

# WELCOME TO OVERNIGHT CAMP 2023

We are looking forward to having your camper join us at overnight camp this summer. This packet is designed to help make your camper's time at camp an enjoyable one. Read this information carefully and please complete and submit forms listed below.

## Required Forms for Camp

Complete the required general camp forms online listed below and submit no later than 3 weeks prior to your camper's first session at camp.

## Required General Camp Forms

Only one set of forms is needed per summer season even if camper is attending more than one week of camp.

- [Summer Camp Info and Health History 2023](#)
- [Camper Medication Form 2023](#) – complete if your camper will be bringing medications to camp
- [Camper Approved Pick Up Form 2023](#)
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## Before Camp Begins

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### Contacting the Council Office

Refer all questions regarding registrations, fee payment, program changes, and financial assistance to Customer Care at [customercare@gscoc.org](mailto:customercare@gscoc.org), 757-547-4405, or 1-800-77-SCOUT for long distance callers, between the hours of 8:30 a.m.-5 p.m., Monday - Thursday, and 8:30 a.m.-1:30 p.m. on Friday.

If you need to check on your camper's well-being while they are with us, email [camp@gscoc.org](mailto:camp@gscoc.org) and we will give you an update on your camper (this email address is checked twice daily, so please be patient). If you need to contact camp staff with an emergency situation during camp, contact our emergency line at **757-560-4110** with the following information: Camper's Name, Living Unit and the best number to reach you.

### Covid-19 Information

Girl Scouts of the Colonial Coast (GSCCC) is excited to open camp this summer for our Girl Scouts. We will continue to monitor the COVID-19 situation and follow guidelines to ensure the safety of our campers, volunteers and staff. You will receive all pertinent information and updates prior to the girls attending camp.

### Payment of Camp Fees

The balance due on camp fees is to be paid no later than **three weeks prior to the start of the session your camper is registered for**. If payment is not received by this date, the camp space will be released. **NOTE:** There is a \$50 returned check fee.

### Refunds and Cancellations

The \$50 deposit is non-refundable. Cancellations made four weeks or more prior to the camp session will be reimbursed the full amount minus the \$50 deposit. Cancellations made between two and four weeks prior to camp will be reimbursed half of the cost of the session. Cancellations less than two weeks prior to camp and no-shows are non-refundable. Cancellation due to illness will be refunded less the \$50 deposit if accompanied by a physician's note. If a camper leaves early due to homesickness, unacceptable behavior or parental request, no refund will be made. ALL REQUESTS FOR REFUNDS MUST BE MADE IN WRITING TO [CUSTOMERCARE@GSCCC.ORG](mailto:CUSTOMERCARE@GSCCC.ORG).

### Trading Post

The Trading Post is a mini Girl Scout shop where campers can learn about budgeting, bring home camp keepsakes and pick up forgotten camp gear (water bottles, bandanas, etc.). For your camper to participate in the Trading Post, you can purchase Camp Bucks (increments of \$10) for your camper during camp registration or as an add-on. Camp Bucks must be purchased no later than **two weeks prior to the start of the session your camper is registered for**. Keep in mind that Camp Bucks cannot be purchased at

check-in and **cash is not allowed at any Overnight Camp**. You may also purchase Camp Bucks using cookie credit before the 2 week deadline.

## Overnight Camp Care Packages

Make your camper's stay at overnight camp memorable with a camp care package. Each package contains fun things your camper will be able to enjoy at camp and at home. These can only be purchased on the Events webpage and will be delivered to your camper during their week at overnight camp. Supplies are limited, so order early! Care packages must be purchased **by May 15** and will not be available to purchase at camp.

## In Case of Injury or Illness Prior to Camp

If your camper becomes ill or is injured prior to attending camp, please contact [customercare@gsgccc.org](mailto:customercare@gsgccc.org) as soon as possible. We will do everything we can to offer your camper an alternative session/program to attend when they are well. If space is not available, or illness is prolonged, a refund, less the \$50 non-refundable deposit, will be made. A letter from your camper's physician will be required to accompany a written refund request.

## Getting Your Camper Ready for Camp

Being away from home may be a new experience. Preparing for camp should include becoming used to the idea of separation from home and being physically and emotionally ready for the outdoors. We encourage you to talk to your camper about their feelings about going away to camp. Talk with them about what they can look forward to at camp: fun, friends, new activities and what will be going on in the program they have selected. Focus on the fun! If it's been a lazy sleep-in summer, start getting your camper up early (7 a.m.) about a week before camp starts so their body has a chance to adjust to the time change. If it's been an air-conditioned, couch-potato summer, get outside and be physically active as much as possible. Camp is a very busy, active place with lots of walking and other types of physical activity! Get your Girl Scout in the habit of drinking plenty of water (plain water – not sports drinks, soda or other flavored beverages) before coming to camp. This helps us reinforce the importance of drinking water while at camp. **Be sure to pack a refillable water bottle.**

## Electronics

Camp is a special place where campers can go to unplug and step away from the rest of the world. Help ensure that we keep it that way by not sending your camper with electronic devices (cell phone, tablet, smartwatches that send text or make calls, etc.). If you do send electronics with your camper, the electronics will be held in the camp office until parent pick-up. See attached packing list for reference.

If you need to contact camp staff with an emergency situation during camp, contact our emergency line at **757-560-4110** or if you need to check on your camper's well-being while they are with us, email [camp@gsgccc.org](mailto:camp@gsgccc.org) and we will give you an update on your camper (this email address is checked twice daily, so please be patient).

## Arrival at Camp

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### Check-In and Check-Out of Camp

#### Check-In

- Arrive and check-in on Sunday **between 2:45 p.m. and 3:45 p.m.** Please follow the directions of staff in the parking lot, and back into your space.
- Visit the check-in table (bring your luggage with you):
  - Sign your camper in and get information from camp staff as to where you and your camper can meet their unit staff.
- Visit the Health Check Tent:
  - Your camper will be screened for temperature and lice, along with answer a few simple questions.
  - See the health coordinator near the check-in table if your camper has medications or special accommodations.
  - All medications will be collected at this time. **Both prescription and over-the-counter medications must be brought in the original container**, clearly marked with the camper's name, physician's name and complete instructions. For all medications, it is recommended to only bring the amount needed during your camper's stay at camp. Inhalers, Epi Pens and other emergency medications will be kept in the unit first aid kit that will always be with the campers.

## Check-Out

- Parents are invited to attend the Parent Program, beginning at 2:30pm. Campers will show off a song or skit they've rehearsed with their group.

Check out is from **2:45pm-3:30pm**.

Camp staff members will release your camper only to the approved adults whose names are provided on the [Camper Approved Pick Up Form 2023](#). Your camper will not be released to anyone who is not listed on the form. Any additions to the pick-up list are to be made by contacting [customercare@gsgccc.org](mailto:customercare@gsgccc.org) for a new link. The approved adult picking up your camper will be required to show a photo I.D.

- Retrieve your camper's gear from the large field (weather permitting).
- For safety purposes, visitors will not be permitted to tour camp during check out.

## Health Screening

It is the policy of all GSCCC camps not to admit any camper who is not feeling well, has had a fever in the last 48 hours or shows evidence of head lice. If a camper presents signs of an infectious disease (ex. Pinkeye), they must leave camp and may return 24 hours after beginning a course of antibiotics.

Please be ready to answer the following questions:

- Are there any changes since the caregiver completed the [Summer Camp Info and Health History 2023](#) or [Camper Medication Form 2023](#)? If yes, what has changed?
- Has your camper been exposed to any contagious illnesses or diseases?
  - o If yes, what? Have they begun a course of medication?
  - o If not, is there anything bothering them that health staff should be aware of?

If your camper will be accompanied by someone other than a caregiver at check-in, send a signed note with answers to the questions.

## Life at Camp

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### Healthcare at Camp

First aid treatment at camp is performed under the guidance of standard first aid protocols. On-site healthcare is provided by the health coordinator or designated first aider.

Should your camper become ill or is injured while at camp, the camp director will notify you using the contact information you provided on the [Summer Camp Info and Health History 2023](#). The camp director will work with you to determine the best care for your camper. This may include the camper going home. Any camper who develops a contagious condition while at camp will be sent home. In some cases, a camper may return to camp 24 hours after beginning a course of antibiotics. If a camper must leave camp early due to illness and cannot return, a refund will not be issued.

Some campers may experience bedwetting while at camp. This is fairly common, even in campers who do not normally wet the bed at home. Our staff are trained to handle this situation in a sensitive, confidential way. Encourage your camper to tell their counselor if they do have a bedwetting accident, so that their items may be washed. If your camper is a regular bed wetter, share this with the health coordinator during the check-in process and send extra sheets and pajamas so we can provide them with a bed that is clean and dry every night.

Some campers experience their first menstrual period while attending camp. We ask that caregivers of menstrual aged campers take time to talk with their campers about menstruation, including proper way of disposal, and to provide them with an adequate amount of appropriate feminine hygiene products.

Campers may be embarrassed to share that they are having a problem such as constipation or a painful rash. Encourage your camper to tell camp staff when they need help or want to see the health coordinator.

## Special Considerations

If your camper needs accommodations in any way for medical conditions, special diet, physical limitations, learning difference or anything not listed, please [email customercare@gsgccc.org](mailto:customercare@gsgccc.org) ASAP. The camp director will discuss with you how the camp can best help your Girl Scout to have a positive camp experience. We appreciate your help in making sure your camper has everything they need while at camp.

## Visitors

For safety reasons, visitors are not permitted at camp. Caregivers can help prepare their campers prior to camp by positively encouraging their campers and by helping them pack their own gear/lunch. Caregivers with specific custody arrangements or other visitor concerns should contact [customercare@gsgccc.org](mailto:customercare@gsgccc.org) ASAP.

If you need to check on your camper's well-being while they are with us, email [camp@gsgccc.org](mailto:camp@gsgccc.org) and we will give you an update on your camper (this email address is checked twice daily, so please be patient) or if you need to contact camp staff with an emergency situation during camp, contact our emergency line at **757-560-4110** with the following information: Camper's Name, living unit and the best number to reach you.

## Program at Overnight Camp

**Unit Program Planning** – At GSGCCC, we strongly believe that each camper should have the opportunity to share their ideas and to take part in planning unit activities. We use a camper/counselor partnership to plan what they will do to make each session and program different. It is based on what the campers in that unit want to do.

**Adult Supervision** – Most of the activities your camper will do at camp are done as part of their unit. Counselors supervise and take part in all activities. Fun, safety and education are essential elements of all activities at camp.

## Swim Check

The swim check is designed to help the aquatics staff determine a camper's swimming ability and where they may safely swim in the pool. Each camper is required to demonstrate their level of comfort in the water along with their swimming skills. Campers must swim under their own power without the aid of a flotation device. The pool is divided into shallow, middle, and deep zones. Campers will only be permitted in the zones they have shown they can swim in safely.

## Weather and the Program

**It rains at camp:** In the spirit of camping in the great outdoors, camp activities go on, rain or shine! Camp activities are altered only when weather is severe. Swimming, boating and field sports/games are conducted when it rains except in the case of lightning/thunder or extreme heavy rains. Campers should bring rain gear and a pair of rain boots or extra shoes which can get wet for rainy day activities.

**Monitoring of weather:** Weather is monitored daily. If there is a chance of severe storms/flooding, etc., the campers are brought into safety well before the event. If it is to happen overnight, campers residing in platform tents will be moved indoors for the duration of the storm.

**It's hot outside in summer:** Campers should come prepared to be outdoors for the majority of the day, every day. This includes being out in the sun and heat of a hot summer day. Pack lots of sunscreen - we encourage sunscreen use and a sun hat for all of our campers. If your camper does not know how to apply it, show them how before attending camp. We encourage caregivers to try the sunscreen on your camper BEFORE camp, as children may experience rashes or allergic reactions. Do not send aerosol sunscreen as the aerosol can damage the tent's water repellency.

## Insect Control

It is only natural that campers living, sleeping and playing in a natural environment in the outdoors will encounter insects. The camp works to provide effective insect control that is also environmentally responsible. This includes natural insect control such as encouraging bats and birds to live at camp, as well as commercial methods. Camp does not spray insecticides when campers are in camp.

Campers can bring and use non-aerosol insect repellent (stick and lotion insect repellents work the best). Insect repellent should be a kind that works for mosquitoes, ticks and chiggers. Some natural products are available. Use soap with little or no additional

fragrance or oil. Campers should refrain from using shampoo or other products that have a strong floral or fruit scent. **All campers in platform tent units will be provided with mosquito nets for their use during their stay.**

## Showers

Campers will shower each full day of camp. For the safety of our campers, thunderstorms may prevent girls from showering if they are in platform tents. Because our campers walk from their unit to the shower house, we recommend a shower tote and bag to carry clothes, towel, toiletries, soap and shampoo. It is also recommended for younger Girl Scouts who have never showered by themselves to practice before camp.

## Male Staff at Camp

The majority of staff who will be working with your camper are female (only female staff live in the campers' living units.) Girl Scouts of the Colonial Coast is an equal opportunity employer and does employ male staff to work in a variety of program and support areas, such as aquatics, property maintenance and in the kitchen. Male staff who stay onsite live in a unit away from any camper living areas and are not permitted in camper living units unless escorted by a female staff member. For more information about male staff at camp, email us at [customercare@gscoc.org](mailto:customercare@gscoc.org).

## Homesickness

Despite the fun, adventure and new friends made at camp, some campers do miss their home. Counselors are trained to recognize homesickness and help the campers. The counselors and other campers are supportive and caring when this happens. Homesickness usually passes quickly once your camper becomes involved in the fun of camp, or makes it through the first night away. We regularly witness remarkable turnarounds with homesick campers – campers may struggle during the first day and have a WONDERFUL time the rest of camp. Some children miss home every night at bedtime but have a great time during the rest of the day. Being away at camp is their chance to practice their independence, and when they work through the homesickness, they have met a real challenge. It is a normal part of growing up for many children to miss their home and family without serious implication. Unless the homesickness is severe, staff usually work with a camper for at least 24 hours after arriving at camp to get them settled into a new routine, make friends and participate in activities before calling home.

### Do

- Encourage and reinforce how much fun they will have at camp.
- Involve your camper in picking out their camp program.
- Talk to your camper about the positive aspects (e.g., swimming, new friends, etc.).
- Let them know how proud you of them going to camp!  
Reassure them you will be there to pick them up on Friday, and you can't wait to hear all about their time at camp.

### Don't

- Suggest that your camper just telephone home OR give them a cellphone or smartwatch when attending camp. Campers cannot call home; if the homesickness is severe, the camp director will call the caregiver so that a plan can be made to help your camper transition smoothly, which may include a short phone call with the camper – but only after other avenues have been exhausted and decided with the caregiver.
- Tell them you don't know what you will do without them or the house will not be the same; these things will only worry them more.
- Plan family vacations or events during the camper's time at camp to avoid making them feel left out.

## Staying In Touch

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### Mail

It is reassuring for campers to receive mail early during a camp stay. If you would like to leave mail for your camper, you may drop off letters at the special camp mailbox during check-in. Include your camper's name, level and the day you want the letter to be delivered. There is no mail delivery on check-out day (Friday). Remember to use words of encouragement and keep in mind letters from home can trigger homesickness for some campers. We suggest you use phrases such as "enjoy yourself" or "you'll have to tell us all about your week when we pick you up on Friday". Avoid phrases such as, "we miss you a lot" or "your pet hasn't eaten since you left".

For your convenience, we have designated [camp@gsgccc.org](mailto:camp@gsgccc.org) as the parent to camper email connection during their stay at overnight camps. Emails will be checked once a day, in the mornings, and printed and given to your camper during lunch time mail call. We request that you limit emails to no more than one per day per camper. Simply include in the subject line your **camper's name and unit assignment**.

**If your camper plans to send letters home, please send stamps and envelopes with your camper. GSCCC does not provide either during your camper's stay.**

### Contacting the Camp & Camp Director during Camp Sessions

If at any time you have questions or concerns during your camper's stay, email [customer-care@gsgccc.org](mailto:customer-care@gsgccc.org). It is the primary responsibility of the camp director and camp leadership team to spend time out in the camp observing program areas and supervising staff. The camp director may not be immediately available to return your email. Regular office hours are Monday – Thursday 8:30 a.m.–5 p.m. and Friday 8:30 a.m.–1:30 p.m. If an emergency happens **after hours**, you may contact staff at GSCCC using our emergency line: 757-560-4110 and they will notify the camp director.

## After Camp Is Over

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### Concerns or Problems

GSCCC operates with high standards to ensure your camper has a quality experience at camp. If you have concerns regarding the experience your camper had at camp, we want to know as soon as possible. Feel free to contact [customer-care@gsgccc.org](mailto:customer-care@gsgccc.org).

### Lost and Found

At check-out, check your camper's luggage with them to make sure you have all of their bags. Remember, they have packed differently for the trip home. Labeling all items with your camper's full name instead of initials will help with recovering lost items. Email [customer-care@gsgccc.org](mailto:customer-care@gsgccc.org) as soon as possible to retrieve lost items. You will be responsible for any shipping charges. Girl Scouts of the Colonial Coast is not responsible for any lost or stolen items. Camp only holds lost items for one week after the end of a session.

## OVERNIGHT CAMP PACKING LIST

**Label all clothing and equipment with camper's full name.**

### Standard Packing List:

1	Small backpack for around camp (important!)
2	Swimsuits
1	Pair of water shoes
2	Towels – one for pool, one for shower
8	Pairs of underwear
8	Pairs of socks
6	T-shirts or shirts
6	Pairs of shorts
2	Closed-toe shoes (e.g., tennis shoes, hiking boots or trail shoes due to uneven terrain, and rain boots, no crocs)
1	Pair of long pants
1	Laundry bag (mesh if possible)
1	Waterproof raincoat (adequate to “keep going” in the rain)
1	Baseball cap or sunhat

1	Pillow
1	Sheet and blanket (or sleeping bag)
1	Flashlight with extra batteries
2	Refillable water bottles (important!)
1	Sunblock/sunscreen (stick or lotion)
1	Insect repellent (stick or lotion)
1	Mess kit with fork, knife and spoon
2	Stamped envelopes, pre-addressed for younger campers

### Toiletries:

- Hairbrush or comb
- Haircare items (hair ties, etc.)
- Toothbrush and toothpaste
- Personal health and sanitary items
- Antibacterial soap (liquid recommended)
- Washcloths

- Shampoo and conditioner
- Shower shoes (flip flops are acceptable)
- Shower tote
- Camera
- Stuffed sleeping buddy/favorite blanket
- Battery-operated fan
- Notebook and pencil or pen
- Book for quiet time
- Sunglasses

**Optional:**

**Prohibited Items:**

• Clothes you don't want to get destroyed
• Clothing that displays inappropriate language or graphics
• Alcohol/Tobacco/e-cigarettes etc.
• Pets (pets must stay in your car during check-in/out unless it is a service animal)
• Expensive Jewelry or Cash/Money
• Weapons
• Toys that you don't want misplaced or broken
• Candy, food or beverages will be confiscated (these attract bugs and other critters)
• Electronic devices- <b>cellphones, smartwatches that can call or text, tablets, game devices, etc. will be held by the camp director if brought to camp and will be kept in the camp office until parent pick-up.</b>