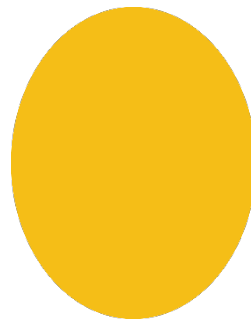
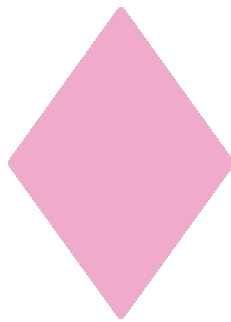
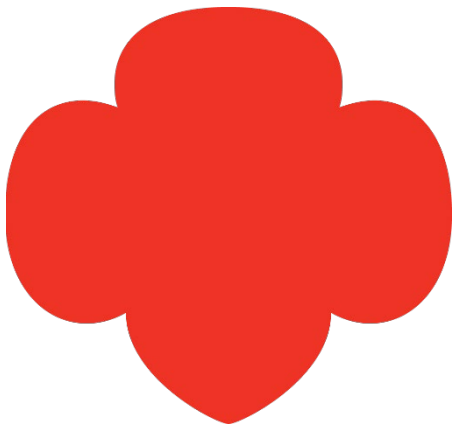


Day Camp **FAMILY** **HANDBOOK**



www.girlscoutsgwm.org | 888-474-9686

girl scouts 
of the green and
white mountains

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 them 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. 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? Join us at our camp open houses! Come with your family or your troop, and even bring a friend who is thinking about coming to camp. Open house is a great opportunity to meet our camp leadership and 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

Thursday, January 16 Virtual day camp monthly chat
Thursday, February 13 Virtual day camp monthly chat
Thursday, March 6 Virtual day camp monthly chat
Monday, March 31..... 2024 Cookie Program Credits ***expire***
Thursday, April 17 Virtual day camp monthly chat
Beginning of May Look for 2025 Cookie Program Credits to use for camp!
Thursday, May 15 Financial aid application due
Friday, May 16 Trading Post pre-order closes
Saturday, May 17 Camp Kettleford Open House 12:00 p.m.-2:00 p.m.
Saturday, May 17 Camp Twin Hills Open House 12:00 p.m. – 2:00 p.m.
Saturday, May 18 Camp Seawood Open House 12:00 p.m.-2:00 p.m.
Sunday, June 1 Final Balances Due

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

Camp Information

Pre-season, please contact us at Customer Care (888) 474-9686.

Camp Kettleford

26 Camp Allen Road
Bedford, NH 03110
Phone: June 23-August, 15 603-625-5421
Email: Kettleford@girlscoutsgwm.org
Camp Day Hours: 9:00 a.m.-4:00 p.m.
Camp Pickup: 4:00 -5:00 p.m.

Open House- Saturday, May 17,
12:00 p.m.-2:00 p.m., Free

Camp Seawood

350 Banfield Road
Portsmouth, NH 03801
Phone: July 7-August 1, 603-436-1938
Email: Seawood@girlscoutsgwm.org
Camp Day Hours: 9:00 a.m.-4:00 p.m.
Camp Pickup: 4:00 -5:00 p.m.

Open House - Sunday, May 18,
12:00 p.m.-2:00 p.m., Free

Camp Twin Hills

2428 Wes White Hill
Richmond, VT 05477
Phone: July 21-August 1, 802-434-2292
Email: TwinHills@girlscoutsgwm.org
Camp Day Hours: 9:00 a.m.-4:00 p.m.
Camp Pickup: 4:00 -5:00 p.m.

Open House - Saturday, May 17,
12:00 p.m.-2:00 p.m., Free

Learn More About Camp

Learn more about summer camp by attending a Day Camp Chat or a Camp Open House, or by visiting the camp pages at www.girlscoutsgwm.org.

Camp Chats are a virtual event where campers can learn more about their specific camp and program, meet summer staff, and ask any questions they may have in anticipation of the summer.

Camp Open Houses are in-person events for campers to come to camp, meet camp staff, and take part in activities as you tour camp. Register for this free event online using the activities calendar on our website or by calling 888-474-9686. Dates for these events can be found under Important Dates on page 2.

Camp Photography

Want to see the fun your camper is having throughout the week? We will be offering a photo matching service free of charge for families. Camp photographers will take photos throughout the day and upload them to a site called Waldo where photos of your camper will be sent directly to you. To sign up text **gsgwm25** to 735-343.

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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 team are candidates from all around the globe selected to help enrich your camper's experience. Most of our staff members 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 camper. Staff must meet ACA and Girl Scout Safety Activity Checkpoints age requirements.

After being selected, our staff participates 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 campers 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 them build the courage, confidence, and character to take the lead and realize their full potential. To help strengthen this behavior in camp, we refer to the Girl Scout Promise and Law as our guiding principles:

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 campers that is based on respect and the Girl Scout Promise and Law. We expect every camper 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, other 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.

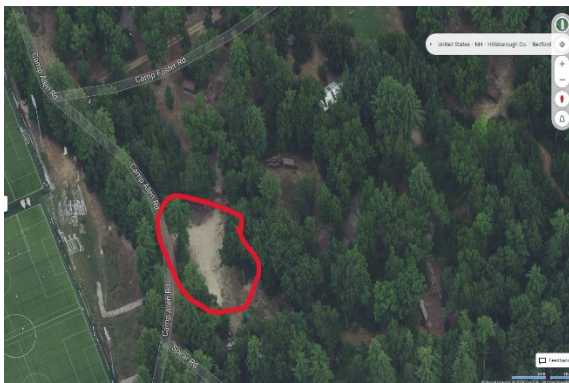
Pre-Arrival

We are relying on everyone at camp to take responsibility for their health and the health of our camp community. Before dropping your camper off at summer day camp, please check how they are feeling, if they are not feeling well take their temperature; campers with a temperature of 100.4°F or higher will not be allowed to attend camp. If you know that your camper is not feeling well, please keep your camper home and call camp to let us know your camper will not be attending camp that day.

Drop Off and Check In

Day camp check-in begins at 8:45 a.m. Following check-in, campers will join their camper unit and staff. Be sure to check that your camper has their backpack, snacks, and lunch, and confirm how they are getting picked up for the day. This is your time to say a quick goodbye using positive messages such as "Have a great time," "I love you," or "See you at the end of the day!" While some campers have a tough time saying goodbye, camp activities start right away and our staff will help any transition go smoothly.

On the first day of camp, you may need to update health information or payment information before your camper can stay at camp. Please give yourself a little extra time for lines or paperwork that day.



Pull into entrance and park in large dirt lot circled in red.

Kettleford: Drive to the upper parking lot, passing the entrance gate and sign. You will be directed to park by a camp staff member. You will then walk your camper with their belongings to the check-in table.

At the check-in table, a staff person will ask who will be picking up your camper that day to be sure they are on your permission list. Campers, once checked in, will join their unit at the fire circle. Parents will then return to the car and exit parking lot carefully watching for incoming campers and parents. Let the staff member at the check-in table know if you need to see the Camp Director or Health Supervisor.



Pull into circled entrance and park in the brown area before the building.

Seawood: Turn in to the marked entrance to camp. Park in the parking lot and bring your camper and all their belongings to the check-in table.

At the check-in table, a staff person will ask who will be picking up your camper that day to be sure they are on your permission list. Campers, once checked in, will go join their unit at the fire circle. Parents will then return to the car and exit parking lot carefully watching for incoming campers and parents. Let the staff member at the check-in table know if you need to see the Camp Director or Health Supervisor.

Image coming soon

Twin Hills: Turn in to the marked entrance to camp and park in an available spot in the first lot.

At the check-in table, a staff person will ask who will be picking up your camper that day to be sure they are on your permission list. Campers, once checked in, will gather with staff doing check-in. Parents will then return to the car and exit parking lot carefully watching for incoming campers and parents. Let the staff member at the check-in table know if you need to see the Camp Director or Health Supervisor.

Departure: Pick up campers between 4:00 and 5:00 p.m.; be sure to bring your required photo ID.

Camp check-out begins at 4:00 p.m. at camp following the same pattern as check in. Campers must be picked up before 5:00 p.m. The adult picking up their camper will need to show photo ID and be verified; the camper will then be released from their unit to that adult. Our staff will note the name of the person picking up and check the camper off. Remember that campers will not be released to any adult without a photo ID or who is not listed on the approved pickup list on the camper health form.

Upon verification, we'll retrieve your camper from their activity. Please check to be sure your camper has their backpack, lunchbox, and any other items they brought to camp. The daily Lost and Found is located near check-out - if it looks familiar, it is probably yours. We'll remind campers about any notes they should share with you. Remember to ask, "What was the most fun thing you did today?" or "How did you get so dirty?" Get them ready another fun day at camp by asking her "What are you excited about for tomorrow?"

Riding the Bus

Bus service is provided at Camp Kettleford and Camp Twin Hills for an additional fee. The cost to ride the bus is \$25 per week of camp.

Bus towns are listed below and specific locations and times will be provided later in the spring; once confirmed by the bus company.

Kettleford

July 7-18: Salem, Windham, Londonderry, Manchester

July 21-August 1: Hollis, Milford, Amherst

August 4-15: Concord, Bow, Manchester

Twin Hills

July 21-25: Milton, Colchester, Essex Junction and Richmond

July 28-August 1: Shelburne, South Burlington, Williston, Richmond



Bus riders - Drop Off (mornings) and Pick Up (afternoons)

Each camper will be asked to confirm how they will be picked up at the bus stop.

Adults picking up campers from the bus will need to show photo ID and must be on the camper's approved pickup list from their health form. Buses leave camp at 4:00 p.m. daily; see the website for bus stops in times, these will be provided in late April. These will also be included in camp confirmation emails as camp gets closer.

To allow for as many campers as possible to spend a week at camp, bus stops go to and from one location for two weeks of camp (one week at Camp Twin Hills). If you are planning to send your camper via bus to camp, be sure you have signed up for a week of camp that includes the bus stop you want to use.

Bus pickup begins as early as 7:30 a.m. and arrives at camp by 9:00 a.m.; buses leave camp at 4:00 p.m. and reach their final stop by 5:30 p.m.

Families are responsible for supervising their campers at the bus stop. Avoid letting campers run into the street or parking areas where other drivers may not see them. We ask that you arrive a few minutes early for the bus, as driving times may vary slightly from day to day.

Camp staff will be on the bus to check in your camper. If their name is not on the list of campers for that session, that means your records are not complete, and the staff member will not be able to admit your camper onto the bus. Be sure your camp records and payments are up to date before their camp session begins. If they are not, please drive your camper directly to camp on the first day to be sure everything is updated so your camper can participate in the camp.

We'll check to be sure they have their backpack, snacks, and lunch, and confirm how they are getting picked up for the day.

Review these bus safety rules with your camper. Camp staff will also review the safety rules.

- Follow directions of the driver and the camp staff on the bus.
- Quickly find a seat and remain seated while the bus is moving.
- Fasten seat belts if provided.
- Keep hands, arms, and heads inside the bus - even if the window is open!
- Make sure your backpack and other gear are not blocking a bus aisle.
- No eating or drinking on the bus.

When picking up your camper from the bus, please be prepared to show your photo ID. A photo ID is required daily from you or anyone else assigned to pick up your camper. Upon verification, you will sign your camper off the bus. Please check to be sure your camper has their backpack, lunchbox, and any other items they brought to camp. Look for a Monday newsletter to give you a preview of the week at camp. Remember to ask, "What was the most fun thing you did today?", "How did you get so dirty?" and "What are you excited about for tomorrow?"

In the unlikely event that you miss the bus drop-off time, our drivers will wait five minutes. If you will be later, call the camp and the staff will direct you to the next bus stop, or to the last bus stop, to give you more time. If you can't get there in time, the bus driver will bring the bus and your camper back to camp for pickup.

If the bus is more than 25 minutes late and you have not already been notified of a delay, please call your camp office for more information. We may contact one family at a bus stop and ask them to inform others to help get information about bus delays out quickly; we'll then circle back to call each family.

Facilities, Friends, & Food Facts

Licensing and Accreditation

All Girl Scouts of the Green and White Mountains camps follow Girl Scouts of the USA's guidelines, state licensing requirements, and American Camp Association (ACA) 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. Our camp directors are members of the American Camp Association.

Living Units

Campers will be assembled into units of children their age at camp. A unit is a group of campers the same age and in the same program, who are supervised by a Unit Leader and Unit Assistants (counselors). Each unit will have a place for campers to leave their backpacks and lunches. Each unit gets to experience a unique day and participate in camp activities according to their program and unit plans. Girl Scout camp is girl-led, meaning each unit will spend time planning and contributing their ideas as to what will be done during their day at camp. For example, every unit will have a cookout. With the guidance of their counselors, those in the unit decide what and how to cook their meal. In helping to plan their experience, campers enjoy the opportunity to make decisions, be heard, build self-esteem and increase their imagination and creativity.

Buddies at Camp

Most campers come to camp as an individual, but some choose to camp with a buddy. If your camper wants to be placed with a buddy at camp be sure they are registered for the same week and program. Both campers should enter each other's information on the 2025 Camper Health History Form. The camper health history form will be available in your monthly camper email; it is a one-page online form.

We will place camper buddies together if they are registered for the same program and in the same Girl Scout grade level. If a group 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 campers come with a friend (or sibling) but not to the same program, remind them that they will still see each other during camp.



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. Please send a sunscreen to camp that you have determined is appropriate for your camper and teach them how to apply it.

Insects

We recommend that campers use insect repellent every day and take precautions such as wearing long pants and long 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 them how and when to apply it. Our staff will remind campers to check for ticks daily, and there are signs posted throughout camp reminding campers to check for ticks.

Trading Post

Trading Posts are managed by the GSGWM Mountain Top Shops. Look for more information about Trading Post as we get closer to camp.

Cookouts

The purpose of a cookout at day camp is to practice cooking or dishwashing skills in the outdoors. Campers will plan a cookout to prepare, eat, and clean up together. Campers will wash their hands before cooking or baking. While dishwashing is a three-step process at camp - wash, rinse, and sanitize - we recommend families rewash dishes washed at camp before home use.

If your camper has a mess kit or reusable plate and silverware they can bring to camp for their cookouts, please include it in their backpack on those days. If your camper does not have these items, we have items they can borrow and use at camp.

What to Bring to Day Camp

Campers are encouraged to pack for each day in a backpack. Adirondacks have shelves and hooks to store personal belongings; campers will have a designated space to store personal items each day at camp. Please label all your camper's items (especially their water bottle) to make it easier to return misplaced items to the correct camper and reduce the chances of multiple campers touching their personal items.

What to pack in a backpack:

- ☐ A refillable water bottle with your camper's name on it. We drink lots of water at camp!
- ☐ Lunch, a morning snack, and an afternoon snack. Lunches cannot be refrigerated or heated at camp.
- ☐ Sunscreen and bug repellent that your camper can reapply during the day. (Practice at home!)
- ☐ A swimsuit, towel, and water shoes - most days we will play water games. (or maybe even swim!)
- ☐ Pack your rain jacket! If it rains, you'll be dry - if it is cold, you can wear it and be warm!

What to wear for a day at camp:

Well prepared day campers dress for the weather.

- ☐ Wear shorts, a T-shirt, and bring a long-sleeve layer. (Tie it around your waist, or put it in your backpack)
- ☐ Wear sturdy sneakers and socks to protect your feet and ankles. Flip flops and Crocs are not safe to wear all day at camp. Please leave these at home.
- ☐ Wear bug repellent and sunscreen. Know how to reapply!
- ☐ Add a hat with a brim for the best sun protection.

Lost and Found

Camp is not responsible for lost or missing items. While counselors help campers learn the skills needed to keep track of personal items and find misplaced items during camp, we ask that they leave valuable, cherished, or irreplaceable items at home. Lost and found is available for campers and families to look through each day and is located at the check-out area. Please check lost and found regularly, and call camp as soon as you notice something missing,

What to leave at home:

As you pack for camp, remember that some items are prohibited from camp. Please be sure to leave the following items at home:

- ☐ Cell phones
- ☐ Radios, MP3 players, iPods, electronics
- ☐ Portable video games, tablets/iPads, E-readers
- ☐ Matches, lighters, candles, fireworks
- ☐ Tobacco, marijuana, illegal drugs, alcohol or weapons
- ☐ Pocket knives (Girl Scouts jackknives allowed ONLY with special permission)
- ☐ Irreplaceable items
- ☐ Expensive name-brand articles of clothing
- ☐ Personal sports equipment
- ☐ Family pets
- ☐ Clothing with disrespectful messages or graphics
- ☐ Crocs and flip flops

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.

Communicating with Camp

Campers are not permitted to make or receive phone calls at camp so they can enjoy their time unplugged and independent. Camp staff will contact you if there is a need; otherwise, you can call the camp 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 them to be independent and make decisions for their 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 them up.

Health and Safety

The health and safety of campers and staff is our first priority. Our healthcare policies meet or exceed standards set by Girl Scouts of the USA's guidelines, state licensing requirements, and American Camp Association (ACA) guidelines. Day camps employ a health supervisor, who is supported by 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 hairbrushes; and of personal hygiene best practices.

Camper Health:

Campers who have a fever of 100.4° 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 come to camp.

If your camper has any of these symptoms in the days before camp check in or during their week at camp, please contact the camp directly for guidance to avoid being turned away at your arrival. Campers should be in good health to attend camp each day.

Handwashing and Restrooms

The daily camp schedule allows for times to wash hands and use restrooms before eating snack, lunch, and before flag time in the afternoon. Campers may use the assigned restrooms as needed; campers will take a buddy from their unit to the restroom. All campers and staff will wash hands or use hand sanitizer in between activities.

Campers are encouraged to care for themselves by eating healthfully, drinking plenty of water, and maintaining personal hygiene (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 they are hurt, feels ill, needs personal care items, or needs help with something. Please note in their health form if your camper will need assistance or special reminders to care for themselves at camp.

Camper health information is managed via health forms you'll receive in a camper email. 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.

If your camper takes medication that they need to receive during the camp day, families will need to turn in any camper medications to the bus monitor or health supervisor upon check-in, including prescription and non-prescription medicine. These must be in their original containers,

Physician's Name

Date Filled

Prescription Number

Patient's Name

Directions for Use

Medication Name

Expiration date - must be unexpired

Local Pharmacy
123 MAIN STREET
ANYTOWN, USA 11111
(800) 555-5555

DR C. JONES
DATE 06/23/09

NO 0060023-08291

JANE SMITH
456 MAIN STREET ANYTOWN, US 11111

TAKE ONE CAPSULE BY MOUTH THREE
TIMES DAILY FOR 10 DAYS UNTIL ALL TAKEN

AMOXICILLIN 500MG CAPSULES

QTY MRG
NO REFILLS - DR. AUTHORIZATION REQUIRED

USE BEFORE 06/23/12
SLF/SLF

unexpired, and fully documented in the camper's health record. 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. We recommend that you do not make changes to your camper's medication regimen directly before camp. Please be sure that your physician knows they will be attending camp so we can be made aware of any medication needs.

Additional permission forms signed by you and your camper's physician, must be on file for your camper to keep an EpiPen®, inhaler, and/or diabetes supplies in their possession while at camp. Camp staff are notified when campers are permitted to carry medications and will check in with the campers often. We do recommend that a second EpiPen®, inhaler, and/or diabetes supplies be kept in the Health Care Center as a backup to the one your camper keeps in their possession. Campers 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 directly 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 camper can have a safe and positive camp experience; especially when we work well 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 for injuries sustained at day camp or injuries or illnesses occurring at overnight camp, with legal guardians responsible for any remaining costs. Campers 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 each other learn to lead and work together. Girl led, cooperative learning, and learning by doing are all a part of the Girl Scout camp experience. Campers bring home a newsletter on Monday that gives more details about the activities they have chosen for the week.

When preparing for any activity, GSGWM always begins with the Safety Activity Checkpoints written specifically for recommended ages and grades for that activity. For more information and to help your camper 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
Ecology/nature
Swimming (lake)
Boating
(canoes/kayaks)
Slingshots*

*Cook outs
Water games
Field games
STEM
Teambuilding and low-ropes
course/bouldering wall*

*Completed Grades 1:
(Brownie Girl Scouts) and
older:
Archery*

*Completed Grades 5 (Junior
Girl Scouts) and older:
Airsoft (Grade 5 and older)*

Sample Day at Camp

8:45 a.m. Drop off at camp or bus arrival!
9:00 a.m. Flag ceremony, weather report and announcements
9:30-10:30 a.m. Theme activities – all-camp, theme games, special events
10:30-10:45 a.m. Snack! Eat one thing from your lunch or snacks
10:45-11:45 p.m. Unit time in program areas: Teambuilding, arts & crafts, ecology, archery
12:00 p.m. Wash hands, sing grace and eat lunch (save one thing for snack later!)
12:30-1:30 p.m. Unit time in program areas: nature hike, water games
1:45-2:45 p.m. Games and gaga ball on the big field
3:00-3:45 p.m. Cookout: pie-iron pudgie pies for snack! Complete camp kapers
3:45 p.m. Flag ceremony, announcements, Lost & Found Parade
4:00-5:00 p.m. Pick up from camp or catch the bus! Campers still at camp will choose activities (crafts, board games, field games, nature) until pickup ends at 5:00 p.m.

Theme Days

Campers are encouraged to participate in camp theme days during the week. The themes are:

Monday: Wear Your Favorite Color Day

Tuesday: Wacky Sock Day

Wednesday: Wacky Hair Day

Thursday: Tie Dye Day

Friday: All Camp Day (wear your camp attire!)

Camp Kapers

Campers will continue to contribute to the cleanliness of their camp through kapers. Kapers may include fire building tasks at cookout, sweeping buildings or their Adirondack, washing their picnic tables, bringing their trash to the dumpster/recycling, or tidying their restroom and handwashing area. Staff will do any task requiring sanitizing or deep cleaning.

Waterfront Activities (*Available at Kettleford*)

Camp provides swimming and boating when available. Whenever campers are participating in waterfront activities, we use a buddy tag system. 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 buddy tag color. Campers wear personal flotation devices (PFDs) for any boating activity and can choose to wear them swimming. Swim level does not limit camp activities for girls; it ensures that campers 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 not 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, float on back or scull for 30 seconds.
- Red - nonswimmer, access to water no deeper than comfort level/never deeper than waist without support (PFD). Nonswimmers 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 wear a PFD for all waterfront swimming.

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.

Wednesday Family Late Afternoon - Families get to see what camp is like on Wednesdays, when campers stay past the usual pickup time until 5:30. Caregivers may arrive at camp at 4:15, check in with photo ID, and claim their camper. Tour the camp, sing camp songs, and participate in stations where you try out what your camper has done that week. The Trading Post will be open during this time.

Emergency Procedures

Health and safety at camp is our first priority. Campers and staff practice emergency assembly drills every week. Communication between units and main camp is maintained by walk-throughs and walkie-talkies. 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 interactions

COVID-19 Exposure at Home or at Camp

Exposure at home

Campers or staff who refuse to be screened at arrival, who display symptoms, or who answer yes to any of the screening questions will not be allowed to attend camp.

If a staff member or camper has been exposed to COVID-19 and is not exhibiting symptoms they can continue coming to camp in accordance with the CDC guidelines.

If a camper is exposed to COVID-19, and is displaying signs of symptoms, then they will not be allowed at camp.

If a camper is exposed and then test positive, they need to quarantine for 5 days and wear a mask in public for 5 days in accordance with the CDC.

Exposure at camp

If a camper or staff in a child's group has tested positive for COVID-19 and notifies camp, the staff member and campers in that group will be contacted (the name of the individual will be withheld for confidentiality) and made aware. We ask that families keep an eye on their campers and if they do start to display any symptoms, keep them home.

COVID-19 symptoms appearing at camp

To investigate any suspected symptoms of COVID-19 that appear during the camp day, staff will assist campers in taking a home test. Parent/guardian will be contacted first. If you choose to not have us test, you will need to come pick up your camper. For a camper to return to camp, the family must provide a negative test result. Can bring a home test and do it at camp with Health Supervisor.

Registration and Payment Information

Any remaining camp fee balances must be paid in full by Sunday, June 1, 2025. You may view your camp balance online through your camp registration account.

Upon selecting financial assistance and completing registration, a member of our council staff will reach out to you to determine eligibility and work with you through the rest of the process. To expedite this process, you may also fill out the Financial Assistance Web Form when you submit your order. Financial aid applications are due May 15, 2025.

If you are unable to pay a deposit at time of registration, please start with the Financial Assistance web form.

Program Credits may be used to pay for camp fees after the deposit has been paid. Unfortunately, refunds cannot be provided for Program Credits received after your final payment has been made. To use Program Credits, call 888-474-9686 and speak with our Customer Care team, let them know you would like to make a payment towards camp using Program Credits. They will confirm the amount you would like to use and submit for processing.

Girl Scouts makes financial assistance available to families so all may benefit from the camp experience. Financial assistance is for children whose caregivers could otherwise not afford the cost of camp. Girl Scouts is a nonprofit organization, and your donation qualifies for tax deduction. To donate to support those 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

If 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 at 888-474-9686 or customercare@girlscoutsgwm.org, who can make the change.

If you cancel a registration on or before Thursday, May 22, 2025, program fees will be refunded (minus the \$100 per session deposit). After May 22, 2025, refunds of program fees (minus the \$100 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 camper. No reduction in fees can be made for campers arriving late or leaving early for any reason, including campers who leave for disciplinary concerns. Merchandise orders canceled before 5/16/25 can be refunded. All sales are final after 5/16/25. Any items not picked up at camp due to cancellations after 5/16/25 will be sent to the customer.

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 campers. 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 Director of Girl Experience by phone or email through Customer Care.