standards set by Girl Scouts of the USA's guidelines, state licensing requirements, and American Camp Association (ACA) guidelines. The healthcare supervisory team includes a licensed nurse and an on-call physician for consultation. Our camp staff are trained in first aid, CPR, and other health care certifications as required by their positions.

Your family shares in the responsibility for keeping our camp community healthy. Before camp, remind your camper of the importance of frequent handwashing; not sharing water bottles, eating utensils or hair brushes; and of personal hygiene best practices. During check-in, campers will visit the health care center to check for two common health indicators: fever and head lice. We ask camp families to check your camper's hair several weeks before camp, to allow you time to treat head lice prior to arrival. Campers who arrive with head lice will need to return home for treatment and must be confirmed nit-free before returning to camp. Girls who arrive with a fever of 100° or higher, or who have experienced illness-related vomiting or diarrhea in the 24 hours before camp, need to be symptom-free for 24 hours to participate in camp activities.

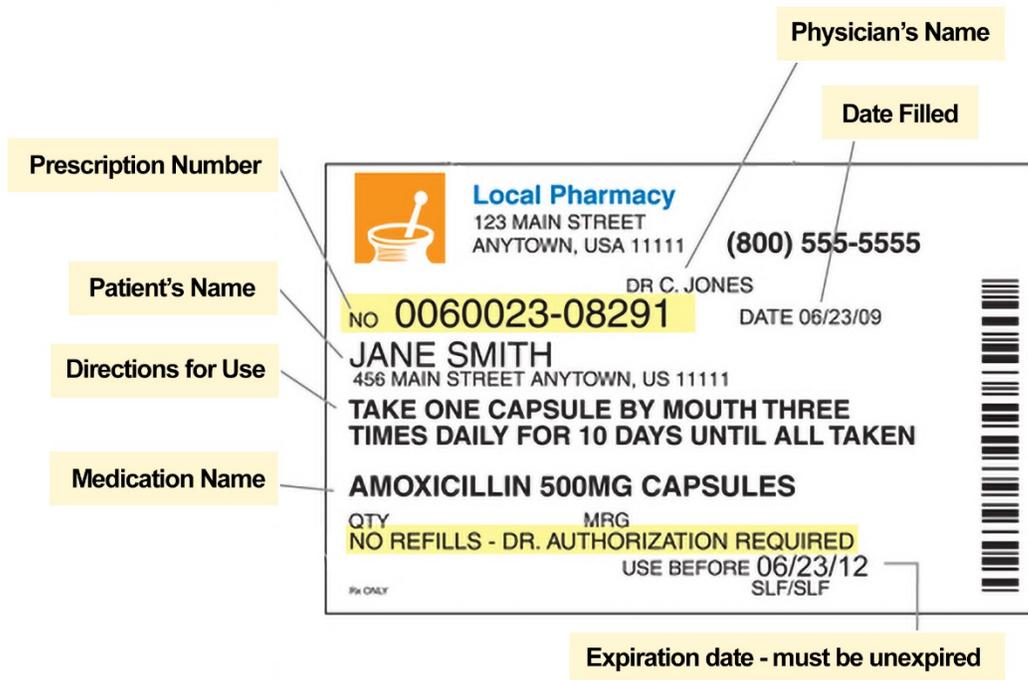
We know COVID-19 is a serious health concern. Our camps are committed to following CDC, ACA, and local health department guidance to keep our campers and staff safe. Please be prepared for updated statements and for guidance to change as the COVID-19 guidelines change.

At camp, campers are encouraged to care for themselves by getting enough sleep, eating healthfully, drinking plenty of water, and maintaining personal hygiene (showering regularly, wearing clean clothes, applying insect repellent and sunscreen regularly, and checking for ticks). Our staff will model expectations and provide reminders, and we encourage families to set expectations for campers before they arrive at camp. Please coach your camper to tell a staff member if she is hurt, feels ill, needs personal care items, or needs help with something. Our health center is located in the bunk house. The health center includes beds, shower facilities, and a kitchen to ensure campers are comfortable if they require a brief stay at the infirmary. Please note in your health forms if your camper will need assistance or special reminders to care for herself at camp.

Camper health information is managed through health forms available on the camp page on our website (girlscoutsgwm.org/farnsworth). We ask that you turn in health forms ahead of camp, and note any information we will need to help your camper be healthy and successful at camp.

Medications

If your camper takes medication, families will need to turn in any camper medications to the Health Supervisor upon check-in, including prescription and non-prescription medicine. These must be in their original containers, unexpired, and fully documented in the camper's health forms. Prescription medications must have the patient's name, the prescription number, date filled, physician's name, medication name, directions for use, and expiration date (unexpired). Please note that per the Nurse Practice Act, a physician's signed order is required for all prescription medications. This form is available with the health



Prescription medications must have the patient's name, the prescription number, date filled, physician's name, medication name, directions for use, and expiration date (unexpired).

forms. We recommend that you do not make changes to your camper's medication regimen directly before camp. Please be sure that your physician knows she will be attending camp so we can be made aware of any medication needs.

Additional permission forms signed by you and your girl's physician, must be on file in order for your camper to keep an EpiPen®, inhaler, and/or diabetes supplies in her possession while at camp. Camp staff are notified when campers are permitted to carry medications, and will check in with the girls often. We do recommend that a second EpiPen®, inhaler, and/or supplemental diabetes supplies be kept in the Health Care center as a backup to the one your girl keeps in her possession. Girls who use their medication during camp will need to have usage recorded by the Health Supervisor. Please contact us via our Customer Care team for any questions you may have.

Accessibility

Camp takes place outdoors, in all weather, over uneven ground, and inside and outside of buildings and units. In every case, we want campers to be safe and meaningfully participate in all aspects of camp activities. Please contact the outdoor experience team if your camper has any physical, emotional, dietary, or medical needs that might make meaningful participation a challenge. In most cases accommodations can be made to ensure your girl can have a safe and positive camp experience; especially when we work well enough ahead of camp. If it is determined that we cannot ensure this experience for your camper, your family will be provided a full refund, and we can assist you in locating alternate options.

Medical Bills and Supplemental Insurance

All families are strongly advised to have health insurance coverage. Any medical care required for illnesses or injuries occurring at camp will be billed through your family health insurance plan. Girl Scouts of the Green and White Mountains' insurance plan provides supplemental coverage (up to a maximum of \$130 per

girl) for injuries sustained at day camp or injuries or illnesses occurring at resident camp, with legal guardians responsible for any remaining costs. Girls without health insurance are covered by GSGWM's insurance plan to a maximum of \$10,000, with legal guardians responsible for any remaining costs.

Activities

There is so much to do at Girl Scout camp! Each day campers will choose their activities and participate in specialty programs for which they are registered. There are all-camps, campfire nights, theme activities - every day is new and different! Counselors guide campers in choosing their activities, and help girls learn to lead and work together. Girl-led cooperative learning and learning by doing are all a part of the Girl Scout camp experience.

When preparing for any activity with girls, GSGWM always begins with the Safety Activity Checkpoints (SACs) written specifically for recommended ages and grades for that particular activity. For more information and to help your girl prepare for camp activities, download the GSGWM Safety Activity Checkpoints from our website. You will find specific information for the checkpoints that are common to all activities as well as those that are age-specific such as:

Open to all:

*Arts and crafts/Pottery
Ecology/Nature
Swimming (Pool and
Lake)*

*Completed Grades 2 (Brownie
Girl Scouts) and older:
Horseback Riding
Archery
Boating (Canoes/ Kayaks)
Team building and Low
ropes course/bouldering wall*

*Completed Grades 4 (Junior
Girl Scouts) and older:
Boating (Sailing/Stand-Up
Paddleboards)
High Ropes (Challenge
course)
Backpacking
Airsoft (Grade 5 and older)*

Sample Day at Camp

7:00 a.m. Wake up! Time to get dressed and ready for camp.
7:15 a.m. Optional early-bird activity (swim, canoe, hike, bird watch, and more!)
7:45 a.m. Flag ceremony and weather
8:00 a.m. Singing Porch and breakfast (family style) WFA morning "radio" announcements
9:00 a.m. Specialty program time
10:30 a.m. Unit time in program areas: arts & crafts, ecology, wood shop, archery
12:00 p.m. Lunch (with Unit) and camper time/mail delivery/camp kapers
1:15 p.m. Unit time in program areas: nature hike, canoe, swimming, climbing Tower
2:45 p.m. Games and Gaga ball on the big field; showers
4:15 p.m. Camper choice activity (girls choose individually: archery games, pottery wheel, paddle board yoga, or other daily special activities)
5:45 p.m. Flag ceremony
6:00 p.m. Singing Porch and dinner (family style)
7:30 p.m. All-camp activity or campfire or unit activity time
9:00 p.m. Unit time/lights out (*Lights out time will vary by unit and age*)

Camp Kapers

We ask campers and staff to be respectful of camp and help to keep it clean. Units take turns completing a daily kaper, which may include setting tables, sweeping units or program areas, collecting lost and found, or picking up litter around camp. Kapers are one way we all contribute to and share in the responsibility within our camp community. Completing a kaper usually takes no more than 15 minutes when every girl participates. Girls may sweep out bathrooms, but camp staff are responsible for cleaning bathrooms/toilets/showers, and for sanitizing and disinfecting program areas around camp.

Waterfront Activities

Camp Farnsworth offers a variety of water activities including swimming in the pool and lake, canoeing, paddle boarding, kayaking, and ponding around the lake. For everyone's safety, we use a waterfront buddy tag system whenever girls are participating in waterfront activities. All campers take part in a waterfront safety orientation and swim check on their first or second day at camp. This swim check follows nationally recommended standards and determines the camper's swim bracelet and buddy tag color. Campers wear PFD's for any boating activity and can choose to wear them swimming. Swim level does not limit activities campers can participate in; it ensures girls participate in the safest way possible.

Swimming

Some families prefer to have their campers practice their swimming skills for the swim level assessment before they get to camp. Campers can ask waterfront staff to recheck their skills any time during free swim time. These levels and standards are universally applied and recommended.

- Green: qualified swimmers, access to all swimming areas - swimmer must comfortably jump feet first into chest-deep water, swim front crawl with regular or rotary breathing 25 yards, maintain position on back for one minute in deep water (floating or treading) and swim backstroke 25 yards.
- Yellow: intermediate swimmer, access to water no deeper than shoulders without support (PFD) – swimmer must comfortably jump into chest-deep water, swim front crawl 15 yards without stopping/touching, submerge and retrieve an object in chest-deep water, and float on back or scull for 30 seconds.
- Red: non-swimmer, access to water no deeper than comfort level/never deeper than waist without support (PFD) – non-swimmers may be uncomfortable in water; or may be beginner swimmers who cannot comfortably submerge or know how to float. Campers who choose not to take a swim test will be designated as Red-level swimmers and will need to wear a PFD for all waterfront activities.



Boating

Campers who participate in any boating activity will complete a “tippy test” as part of our waterfront orientation. This includes how to safely overturn a canoe or kayak, exit the boat, and either return to the

boat or return to shore safely. Additional instruction may be part of canoeing or boating skills lessons, or as campers show interest.

Horse Program

While camp offers a horseback riding program, we are not a horseback riding camp. In addition to riding and activities at the barn, your camper will enjoy many other camp activities such as swimming, arts &



crafts, hiking, and more. For safety, riders and staff at the barn wear boots with a half-inch heel, long pants, and are provided a riding helmet. Time at the barn includes riding, care for the horses, and activities to learn more about horses and their care. During lessons, riders may develop and build upon their skills of mounting and dismounting, walking and halting, trotting and turning. At the barn, riders will learn about grooming, parts of the horse, nutrition, and basic horse care. Riders should expect to spend time caring for the horses, including feeding, mucking and tacking as learning to lead and care for horses safely on the ground provides the foundation necessary to becoming an accomplished equestrian.

Traveling Off-Site: Trek Programs

The Trek Programs provide girls in grades 8 and older with an opportunity to go hiking, canoeing, biking, or participate in activities away from the camp property. Girls are transported by bus or by van with a trained driver 21 years of age or older. Our van drivers have passed a driving record background check and training specific to 12-passenger vans. At least two adults accompany all trips and are trained in CPR and first aid. All passengers in vans must wear seatbelts.



Emergency Procedures

Health and safety at camp is our first priority. Girls and staff practice emergency assembly drills every week. Communication between units and main camp is maintained by walk-throughs and walkie-talkies, especially at night. In addition, we have an agreement and working relationship with the local fire/police/rescue departments to provide emergency response as needed. Camp staff are trained in anticipating and responding to most situations that might arise at camp, including, but not limited to: Injuries and Illness

- Fire emergencies
- Inclement weather
- Waterfront emergencies
- Boating emergencies
- Stranger(s) on camp property
- Lost camper
- Off-site emergencies
- Vehicle breakdowns
- Wildlife interaction

Preparing for camp

We want your camper to have the best possible experience at Camp Farnsworth. We have found that when camp staff and parents work together, each girl gets the most out of her camp experience. You can help this process by:

- Involving your camper in the planning/preparation. Help her as she packs her own duffel bag or bin and rolls her sleeping bag. Make sure everything is labeled with her name.
- Practicing having time away, like staying at a relative's or friend's house, or a troop sleepover.
- Sending her a letter (like she'll get at camp) telling her about all the fun she can expect at camp. Let her write a postcard to you about what she hopes she'll get to do at camp, or what she is nervous about.
- Talking openly about homesickness and developing a plan for what to do if she starts to miss home. Great ideas include: thinking about the fun things she'll do the next day, hug her stuffy, write a postcard home about the best thing she did at camp, or ask a counselor for help.
- Avoiding promises that she can call home, or that you will come and get her. Encourage her to work through her feelings first.

Some campers may experience homesickness, whether it is their first time or fifteenth time away from home. Most of the time the campers are so busy they do not have time to think about missing home. Participating in camp is an incredible developmental step for your girl, and almost all homesickness goes away quickly. Camp staff will contact parents when homesickness persists or is overpowering for a camper. Together we will work out a plan that is best for the camper and her family.

What to Pack for Camp

Plastic bins and duffel bags are good options to pack your camp supplies. Remember that your gear will be stored under your bunk and that bunks are about 10-12 inches off the floor. When packing clothing for camp, remember that the weather during Vermont summers can be extremely variable.

Campers will be very active and need comfortable clothes that can get dirty. Spaghetti straps, tube tops, string bikinis, and short shorts are not practical in an active camp environment and should stay at home.

We've provided suggestions and a packing list for 1-2 weeks at camp - but please pack in the best way for your camper! Make additions that you feel will be appropriate for her, but remember that space is limited. We also recommend that as you pack, have a look at the weather forecast - if it is going to be cold and rainy, please adjust how your camper packs.

As you start to pack for camp, please remember that some items are prohibited from camp:

- Cell phones
- Radios, MP3 players, iPods, electronics
- Portable video games, tablets/iPads, E-readers
- Pocket knives (Girl Scouts jackknives OK with permission)
- Matches, lighters, candles, fireworks
- Tobacco, marijuana, illegal drugs, alcohol or weapons

Leave these items at home:

Anything expensive
Anything irreplaceable
Personal sports equipment
Family pets
Clothing with disrespectful messages or graphics
Food/candy/energy drinks

Feel free to use the checklist we provided as a guide, or create your own. Pack together with your camper to help her know what is in her luggage and to better repack her items at the end of her camp session. It may help her to write how many of each item she has with her, or a description of her swim towel.

Laundry

Camp Farnsworth does not offer a laundry service to our campers. If an emergency need occurs for a camper, the Health Supervisor and counselors can arrange to have bedding or items washed so the camper can continue her activities with everyone else. Please talk with your camper about telling her counselor should an incident occur.



Resident Camp Packing List

Pack in a backpack for the first day:

- Bug repellent
- Refillable water bottle (that doesn't leak and has your name on it)
- Sunscreen
- Bathing suit (for swim level check) and swim towel
- Mosquito netting for bed (optional)
- Medications in original containers that you will hand to the health supervisor at check-in

Pack in a stretchy pillow case that you can tie closed and carry to your unit on the first day:

Pro tip: if it is rainy, pack this in a trash bag to keep everything clean, and label your bag!

- Sleeping bag/blanket (for Trek programs, the smallest, lightest sleeping bag you can bring)
- Small pillow in a pillowcase
- Twin-size fitted bed sheet (to cover mattress)
- Stuffy for camp

Pack in a duffel bag or plastic bin: Pro tip: roll together complete sets of clothes (shirt, shorts, underwear, socks) and pack; or pack a set of clothes into a resealable clear plastic bag for each day.

- T-shirts; 7-14 (You'll probably wear these more than one time.)
- Long-sleeve shirt, lightweight; 2-3 (You'll definitely wear this more than one time.)
- Long-sleeve shirt, warm; 1 (A warm long-sleeve layer that is lightweight and dries quickly.)
- Shorts; 3-10 (Often worn more than one time!)
- Long pants; 1-2 (You'll need these for climbing wall, or if it gets chilly; bring 3-4 if horseback riding.)
- Underwear/bras; 7-14 (Wear clean underwear every day)
- Socks; 8-15 (Socks and shoes are worn every day at camp! You'll appreciate an extra pair of socks.)
- Sleeping clothes/pajamas; 2-3 (Sweatpants and a T-shirt work; remember, we are at camp!)
- Bathing suit; 2-3 (Two-piece suits designed for active watersport participation are recommended.)
- Sneakers; 1-2 pairs (To wear in camp, every day; closed toe, closed heel; not optional. If in hiking program, a pair of sturdy, well-padded sneakers, or a pair of light hiking boots. Socks and shoes are worn every day at camp!)
- Water shoes/sandals with a heel strap that stay on your feet (no flip flops) for boating or water activities.
- Rain jacket with hood or rain hat. (A hoodie is NOT a rain jacket.)
- Hat with a brim
- One towel for showers for each week (We'll help you hang these up to dry.)
- One towel for swimming for each week

**Pro tip: pack toiletry items used multiple times a day (toothbrush, face wash, hair ties) in one bag, and shower items in another bag.*

- | | |
|---|---|
| <input type="checkbox"/> Toothbrush/toothpaste/floss | <input type="checkbox"/> Insect repellent (in your backpack) |
| <input type="checkbox"/> Shampoo/conditioner | <input type="checkbox"/> Sunscreen (in your backpack) |
| <input type="checkbox"/> Soap or face/body wash | <input type="checkbox"/> Flashlight or headlamp with new batteries |
| <input type="checkbox"/> Hairbrush/comb/hair ties | <input type="checkbox"/> An unbreakable plate, cup, spoon and fork (or spork) for cookouts. |
| <input type="checkbox"/> Deodorant as needed | <input type="checkbox"/> Pre-addressed, stamped postcards (we suggest just 2-3/week.) |
| <input type="checkbox"/> Lotion as needed | <input type="checkbox"/> Book to read (optional but a great idea!) |
| <input type="checkbox"/> Eyeglasses (extra pair), contact lenses and supplies | |
| <input type="checkbox"/> Tampons/pads as needed | |

Registration and Payment Information

Any remaining camp fee balances must be paid in full by Friday, May 28, 2021. You may view your camp balance online through your camp registration account.

** If your girl is eligible for financial aid, you will be notified in writing, and this amount will be applied to your camp balance.*

Cookie Dough Program Credits may be used to pay for camp fees including the non-refundable deposit. Unfortunately, refunds cannot be provided for Cookie Dough Program Credits received after your final payment has been made. To use Cookie Dough Program Credits toward your remaining camp registration fees, please either:

1. Write the 9-digit code on a paper registration form; or
2. Call or email Customer Care (888-474-9686, customercare@girlscoutsgwm.org) with your 9-digit code prior to making your final payment.

Girl Scouts makes financial assistance available to girls so they may benefit from the camp experience. Financial assistance is for girls whose caregivers could otherwise not afford the cost of camp. Girl Scouts is a nonprofit organization and your donation qualifies for tax deduction. To make a donation to support girls who need financial assistance, visit www.girlscoutsgwm.org and search for Fund-a-Girl, or call 888-474-9686 and send your payment to:

Girl Scouts of the Green and White Mountains
1 Commerce Drive
Bedford, NH 03110

Changes and Cancellations

As long as space is available, we are happy to help you accommodate changes to your schedule or changes to what your camper wants to do at camp! Just contact Customer Care (888-474-9686) who can make the change. If the program or session fees differ, we'll charge or refund you as needed.

If you cancel a registration on or before Friday, May 28, 2021, program fees will be refunded (minus the \$50 per session deposit). After May 28th, refunds of program fees (minus the \$50 per session deposit) may be made only for cancellations due to a camper illness verified in writing by a doctor, or a serious family emergency. Registrations are not transferable to another girl. No reduction in fees can be made for girls arriving late or leaving early for any reason, including campers who leave for disciplinary concerns. Pre-ordered T-shirts and trading post cards are nonrefundable, regardless of time or reason for cancellation.

Addressing Concerns

If you have a concern regarding your camper's experience, please let us know as soon as possible. We strive to make camp a safe and positive place for all girls. To best address your concerns, please call or email the Camp Director so a meeting can be scheduled in advance. If at any time you feel your concern is not being addressed to your satisfaction, please notify the Assistant Director of Facilities and Outdoor Program by phone or email.