

Day Camp: Camp Palos

Day Camp 2018

Program Confirmation

Camp Palos

Welcome to Camp Palos Day Camp! 2018



We are pleased that your camper will be spending a fun-filled, exciting week at camp with us. Please take a few moments to read this information. It will help make your camper's week at day camp a fun and safe experience.

This packet includes the following:

- ✓ What to bring
- ✓ Basic schedule of events for the week
- ✓ Absences/Late arrival – early departures
- ✓ Camp contact information
- ✓ Transportation information

Additional attachments include:

- ✓ Information for those overnighting
- ✓ Commonly asked questions
- ✓ Special program information
- ✓ Address and map
- ✓ Information about being a registered Girl Scout when coming to camp



What is Day Camp All About?



Day camp is an incredible experience in and of itself, and is unique to every girl who tries it. Day camp is a week-long program that may even include a Thursday overnight adventure that the girls will love. Camp is a place where girls can feel free to be themselves, try new things, and make new friends. At Girl Scout day camp we encourage girls to step out of their comfort zone, build their self-confidence, share their ideas, and explore the natural world. Just as we state in our mission, we care about building girls of courage, confidence, and character, who will make the world a better place. Day camp is just one stepping stone on your camper's road to success. At camp, girls will be challenged to step into leadership roles, set goals and make decisions as they have fun in the outdoors and experience things outside of their wildest dreams. Your camper will return from camp with a smile on her face, memories in her brain, and skills she will use for the rest of her life. We are so glad that she will be joining us for a fun-filled week of day camp this summer!

Questions?



If you still have questions after reading this packet please email: kroorda@girlscoutsgcnwi.org or camper@girlscoutsgcnwi.org











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Items to Bring to Camp EVERY DAY



Though girls are only coming to camp for the day, it is still important that they come prepared for all of the fun that the day will entail. Below is a list of items that campers should bring with them every day they come to camp. **Please make sure to label everything with the camper's full name.**

-  **Sack lunch** – (refrigeration is not provided; icepacks recommended)
-  **Backpack** – to carry all of her belongings. Be sure to check your camper's backpack each day when she gets home for any notes about camp activities.
-  **Water bottle** – the water at Palos is plentiful and safe to drink, but most campers are not fond of the taste. If you fill a water bottle halfway full, freeze it overnight, and fill the remaining space with fresh water in the morning her water should stay cold for the majority of the day.
-  **Sit-upon** – this cushion is a Girl Scout Standard which will keep your camper relatively clean and dry whenever she sits on the ground. (Google "Girl Scout Sit-Up-on" for instructions on how to make your own.)
-  **Insect repellent** – it is recommended that you apply this before your camper leaves home in the morning and encourage her to reapply it throughout the day. (Counselors will remind campers to reapply spray as well.) A concentration of less than 20% DEET is recommended for campers. Non-aerosol containers or disposable wipes are preferred. Campers are not allowed to share.
-  **Sunscreen** – it is recommended that you apply this before your camper leaves home in the morning and encourage her to reapply it throughout the day. (Counselors will remind campers to reapply lotion as well.) Campers are not allowed to share.
-  **Bandana or hat** – as we all know, the sun can get quite hot; especially in the summer. Pack one, or both of these, to help protect your camper from the sun.
-  **Hair tie, "scrunchie," etc.** – to keep hair off of the neck and out of the way on hot days, and to hold hair back safely when cooking around a fire.
-  **Apparel** – comfortable, everyday "play" clothes should be worn for daily camp activities. Socks and sturdy close toed shoes should be worn on the feet at all times. It is a good idea to pack an extra shirt for hot days where we may play water games. A sweatshirt is always a good idea to have in preparation for any cool changes in weather. Please – **NO** tank tops, sandals, flip-flops, or other open-toe shoes; they are not safe in the camp environment.
-  **Rain gear** – raincoat or poncho. Umbrellas are not allowed at camp; they pose a safety hazard.

For information about what to bring for Thursday night camp sleepovers make sure to reference the "What to Bring to the Overnight" section of this packet.

A Day in the Life of a Day Camper:

Overview of a What a Typical Week at Camp Looks Like*

Monday

- ▲ This is the first day of camp and we are SO excited that your camper will be joining us!
- ▲ Before you drop her off make sure that your camper knows the unit she is signed up for.
- ▲ Make sure your camper has her online forms filled out before coming to camp. Found under "Step 2" here: <https://www.girlscoutsgcnwi.org/en/camp/summer-camp.html>
- ▲ If the camper has allergies, asthma, dietary restrictions, or other medication please send all medications in their original, labeled container. Camp staff will not administer medication any other way.
- ▲ Send an updated Health History Form if any information has changed since registration.
- ▲ Your camper should be sure to bring a white, or other light-colored, t-shirt (or other garment) to prepare for tie-dying on Tuesday. Along with at plastic bag to carry her wet creation home.
 - ✓ 100% cotton items absorb the dye best.
 - ✓ Wash new items before dying.
 - ✓ Please label the tag with the camper's name.
 - ✓ Make sure she has a plastic bag so that she can carry her wet creation home without tie-dying her whole wardrobe and all of her camp possessions.
- ▲ Check her bag for any notes or other important information! Be on the lookout for trading post information.
- ▲ Sack lunch
- ▲ Finally, last but not least, make sure she doesn't forget to pack a positive attitude! ☺

Tuesday

- ▲ Tie Dye Day!
- ▲ *Instructions for Tuesday night:*
 - ✓ Leave the rubber bands on the t-shirt for 24 hours. (You may want to take the creation out of the bag during this time.)
 - ✓ After 24 hours, squeeze the t-shirt under *cold* water until the water runs clear.
 - ✓ Remove the rubber bands.
 - ✓ Wash and dry the t-shirt by itself in *cold* water. You may have to do this several times before the dye is set otherwise it may stain other clothes in the dryer.
 - ✓ ****If you forget to check for your camper's t-shirt on Tuesday night don't fret. Any night following Tuesday you can simply start with the second step and follow directions on from there.*
- ▲ Make sure she has her white or light colored t-shirt (or other garment) and her plastic bag!
- ▲ Check her bag for any notes or other important information! Be on the lookout for trading post information.*
- ▲ *Trading post money
- ▲ Sack lunch

Wednesday

- ▲ Cookout day! (for Daisies and Brownies)
 - ✓ Girls' will get the opportunity to plan their menu and work collaboratively to get their lunch ready. *Please do not send any extra food that day. We accommodate allergies, religious restrictions, and picky eaters.*
 - ✓ DO send a mess kit – any breakable plate, bowl, cup, and silverware. NO paper plates or other disposables. Plastic or metal are typically good bets.
 - ✓ DO send a dunk bag – a “drip-dry” type bag. Example: lingerie bag with a drawstring.
 - ✓ ****Mess kits and dunk bags are available at the Girl Scout Shop.*
- ▲ Check her bag for any notes or other important information! Be on the lookout for trading post information.
- ▲ Sack lunch for Juniors and Cadettes

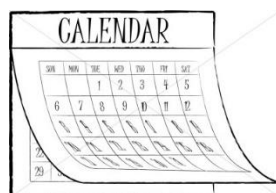
Thursday

- ▲ Refer to the “Overnights” section for more information about what to bring and how to pack it.
- ▲ Check her bag for any notes or other important information! Be on the lookout for trading post information.
- ▲ Sack lunch

Friday

- ▲ Don't forget to wear this year's day camp t-shirt! (Campers will receive this shirt at camp before Friday)
- ▲ Overnighters will prepare their breakfast and lunch.
- ▲ Kapers (see page 6 for more information)
- ▲ Sack lunch (for non-overnighters)

* Please keep in mind that this is just a sampling of what a week at camp might look like. We believe that camp is for the girls and encourage them to help create the schedule for the week together with their fellow campers and counselors. More specifically, it is really more focused on what camper's should bring with them each day. Details listed here are subject to change based on the camp program, weather issues, or other outside factors. If you have any questions, comments, concerns, or want more details on the program your camper has signed up for please feel free to email day camp director Kary “Kanga” Roorda at kroorda@girlscoutsgcnwi.org or the camper email at camper@girlscoutsgcnwi.org. Additionally, feel free to reach out to any of the Outdoor Program Staff.





Additional Information



Absences

Please be sure to call to inform us of your camper's absence at (708) 448-0121. Make sure to leave a message telling us your camper's full name and unit.

Late Arrivals / Early Departures

Camp gates will close at approximately 9:20 a.m., and remain closed until campers leave in the afternoon. Gates will open at 2:45 p.m. to prepare for dismissal, allowing busses to enter the camp first and close by 3:15 p.m. assuming all campers have left the premises (not including those in the aftercare program).

In order to maintain the safe, positive day camp experience for all campers, we ask that every effort be made to schedule non-camp activities during non-camp hours. If there is an essential activity that is unavoidable, you must notify the director, *in writing*, on Monday of the camp week. We can accommodate any late arrival time as long as we are aware of it. The designated time for early departures is noon with no exceptions. Campers will be escorted to the Troop House by a day camp adult for departure.

Severe Weather

Day camp staff monitors a weather radio. If severe weather develops during the camp day or evening, appropriate measures will be taken. Indoor shelter is available. Please do not call camp – staff will be busy attending to the safety of the campers and staff. Please do not come to camp to pick up your camper, campers will not be released until there is an official "all clear."

Lost and Found

Lost and left-behind items are collected each day. Staff will do their best to reunite owners with their belongings daily. However, please understand that this is not always possible. Unclaimed items are brought to our Gathering Places at the end of each season, please contact us to arrange transport of your items to your closest Gathering Place. Items are kept until October 1, 2018. After October 1 items will be donated.

Evaluations

Be sure to follow up on you and your daughter's camp experience by submitting the evaluation that you will receive via e-mail following the end of the summer season.

Cell Phones

Cell phones are allowed to be brought to camp but they need to be turned off and inside of camper's bags.

Financial Aid

Financial aid is available, but you must register your camper for camp and pay in full upon registration. After this point you are more than welcome to apply for financial aid.

Photos and Video

We love taking pictures and seeing all of the fun that campers and counselors alike are having at camp! When you registered you should have indicated whether or not it was okay for the Girl Scouts of Greater Chicago and Northwest Indiana (GSGCNWI) to take pictures of your camper and use them for advertising purposes through websites, company social media, flyers, brochures, etc. In the online paperwork document we ask you one more time for permission regarding photos and videos. If you would not like to allow GSGCNWI to take and use photos and videos of your camper(s) please attach a written note and reason to submit on the first day of camp.

Kapers

Each staff member will model and teach campers the proper way to care for their environment and their camp surroundings through tasks called Kapers. Kapers at camp are done as a group and composed of unit and all-camp tasks. Unit Kapers include tidying up common areas, cleaning bathrooms, gathering firewood, picking up litter, cooking at cook-outs, and fire building. Kapers are a Girl Scout tradition that helps build responsibility and teamwork skills. During Kapers, staff assists girls in clean-up ensuring that health and safety procedures are of the upmost importance when completing tasks.

Transportation Information

Transportation procedures at day camp are designed to assure the safety of every camper. Your cooperation in following these procedures is greatly appreciated by both camp and the other campers attending camp this week.

It is important that camp staff knows the transportation plans of every camper. *If there are any changes, the director must be notified in writing.*

Parents should work together at the stop to look out for each other's children – especially if a parent has to leave early for work or arrives late at the end of the day.

Bus Riders:



Plan to be at your designated bus stop at least **10 minutes early** when you drop off and pick up your camper. Bus drivers are instructed not to leave a stop before the time listed on the confirmation.



Be sure to verify that the bus is going to Girl Scout Day Camp at Camp Palos, and please remain with your camper until she boards the bus.



Review basic bus rules with your camper before she gets on the bus:

- Always remain seated while the bus is moving.
- Keep head, arms, and hands inside the bus at all times.
- Use a quiet, respectful, voice when riding the bus.
- Listen to the bus driver for any instructions.



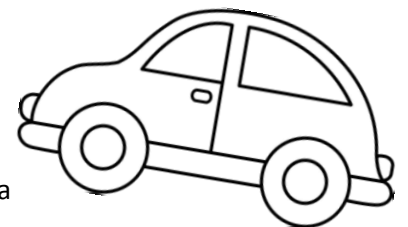
If you miss the bus, you may drive your camper to camp. Every attempt is made to stay on schedule. Construction, traffic, weather conditions, or other unforeseen circumstances may affect the schedule. If the bus is more than 15 minutes late, please have one parent call camp at (708) 448-0121.



No bus leaves camp at the end of the day until all campers are present and accounted for.






Be sure to meet your camper when she returns in the afternoon. The bus will not be able to wait for parents to arrive after drop off time listed. Call another adult to pick up your camper if you will be late. Help us keep our campers safe, and call camp at (708) 448-0121 if a camper is at a stop unsupervised. We will follow up with the camper's parents. Please recognize that it typically takes campers a little longer to "learn the ropes" on Monday.











Car Drivers:

Arrival

-  Campers will not be allowed into camp until 9:00 a.m. Staff are not available to supervise campers until that time. If you arrive before then, feel free to wait on the shoulder of Will Cook Road. Do not come onto camp property until directed to do so. It is important to leave the camp road open.
-  Please enter camp through the main gate. The entrance gate is marked with a CAMP PALOS sign right out front. Follow the arrows posted; *please note that the Camp Palos road is a one-way path flowing counter-clockwise from the main entrance.* The camp speed limit is 5 mph; please drive carefully and attentively as campers may be walking through camp. The health and safety of every camper is important to us.
-  Parking is limited for staff and volunteers only. Remain in your car. Continue on the same road to exit camp as directed. Staff will see that your camper gets to their unit safely.

Departure

-  This process takes a little longer on the first day. Every effort is made to ensure that campers leave camp by 3:15 p.m. Carpooling is HIGHLY recommended.
-  The camp gate will be opened to let the buses in first. Cars will then be let in to line up behind the buses after all buses have arrived. Please wait on the shoulder of Will Cook Road until directed by staff.
-  Once buses have departed, you will be directed to proceed to the pick-up area.
-  Enter camp through the main gate. Remember – camp speed limit is 5 mph. Drive carefully and attentively keeping watch for any campers walking through camp.
-  Day camp staff will instruct drivers to wait in order of arrival.
-  Please remain in your car. Staff will come to you and ask which camper(s) you will be picking up.
-  You will be given a release form which will require your signature. Your ID will be checked at this time to make sure you are authorized to pick up your camper. Please make sure to have it out and ready.
-  Remain in your car; a staff member will meet you and ask for the “Transportation Release Form,” then direct your camper to your car.

Before and After Care Program













- ❖ Campers may arrive as early as 7:30 a.m. and stay as late as 6:00 p.m.
- ❖ Campers must have registered for this extra programing option at least 1 week before camp starts.
- ❖ Please indicate on your online forms the time you will be dropping your camper off and picking them up.
- ❖ Camp will provide a morning and late afternoon snack.
- ❖ Girls will participate in activities specifically planned for this time.
- ❖ Campers will not be allowed into camp until 7:30 a.m.
- ❖ Enter camp through the main gate marked with a CAMP PALOS sign at the entrance. Follow the arrows posted. The Camp Palos road is one-way and the speed limit is 5 mph.
- ❖ Campers will be dropped off at the Troop House where a staff member will greet you.
- ❖ Campers can stay as late as 6:00 p.m. Enter camp at the main gate and follow the road to the Troop House. A staff member will bring your camper to you.
- ❖ All persons picking campers up must be listed on your transportation forms you filled out online before arriving at camp. Your ID will be checked to make sure you are authorized to pick up your camper.

What to Bring to the Overnight



Overnights are always a great experience for our campers! It is a great way to get a little taste of what resident camp is like while still having all the perks of a day camp experience. Since the Thursday overnight is different than typical day-to-day programs at day camp we have listed some items below so that your camper can be prepared for her overnight experience.

Note: You do not need to sign up for the overnight. The overnight option is available for all Juniors and up.





-  **Sleeping bag** – please note that slumber bags are not warm enough on a cold night.
-  **Flashlight with new batteries** – campers will be walking around camp once the sun goes down. A handheld flashlight or headlamp will help her get around safely in the dark.
-  **Mess kit*** – any non-breakable dishes and silverware will do. Please don't send anything disposable. Metal or plastic are recommended materials.
-  **Dunk bag*** – A mesh bag that allows for dishes to dry in once washed. A lingerie washing bag works well.
-  **Sweatshirt or light jacket** – warm clothes are recommended for wearing around the campfire and during the nighttime. Temperatures drop once the sun goes down.
-  **Pajamas or sleepwear** – t-shirts and pajama bottoms work well. Plan for cool night temperatures just in case. Having sleepwear that can be adjusted for cool or hot nights is recommended.
-  **Small stuffed animal** – if it will make the overnight experience easier. Please refrain from sending large or numerous stuffed animals with your camper.
-  **Clothes for the next day** – include socks and underwear. Don't forget to pack this year's camp shirt to wear on Friday!
-  **Extra shoes and raincoat** – just in case. You never know what the weather might do.
-  **Day camp supplies** – sit upon, bug spray, sunscreen, water bottle, hat or bandana, etc. (see "Items to Bring to Camp EVERY DAY" section for more details.)
-  **Medications** – any medications that your camper may need for the overnight in the original labeled container. Day camp staff cannot administer anything else. Medications must be turned in to the unit leader upon arrival at camp for the overnight.
-  **Backpack or duffel bag** – to carry all overnight items. Use a separate bag to pack day items. Please don't use large trash bags as they tend to tear and result in dirty and wet belongings.

*Mess kits and dunk bags are available for purchase in the Girl Scout Store.






Note: One of the Camp Palos leadership team will meet with all of the overnighting campers on Wednesday. They will go over the items to bring and schedule for that day. At that time staff will ask where they are comfortable sleeping. Options include: cabin, platform tent, or pop-up tent. We want the experience to be enjoyable for all and providing the campers with this option helps ensure that comfort level is met. Exceptions may be made to account for weather.

Special Program Information






Paddlers

-  Must be able to swim and are comfortable in and around water.
-  All campers in this program (or going out on the water) will be required to wear a coast guard Personal Flotation Device (PFD) that camp will provide.
-  Girls will assist in loading and unloading of the canoe trailer.
-  An extra pair of gym shoes (old/worn shoes work best) must be brought to camp. They will get wet. Shoes must be worn while in canoes. (Please no clogs or sandals)

Roller Coaster Excitement Program

-  The field trip to Six Flags Great America will take place on Thursday*. After the field trip they will return to camp for their overnight experience.
-  Girls need to bring a sack lunch for the field trip.
-  Girls will be transported from camp to Great America.
-  Girls may choose to bring extra spending money to use as they wish at Great America.
-  Fee covers admission, transportation and a snack, along with the program supplies for the week.

Wet and Wild Program

-  The field trip to a local waterpark will take place on Thursday*. After the field trip they will return to camp for their overnight experience.
-  Girls will be transported from camp the waterpark.
-  Girls need to bring a sack lunch for the field trip.
-  Girls will need to bring a swimsuit, towel, and sunscreen (plus any other water-related items they may need). It is recommended that they bring a small drawstring bag to store items in.
-  Fee covers admission, transportation and a snack, along with the program supplies for the week.

Brains!

-  Campers will take a field trip to Journey World

*Day of the week for field trips is subject to change. Make sure to check your camper's backpack daily for notes and reminders that are sent home.

Camp Address

Camp Palos is located at
11736 Will-Cook Road
Palos Park, IL

There should be a sign indicating the entrance to camp.

Contact Information

We want your camper to have a great day camp experience.
If you have concerns, feel free to contact us.

Palos Director: Kary "Kanga" Roorda
Camp Phone: (708) 448-0121
Email: kroorda@girlscoutsgcnwi.org

Directions to Camp Palos:

From Chicago:

I-55 south to route 83 south. Proceed south on Rt. 83, veer right onto route 171 southwest for ¼ mile. Turn left (south) on Bell Road for 1.2 miles. Turn left (east) on McCarthy Road for about 1 mile, then north on Will-Cook Road, about ¾ mile. Camp will be on your left.

OR

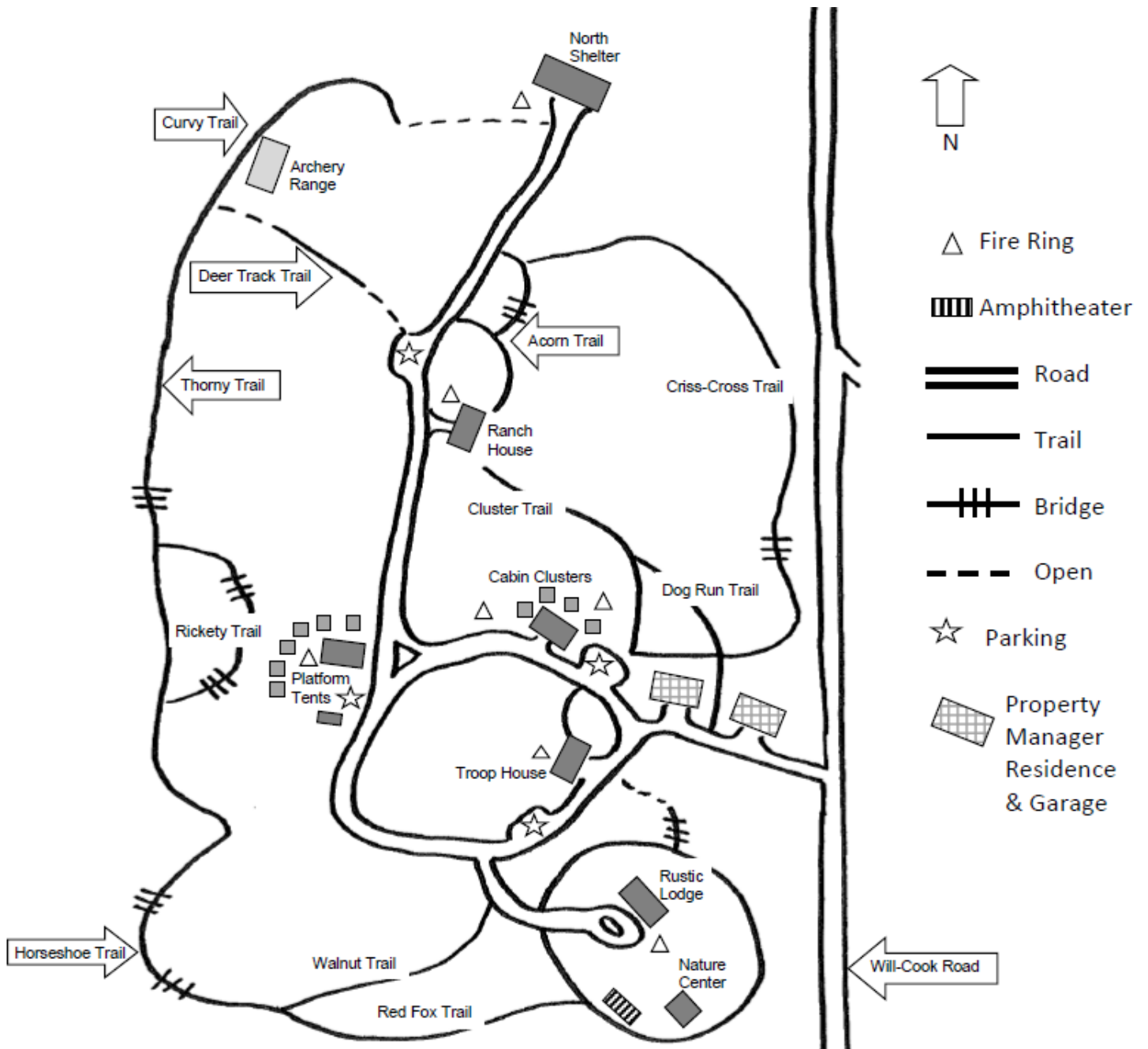
Take route 171 to La Grange Road South. Turn right on McCarthy Road (123rd)

Camp Palos Open House

Join us on Sunday, March 18, 2018 from 2 – 4 p.m. or Sunday, May 6, 2018 for an open house at Camp Palos. Tour camp grounds, meet your director, and find out more about what camp is all about!

We hope to see you there!

Camp Palos Map



Why Does My Camper Have to be a Registered Girl Scout/ What is Girl Scout Insurance?

Though campers do not have to actively participate in Girl Scouting year round. Every camper attending a Girl Scout Greater Chicago and Northwest Indiana camp must be or become a registered Girl Scout.

Every registered Girl Scout and registered adult member in the Girl Scout movement is automatically covered under the basic insurance plan upon registration. The entire premium cost for this protection is borne by Girl Scouts of the USA. The basic plan is effective during the regular fiscal year (October to the following October). Up to 14 months of insurance coverage is provided for new members who register in the month of August.

This insurance provides up to a specified maximum for medical expenses incurred as a result of an accident while a member is participating in an approved, supervised Girl Scout activity, after the individual's primary insurance pays out. This is one reason that all adults and girls should be registered members. Non-registered parents, tagalongs (brothers, sisters, friends), and other persons are not covered by basic coverage.

This insurance coverage is not intended to diminish the need for, or replace family health insurance. When \$130 in benefits has been paid for covered accident, medical, or dental expense, any subsequent benefits will be payable only for expenses incurred that aren't compensable under another insurance policy. If there is no family insurance or healthcare program, a specified maximum of medical benefits is available.

We can't wait to see you at camp! If you have any questions make sure you email camper@girlscoutsgcnwi.org or your camp director.