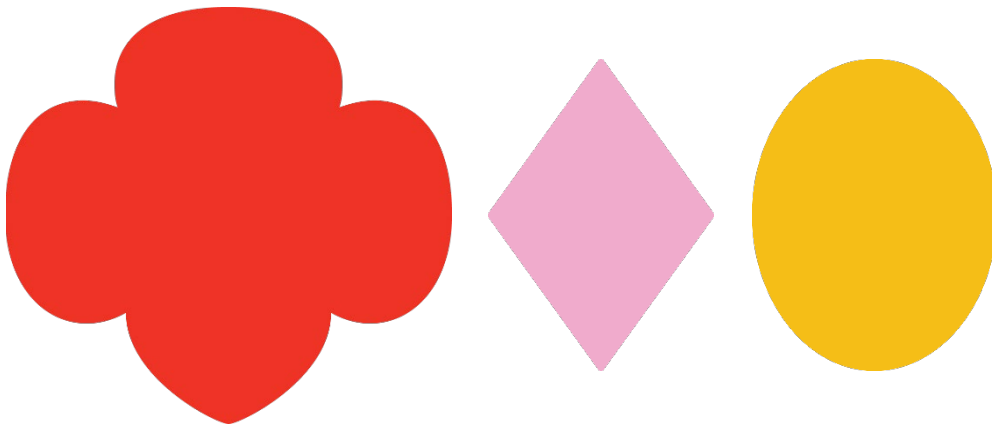


# Day Camp FAMILY HANDBOOK



[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 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.

We are looking forward to an amazing summer at camp!

The GSGWM Girl Experience Team

### **Important Dates**

Tuesday, March 31 ..... 2025 Cookie Program Credits *expire*  
Beginning of May ..... Look for 2026 Cookie Program Credits to use for camp!  
Friday, May 15 ..... Financial aid application due  
Friday, May 15 ..... Trading Post pre-order closes  
Saturday, May 16 ..... Camp Kettleford Open House 3:00 p.m.-4:30 p.m.  
Sunday, May 17 ..... Camp Seawood Open House 3:00 p.m. – 4:30 p.m.  
Sunday, May 31 ..... Camp Twin Hills Open House 3:00 p.m.-4:30 p.m.  
Monday, June 1 ..... Camper paperwork due  
Monday, June 1 ..... Camp balances due for all programs starting in June and July  
Wednesday, July 1 ..... Camp balances due for all programs starting in August

### **Camp Photography**

Camp photographers will take photos throughout the day and upload them to our photo albums on Waldo. There is an option to sign up and upload a photo of your camper to utilize the free photo matching service which will email your campers photos directly to you once they are uploaded. To sign up for their service or to view all camp photos, text **camptwinhills26, campseawood26, or campkettleford26** to 735-343.

## Camp Information

### Camp Kettleford

26 Camp Allen Road  
Bedford, NH 03110  
Phone: June 29-August, 21 603-625-5421  
Email: [Kettleford@girlscoutsgwm.org](mailto: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 16,  
3:00 p.m.-4:30 p.m., Free

### Camp Seawood

350 Banfield Road  
Portsmouth, NH 03801  
Phone: July 6-24, 603-436-1938  
Email: [Seawood@girlscoutsgwm.org](mailto: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 17,  
3:00 p.m.-4:30 p.m., Free

### Camp Twin Hills

2428 Wes White Hill  
Richmond, VT 05477  
Phone: July 20-August 7, 802-434-2292  
Email: [TwinHills@girlscoutsgwm.org](mailto:TwinHills@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 31,  
3:00 p.m.-4:30 p.m., Free

## Learn more on our website or at a camp Open House

Learn more about summer camp by visiting the camp pages at [www.girlscoutsgwm.org](http://www.girlscoutsgwm.org).

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

Register online for an Open House - bring your family and explore camp; try some activities, ask questions about summer programs. Bring a picnic lunch to enjoy. Register at <http://www.girlscoutsgwm.org/camp>. It's free!

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## **Registration and Payment Information**

All balances are due by June 1 for programs starting in June and July or July 1 for programs starting in August. You may view your camp balance and make payments online at any time by logging back into your myGS account. Families with outstanding balances after the balance due date may lose their spot at camp. Campers will not be permitted to attend camp if there is a balance due for any session.

### **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. We only accept Program Credits earned by Girl Scout members of the Girl Scouts of the Green and White Mountains council. To apply for program credits when registering for camp: As you check out, look in included items, select “apply program credits,” then proceed to check out and pay the deposit with a credit card. Once registered, we will connect to confirm and process program credits to your camp balance.

### **Financial Assistance**

Camperships are available for up to one-half the cost of one summer camp program for qualifying campers who are members of the Girl Scouts and the Green and White Mountains council. You may apply for financial assistance for camp until May 15. To apply for a campership, register online for the program your camper would like to attend. Under included items, select “apply for financial aid,” then proceed to check out and pay the deposit with a credit card.

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 so that all youth 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), for support.

If you cancel a registration on or before Friday, May 22, 2026, 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. No reduction in fees can be made for campers arriving late or leaving early for any reason, including campers who leave for disciplinary concerns. Pre-ordered T-shirts and trading post cards are non-refundable regardless of time or reason for cancellation.

# Our Camp Community

## Camper Code of Conduct

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 these habits 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.

\*Members may substitute the for the word God in accordance with their own spiritual beliefs.

### 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.

## Camp Staff

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

Members of our camp team are selected across the country to help enrich your camper's experience. Most of our staff members are college students, Senior and Ambassador Girl Scouts, 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 requirements.



Our staff participate in training in child development, behavior and group management, 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.

During staff training, each camp staff member may choose a "camp name." Camp names are nicknames used at Girl Scout camp for several reasons. A camp counselor is a unique position between big sister and authority figure; the camp name allows staff to create a memorable relationship with your camper distinguished from that of family, teachers, other authority figure. It also keeps us from having two "Tonyas" or five "Amandas" on camp at one time. And lastly, camp names add to the "magic" of Girl Scout camp tradition that has been passed down for generations.

**Interested in joining camp staff or volunteering at camp? Contact us or apply online at:**  
<https://bit.ly/3NIH8al>

## Check-in and Check-out

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 rely 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.

### **Personal vehicle: Check-in and drop-off**

Day camp check-in takes place between 8:45 –9:00 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!" If you know your camper may need extra support during the drop-off transition, please let us know how we can support them ahead of time'

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.

At the check-in table, camp staff 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. When driving on camp please drive slowly and watch for other campers and families. Let the staff member at the check-in table know if you need to see the Camp Director or Health Supervisor.

Once you turn into the marked camp entrance, park in the designated parking lot as directed by signs and camp staff then walk your camper to the check-in table.

### **Personal vehicle: Check-out and pick up**

Day Camp check out takes place between 4:00 p.m. - 5:00 pm., following a similar process as check in. Every adult picking up a camper will need to show photo ID and be on that camper's authorized pick-up list before a camper can be released. 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 paperwork.

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. We'll remind campers about any notes they should share with you. Tip: 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?"

## **Bus Transportation**

Bus service is provided at Camp Kettleford and Camp Twin Hills for an additional fee. The cost to ride the bus is \$35 per week of camp.

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 five minutes early for the bus for both drop-off and pick up, as driving times may vary slightly from day to 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.
- Make sure your backpack and other gear are not blocking a bus aisle.
- No eating or drinking on the bus.



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 6-10: Brookline, Hollis, Nashua, Merrimack

July 13-17: New Boston, Mont Vernon, Milford, Amherst, Bedford

August 3-7: Salem/Pelham, Windham, Londonderry, Manchester

August 10-14: Penacook, Concord, Bow Mills, Hooksett, Manchester

### **Twin Hills**

July 20-24: Milton, Colchester, Essex Junction and Richmond

July 27-31: Hinesburg, South Burlington, Williston, Richmond

August 3-7: Barre, Montpelier, Middlesex, Waterbury

### **Bus Transportation: Drop Off and Pick Up**

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

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.

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.

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 pick up.

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

Please check to be sure your camper has their backpack, lunchbox, and any other items they brought to camp. After the first day of camp, we will put a weekly newsletter in their backpack for you. Reviewing the day with your camper and what they are excited for will support their daily transitions to and from camp.

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.

**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. Camp phone numbers can be found on page 4 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.**

## **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. The healthcare supervisory team includes a dedicated health supervisor 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.

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 collected with camper paperwork. 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.

### **Licensing and Accreditation**

All Girl Scouts of the Green and White Mountains camps follow Girl Scouts of the USA's guidelines, Safety Activity Checkpoints, state licensing requirements, and American Camp Association (ACA) standards. 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 camper-led camp programs in accordance with these guidelines.

### **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 note on your camper's paperwork 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.

### **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. 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.

### **Handwashing and Restrooms**

Handwashing is one important factor in preventing the sharing of germs. The daily camp schedule allows 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.

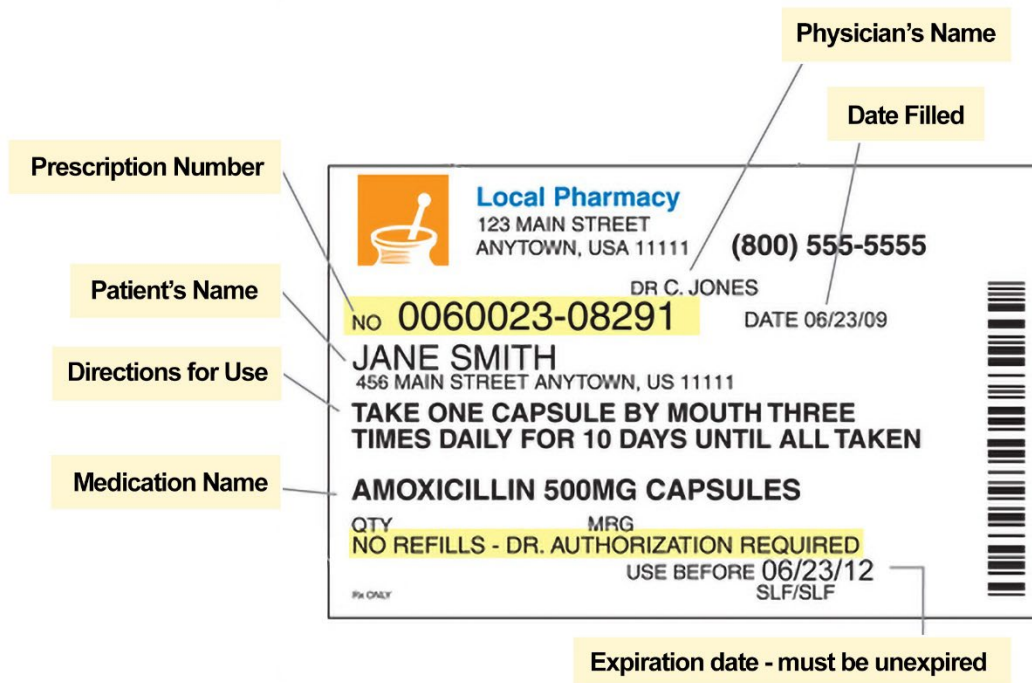
### **Health Center**

Our health center includes beds, 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.

Should a camper show signs or symptoms of injury or illness (fever, headache, stomach upset, vomiting) they will be brought to the health center to be assessed and cared for according to our approved standing health orders. For illness that is preventing a camper from participating for more than a couple hours or that is presenting consistently, parent/guardians will be contacted to determine the best care plan. If symptoms are consistent with COVID-19, an at-home test may be used at camp to rule out COVID-19 with prior parent/guardian approval. If COVID-19 positive, or if illness symptoms persist, negatively impacting a camper's experience, the family will be contacted to take their camper home to continue care.

### **Medications**

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,



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.

### **Medical Bills and 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.

### **Weather and Sun**

While it often gets hot during the summer, at overnight camp we live without air conditioning and focus on staying cool other ways including staying hydrated, cooling off with water activities, and taking advantage of shaded activities mid-day to relax in the hottest part of the day. Cotton

clothing helps campers keep cool. Schedules remain flexible to adapt to weather changes so that campers are participating in fun and challenging activities, rain or shine.

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.

During severe weather, we monitor the weather with the aid of a weather radio that uses alerts from the National Weather Service. Procedures are in place for the safety of campers and staff. Please do not call the camp regarding weather updates. Staff will be busy attending to the safety of the campers, and the phone line must remain open. You will be notified of any emergencies involving the camp or your camper.

### **Insects and Wildlife**

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.

Wildlife at camp includes birds, frogs, turtles, fish, deer, rabbits, squirrels, groundhogs, other small mammals and occasionally coyote or bear. Campers get to enjoy seeing many animals from a distance, listening to their calls, drawing them on paper, or taking pictures of them. Staff are trained to keep units cleaned and garbage emptied to avoid attracted wildlife into units or activity areas as well as what to do if wildlife gets too close to a unit or camper group.

### **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

### **Communicable Illnesses**

Should a camper show signs or symptoms of injury or illness (fever, headache, stomach upset, vomiting) they will be brought to the health center to be assessed and cared for according to our

approved standing health orders. For illness that is preventing a camper from participating for more than a couple hours or that is presenting consistently, parent/guardians will be contacted to determine the best care plan. If symptoms are consistent with COVID-19, an at-home test may be used at camp to rule out COVID-19 with prior parent/guardian approval. If COVID-19 positive, or if illness symptoms persist, negatively impacting a camper's experience, the family will be contacted to take their camper home to continue care.

### **Communicating with Campers at 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 support your camper's independence and do not send a cell phone or any other digital device with your camper. 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.

## Activities and Facilities

### General Programming

There is so much to do at Girl Scout camp! At the beginning of the week, campers will choose their activities and plan their week with all of the themed activities of the program they are registered with the help of their counselors. 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 Girl Scouts of the USA's Safety Activity Checkpoints. For more information and to help your camper prepare for camp activities, download the [GSGWM Safety Activity Checkpoints](https://bit.ly/3POSO90) from our website by visiting <https://bit.ly/3POSO90>. You will find specific information for the checkpoints that are common to all activities as well as those that are age-specific such as:

### 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. Specialty program activities and games
- 10:30-10:45 a.m. Snack!
- 10:45 a.m. -12:00 p.m. Unit time in program areas: Teambuilding, arts & crafts, ecology, archery
- 12:00 p.m. Lunch
- 12:45-2:45 p.m. Unit time in program areas: nature hike, water games, gaga ball, water games, swimming (at Kettleford only)
- 3:00-3:45 p.m. Specialty program time
- 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.

### **Aquatic Activities (*Available at Kettleford*)**

Kettleford offers a variety of water activities, including swimming in the pool and pond, canoeing, kayaking, and water exploration around the pond. 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. These levels and standards are universally applied and recommended.

- 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 choose not 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.

### **Cookouts**

The purpose of a cookout at day camp is to develop skills cooking over a fire and dishwashing 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.

### **Unit Assignments**

A unit is a group of campers the same age and in the same program, who have a pair of assigned camp counselors to lead them throughout the week. 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 camper-led, meaning each unit will spend time planning and contributing their ideas as to what will be done during their week at camp.

## **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 their camper paperwork.

We can honor one reciprocal buddy placement if they are registered for the same program and week of camp. If a group/troop of Girl Scouts come to camp together and they are registered for the same program, we will often pair them up based on buddy requests but cannot guarantee that all troop members will be in the same program group. We do this to support campers that are already buddies while offering the opportunity to make new friends too. Campers coming with friends or siblings during the same week and a different program will still see each other at all camp activities.



**Family Night** - Families get to see what camp is like at an optional family night once every week during your camper's session. Family nights will take place from 4:30-5:30 p.m. on the following night by camp: Camp Twin Hills- Tuesday night, Camp Seawood- Wednesday night, Camp Kettleford- Thursday night. Families can arrive as early as 4:15 p.m. to check in with their photo ID and connect with your camper. Campers will be able to show you around camp and their unit, sing camp songs and try different activities that campers get to enjoy at camp.

## **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.

## **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, 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.

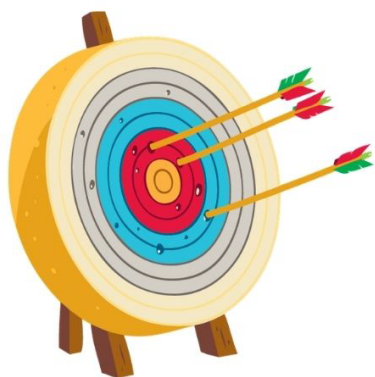
## Day Camp Packing List

### What to pack in a backpack:

- Reusable water bottle with your camper's name on it. We drink a lot 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 swim at Camp Kettleford).
- A long sleeve layer (tie it around your waist, or put it in your backpack).
- Pack your rain jacket! If it rains, you'll be dry - if it is cold, you can wear it to be warm.
- A hat with a brim for the best sun protection.

### What to wear for a day at camp

- Wear shorts, a T-shirt
- Wear sturdy sneakers and socks
- Wear bug repellent and sunscreen



### What to leave 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
- Irreplaceable items
- Specialized camp equipment such as pocketknives or sports equipment
- Family pets
- Clothing with disrespectful messages or graphics
- Crocs or flip flops