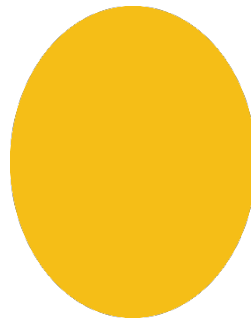
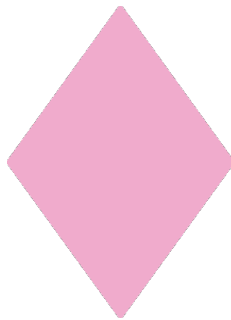
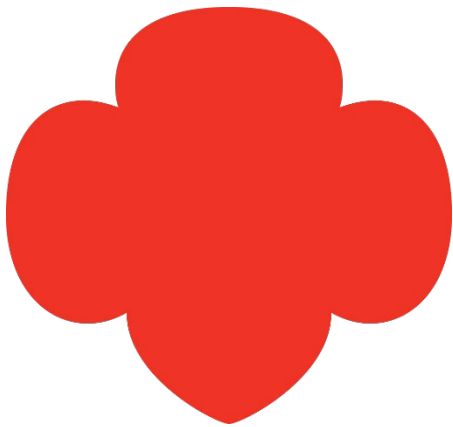


# Overnight Camp **FAMILY** **HANDBOOK**



[www.girlscoutsgwm.org](http://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 your child 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.

We are looking forward to an amazing summer at camp!

The Camp Team

### **Important Dates**

Monday, March 31..... 2024 Cookie Program Credits ***expire***  
First Tuesday of the month Jan.-May ...Virtual Camp Farnsworth Q&A  
Saturday, April 26 ..... Helping Hands camp cleanup at Farnsworth  
Beginning of May ..... Look for 2024 Cookie Program Credits to use for camp!  
Tuesday, April 1 ..... CIT applications emailed out  
Thursday, May 1 ..... CIT applications due  
Saturday, May 3 ..... Camp Farnsworth Open House 12:00 p.m. – 2:00 p.m. and  
CIT Group Interview 11:00 a.m.  
Friday, May 16 ..... Trading Post pre-order closes  
May 30-June 1 ..... Try New Things Weekend at Camp Farnsworth  
Saturday, June 1 ..... Final Balances Due  
Saturday, June 1 ..... Camp registration ends

Please note: all camp fees must be paid before children can attend camp.  
Those with outstanding balances may lose their spot to others on wait lists.

A Virtual Q&A is an online event where campers can learn more about Camp Farnsworth, the specific programs, meet summer staff, and ask any questions they may have in anticipation of the summer. Register online by visiting our Activities page on our website.

## **Camp Information**

### **Camp Address:**

Camp Farnsworth  
94 Camp Farnsworth Road  
Thetford Center, VT 05075

*Send mail to your camper:*

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

**Pre-Season Phone Number:** 888-474-9686

**Camp Office Number (June 16 - August 8):** 802-785-2171

**Camp Director:** [Farnsworth@girlscoutsgwm.org](mailto:Farnsworth@girlscoutsgwm.org)

*Send email to your camper at:* [Farnsworthcamper@girlscoutsgwm.org](mailto:Farnsworthcamper@girlscoutsgwm.org)

**Website:** [www.girlscoutsgwm.org](http://www.girlscoutsgwm.org)

Visit camp during Open House in person!

**Sunday, May 3, 12:00 p.m.-2:00 p.m.**

Register online for the Open House – an in-person event to help campers prepare for their best summer by meeting camp staff and taking part in fun activities as you tour camp.

*Register for this free event online via the Event Calendar or by calling 888-474-9686.*

### **Directions to Camp:**

#### **From I-91**

Take exit 14 off 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.

## In this Handbook

<b>Important Dates.....</b>	<b>2</b>	<i>Phone Calls .....</i>	<i>12</i>
<b>Camp Information.....</b>	<b>3</b>	<b>Health and Safety .....</b>	<b>14</b>
<b>Our Camp Staff .....</b>	<b>5</b>	<i>Handwashing, Restrooms and Showers .....</i>	<i>14</i>
<b>Our Campers .....</b>	<b>6</b>	<i>Medications .....</i>	<i>15</i>
<b>Facilities, Friends, &amp; Food Facts .....</b>	<b>8</b>	<i>Accessibility .....</i>	<i>16</i>
<i>Licensing and Accreditation.....</i>	<i>8</i>	<i>Medical Bills and Supplemental Insurance.....</i>	<i>16</i>
<i>Living Units.....</i>	<i>8</i>	<b>Activities .....</b>	<b>17</b>
<i>Buddies at Camp.....</i>	<i>8</i>	<i>Sample Day at Camp.....</i>	<i>17</i>
<i>Luggage.....</i>	<i>9</i>	<i>Camp Kapers.....</i>	<i>18</i>
<i>Clothing .....</i>	<i>9</i>	<i>Waterfront Activities .....</i>	<i>18</i>
<i>Lost and Found.....</i>	<i>9</i>	<i>Traveling Off-Site: Trek Programs.....</i>	<i>19</i>
<i>Meals at Camp .....</i>	<i>9</i>	<b>Emergency Procedures .....</b>	<b>20</b>
<i>Sun Safety .....</i>	<i>10</i>	<i>Preparing for camp .....</i>	<i>20</i>
<i>Insects .....</i>	<i>11</i>	<b>What to Pack for Camp .....</b>	<b>22</b>
<i>Trading Post.....</i>	<i>11</i>	<i>Laundry .....</i>	<i>22</i>
<b>Communicating with Your Camper .....</b>	<b>12</b>	<i>Overnight Camp Packing List.....</i>	<i>23</i>
<i>Plan-Ahead Letters and Packages .....</i>	<i>12</i>	<b>Registration and Payment Information.....</b>	<b>24</b>
<i>Postal Mail.....</i>	<i>12</i>	<i>Changes and Cancellations .....</i>	<i>24</i>
<i>Care Packages .....</i>	<i>12</i>	<i>Addressing Concerns .....</i>	<i>24</i>
<i>Email .....</i>	<i>12</i>		

## 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 prides themselves on creating an environment in which campers are encouraged to discover the outdoors, explore new interests, and experience tons of fun.

Members of our Camp Farnsworth team are selected from candidates all around the globe to help enrich your camper's experience. Most of our staffers 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 child. 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.



Interested in joining the camp staff? Apply online at <https://bit.ly/3Zc8LvS>

## Our Campers

Girl Scout camp gives your camper an opportunity to grow, explore and have fun. It is our goal to help your Girl Scouts 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 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 campers that is based on respect and the Girl Scout Promise and Law. We expect every person at camp to model these behaviors, follow camp rules, and act as a sister to all camp participants. All campers review our expectations and sign our code of conduct when filling out their health forms. 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.

### **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.

## **Drop Off and Check In to Overnight Camp and Initial Health Screening into Camp**

Overnight camp check-in begins at 2:00 p.m.

### **Driving Pattern:**

Families will drive in a loop at camp, stopping at stations along the way for check in

- Drive into Camp Farnsworth from the main entrance. Before the main gate, a staff member will meet your car to pre-check-in your camper and give you further instructions for parking. After parking, you will walk across the field to the Recreation Building to complete check-in, receive a wellness check, speak with the director, sign additional waivers as needed for off-site trips, pickup merchandise, and visit the trading post.
- Following check-in, families who need to turn in medication, complete health forms, or see the Health Supervisor will be directed to the Health Center.
- Head back to your car and drive to your camper's unit or designated luggage drop off area to drop off your camper's luggage, meet their counselors, ask any questions you may have, and say goodbye to your camper.
  - When saying goodbye to your camper, focus on the fun they will have at camp, or tell them you are looking forward to hearing about all their adventures! This lets them focus on fun ahead, and not on what they may miss at home.
- As you exit, there will be pull-off parking for those families who need to drop off camper mail and trading post money, or who have additional questions.
- Please leave family pets at home. Only service dogs are permitted on property.

### **Pick Up at Overnight Camps**

Camp pick up is on a Friday or a Saturday (dates vary, please find this information in your confirmation emails) between 9:00 and 10:00 a.m. and will follow a similar drive-through pattern as check in.

- The adult picking up their camper will need to show photo ID and be verified at the Recreation Building, then they will be directed to their camper's unit or a designated parking area nearby where the camper will be located with their luggage. 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 pick-up list on the camper health form. If an adult shows up to pick-up a camper who is not listed on the approved pick-up list, the camper's parents/guardians will be



contacted for permission. Add an adult to the approved pick-up list, please list them on your camper's health form or email Customer Care.

- Camper medications and mail received after the last delivery will be returned to the adults when IDs are checked.
- Once families have collected their camper and their luggage, they can drive through the camp, stop at the lost and found area, visit the trading post, and exit camp.

## **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, they may stay in small or large cabins, treehouses, tentalows, or canvas tents on platforms. Campers 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. Campers 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 campers come to camp as an individual, but some may choose to camp with a buddy. If your child wants to be placed with a buddy at camp, be sure both are registered for the same week and program. Both campers should enter each other's information on their health forms. These forms will be sent in emails beginning in February to registered campers. We will place campers together if they are registered for the same program and are in the same Girl Scout grade level. If a group of campers come 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 at mealtimes and at all-camp activities, and 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 campers 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 they can carry their 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 they pack 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 them recognize their belongings and label items with their name. Help your older camper make smart packing choices appropriate for the multi-aged camp community and Girl Scout environment. We do not provide a laundry service at Camp Farnsworth for our campers. Campers should bring all the clothes they will need for their time at camp. The Dining Hall Annex washer and dryer are reserved for healthcare and camper bedding in the event of an accident.

## **Lost and Found**

Camp is not responsible for lost or missing items. While counselors help campers learn the skills needed to keep track of items and find misplaced items during camp, we ask that they 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, campers sing, socialize, perform skits, and eat a lot of great food at Hanoum Hall! When not at the dining hall, campers plan their meals and cook outdoors at their unit.

Meals are served in the dining hall, and units have the option to plan their own cookouts for meals, snacks, or desserts. Every unit in camp will also plan a unit dinner cookout once per week (excluding Frolic). Campers will carry their own refillable water bottle every day.

Some meals will be themed, and campers can enjoy anything from a Shipwreck dinner where they use an assortment of non-cutlery cookware to eat with, to pajama breakfast with their stuffies!

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 their health form.

### **Breakfast**

Breakfast is a hot family-style meal with items that change daily. Rotating items are also available at the breakfast bar, and can include cereals, yogurts, fruits, boiled eggs, milk, and juice.

### **Lunch**

Lunches are grab-and-go or buffet style and can range from a hot meal to premade sandwiches. In addition, lunches typically include a side, hand fruit, and a bag of chips or granola bar. Units may take their lunches from the dining hall to eat outdoors at picnic tables, in program areas, or have a floating lunch in canoes. No food is allowed in cabins and uneaten food and trash will be collected and brought to the dumpster after lunch.

### **Snack**

Campers will have the opportunity to stop by the dining hall in between lunch and dinner to pick up a healthy snack. Snacks may include fruit, granola bars, and popcorn.

### **Dinner**

Dinner is a hot family-style meal with items that change daily. Rotating items are also available at the salad bar, and will include proteins, vegetables, lettuce, fruits, and dressings.

### **Cook Outs**

The purpose of a cookout at overnight camp is to practice cooking and dishwashing skills in the outdoors. Campers will plan a weekly cookout to prepare, eat, and clean up together; they can plan as many additional cookouts as they wish, including desserts and snacks.

### **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 them 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 telling 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.

## **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 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. Please write your camper's full name, program, and date you would like the mail delivered on the outside of the letter or package.

### **Postal Mail**

Getting letters at camp is one of the greatest joys of the overnight 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 they can write the highlights of their day and drop it in the mail to you. Outgoing mail is sent out every other day. Please be sure to send your campers with adequate postage and supplies. Camp does not have extra stamps and envelopes. 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. We do not recommend sending food. Food is not allowed in the cabins due to wildlife and safety concerns. Campers will have access to plenty of food at meals and snacks during the afternoon. Food that is sent will only be available to the camper at lunchtime. As a nut free camp, all food items with nuts will be discarded due to allergies.

### **Email**

In addition to traditional mail, campers can receive email messages. The email service is a one-way communication from parents/guardians to campers. Campers do not have access to reply, but may send mail via the postal service as desired. Emails will be printed in black and white, so we do not recommend including images or color. If you would like to include a photo, please send in the body of the message, and not as an attachment to be sure it will print. Emails are printed at 11:30 a.m. every morning and will be delivered with the physical mail at lunchtime. Emails received after 11:30 a.m. will be distributed the next day. When sending an email, please type the camper's name and program in the subject line (Suzy Camper, Camptastic), and send it to [farnsworthcamper@girlscoutsgwm.org](mailto: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](mailto:farnsworth@girlscoutsgwm.org) email address.

### **Phone Calls**

Campers do not make or receive phone calls at camp 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 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.

**Visitors**

We do not allow visitors on camp during our camp session. Parents/guardians should plan to send their camper with everything they need for their time at camp. If the need to drop off an item arises, please contact camp to confirm staff availability to claim the item.

## **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.

### **During check in:**

A wellness check will be conducted during check-in. The wellness check consists of a lice check, temperature check, and screening questions.

Campers who have 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 check in at camp.

Campers will have their hair checked for lice. Braids and ponytails (not including protective hairstyles where the scalp is visible for inspection) will need to be taken out so you may want to wait until after the health check to braid their hair. Campers will not be able to stay at camp if lice or nits are found. If the presence of nits or lice are identified, the camper and camper's family will be asked to step aside to talk with the camp director or health supervisor about not being able to stay. Options may include home treatment and an attempt to return to camp in 24 hours if nit free, possible transfer to another week in the summer (if available) or encouragement to try again next summer.

All belongings, including clothes, pillows, and sleeping bags must be brought home to be laundered in hot water and dried in a hot dryer if lice is found on your camper. We encourage you to check your camper's head prior to coming to camp to help for a smooth transition into camp.

If your camper has any of these symptoms in the days before camp check in, please contact the camp directly for guidance to avoid being turned away at your arrival.

### **During the camp session:**

Should a camper show symptom of illness (fever, headache, stomach upset, vomiting) they will be checked into the health center for isolation and observation and their guardian/parent contacted. If symptoms are consistent with COVID-19, an at-home test may be used at camp to rule out COVID-19. If COVID-19 positive, or if illness symptoms persist over 48 hours, the family will be contacted to take their camper home to continue care.

### **Handwashing, Restrooms and Showers**

Handwashing is one important factor in preventing the sharing of germs at camps. The daily camp schedule allows for time to wash hands and use restrooms before eating, before activities, and whenever needed. Campers may use 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.

Shower times are assigned, and shower buildings will be cleaned daily.

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 they are hurt, feel ill, need personal care items, or need help with something.

Our 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 themselves at camp. Camper health information is managed through [health forms](#).

### **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 and non-prescription medications. This form must be obtained through a physician. We cannot administer any medications sent with your camper without the signed note. 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 child's physician, must be on file in order for your camper to keep an EpiPen®, inhaler, and/or diabetes supplies in their possession while at camp. Camp staff is 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 supplemental diabetes supplies be kept in the Health Care center as a backup to the one your child 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.

We have aloe, calamine lotion, sting relief, Benadryl, antiseptic skin cleaner, triple antibiotic, acetaminophen, ibuprofen, naproxen sodium, and COVID-19 tests available at camp for the health supervisor to administer to your camper as needed for common ailments such as itchy bug bites, headaches, and sore throats. There is a space on the health form to indicate which medications your camper is allowed to take.



**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

For ONLY

*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).*

## 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 camp 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 child 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 campers 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 campers, GSGWM always begins with Girl Scouts of the USA's Safety Activity Checkpoints written specifically for recommended ages and grades for that particular activity. For more information and to help your child 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 1*

*(Brownie Girl Scouts) and  
older:*

*Archery  
Boating (canoes/ kayaks)  
Team building and low-  
ropes course/bouldering  
wall*

### *Completed Grades 3 (Junior Girl Scouts) and older:*

*Riding  
Boating (stand-up  
paddleboards)  
High ropes (challenge  
course)  
Backpacking  
Airsoft*

### *Completed Grades 5 (Cadette Girl Scouts) and older:*

*Hatchet throwing*

## 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, birdwatch, and more!)
7:40 a.m.	Flag ceremony and weather
7:50 a.m.	Singing Porch
8:00 a.m.	Breakfast (family style) WFAR Morning "Radio" announcements
9:00 a.m.	Specialty program time
10:30 a.m.	Unit time in program areas: arts & crafts, ecology, woodshop, archery
12:00 p.m.	Lunch (with unit) and mail delivery
1:00 p.m.	Camper time/kapers
1:15 p.m.	Camper Choice Activity (campers choose individually: archery games, arts and crafts, paddle board yoga, or other daily special activities)
2:45 p.m.	Games and gaga ball on the big field; showers, visit Trading Post
4:15 p.m.	Unit time in program areas: nature hike, canoe, swimming, climbing tower
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 ( <i>Lights out time will vary by unit and age</i> )

## **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 camper participates. Campers may sweep out bathrooms, clean sinks, and wipe down mirrors, but camp staff are responsible for cleaning bathrooms/toilets/showers, and for sanitizing and disinfecting program areas around camp.

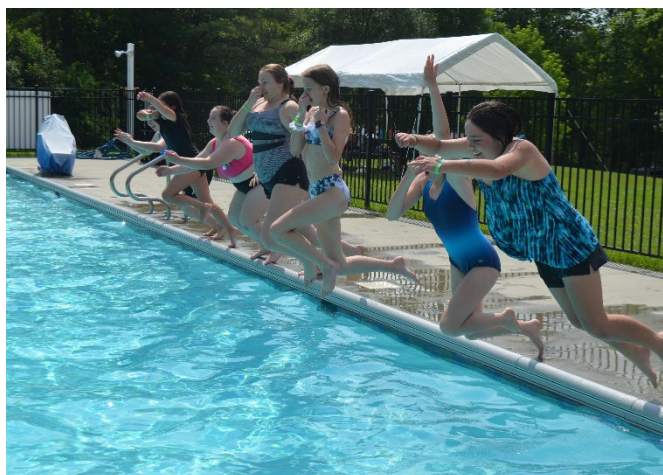
## **Waterfront Activities**

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 campers 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 personal flotation devices (PFDs) for any boating activity and can choose to wear them swimming. Swim level does not limit activities campers can participate in; it ensures they 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 follow the guidelines in the Safety Activity Checkpoints.

- Green - Proficient Swimmer – this swimmer must swim a minimum of 20 yards without stopping using a front crawl (freestyle) while keeping their face in the water and without touching the ground or holding onto the wall. They must also demonstrate comfort in jumping feet first into deep water and tread for 2 minutes while keeping their head above water. Green swimmers have access to all swimming areas.
- Yellow - Intermediate Swimmer – this swimmer can successfully demonstrate the above requirements but is considered a cautious swimmer or a swimmer who is not strong. Yellow swimmers have access to water no deeper than their shoulders without a PFD.
- Red - Beginner/Non-Swimmer – this swimmer cannot successfully demonstrate the above requirements. Red beginner swimmers only have access to chest deep water without a PFD. Red non-swimmers must wear a PFD at all times. Campers who refuse to partake in the swim test will automatically be considered a Red non-swimmer, but may choose to take the test at any point during free swim.



### 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.

### **Traveling Off-Site: Trek Programs**

The Trek Programs provide campers in grades 4 and older with an opportunity to participate in activities away from the camp property. Campers are transported 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 the van they drive. 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. Campers 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/guardians work together, each camper gets the most out of their camp experience. You can help this process by:

- Involving your camper in the planning and preparation. Help them as they pack their own duffel bag or bin and roll their sleeping bag. Make sure everything is labeled with their name.
- Practicing having time away, like staying at a relative's or friend's house, or a troop sleepover.
- Sending them a letter (like they'll get at camp) telling them about all the fun they can expect at camp. Let them write a postcard to you about what they hope they'll get to do at camp, or what they are nervous about.
- Talking openly about homesickness and developing a plan for what to do if they start to miss home. Great ideas include: thinking about the fun things they'll do the next day, hug their stuffy, write a postcard home about the best thing they did at camp, or ask a counselor for help.
- Avoiding promises that they can call home, or that you will come and get them. Encourage them to work through their 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 child, and almost all homesickness goes away quickly. Camp staff will contact parents/guardians when

homesickness persists or is overpowering for a camper. Together we will work out a plan that is best for the camper and their 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 them 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 are allowed but must be kept by the counselors while not in use)
- 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 them know what is in their luggage and to better repack their items at the end of their camp session. It may help them to write how many of each item they have with them, or a description of their 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 their activities with everyone else. Please talk with your camper about telling their counselor should an incident occur.





## Overnight Camp Packing List

### Pack in a backpack for the first day:

- ☐ Sunscreen ☐ Bug repellent
- ☐ Refillable water bottle (that doesn't leak and has your name on it)
- ☐ Medications in original containers that you will hand to the Health Supervisor at check in

### Pack in a stretchy pillow case:

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
- ☐ Mosquito netting for bed (optional)

**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; also Riding Adventure and On the Trail need for 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. If in horse program, a pair of boots with a heel large enough to hook in the stirrups. Socks and shoes are worn every day at camp!)
- ☐ Water shoes/sandals with a heel strap and closed toe 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"/> Flashlight or headlamp with new batteries                   |
| <input type="checkbox"/> Shampoo/conditioner                                  | <input type="checkbox"/> An unbreakable plate, bowl, cup, spoon and fork             |
| <input type="checkbox"/> Soap or face/body wash                               | (or spork) for cookouts (no knives).   |
| <input type="checkbox"/> Hairbrush/comb/hair ties                             | <input type="checkbox"/> Pre-addressed, stamped postcards                            |
| <input type="checkbox"/> Deodorant as needed                                  | (we suggest just 2-3 per week.)  |
| <input type="checkbox"/> Lotion as needed                                     | <input type="checkbox"/> Book to read and/or card games (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 June 1, 2025.** You may view your camp balance and make payments online through your camp registration account.

### **Program Credits**

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.

### **Financial Assistance**

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.

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

Girl Scouts makes financial assistance available to children so they may benefit from the camp experience. Financial assistance is for those 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 children who need financial assistance, visit [www.girlscoutsgwm.org](http://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](mailto: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, 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 child. 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.