Camp Palos Day Camp
Informational Packet 2020
S’more than a Moment

Welcome!

We are so excited to have your camper join us for a fun-filled week of day camp. To ensure that your camper has a fun and safe experience with us, please read all of the important information outlined in this packet.

This packet includes the following:

- Camp address, directions, & contact information
- Packing list
- Daily reminders
- FAQs
- Transportation information
- Arrival/departure specifics
- Overnight information for Juniors+
- Camp map
- Retail shop/trading post information

What is Day Camp All About?

Day camp is an incredible experience and is unique to every girl who tries it. Day camp is a week-long program with an optional Thursday overnight opportunity for Juniors and up. Camp is a place where girls can 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. Your camper will return from camp with a smile on her face, memories to cherish, 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 us at customercare@girlscoutsgcnwi.org or call 855-ILOVEGS (456-8347)

Girl Scouts of Greater Chicago and Northwest Indiana
1 (855) 456-8347; www.girlscoutsgcnwi.org/camp
Camp Address

Camp Palos
11736 Will-Cook Road
Palos Park, IL 60439

For more information about arrivals and departures please see pages 6, 8, and 9.

Contact Information

If you have questions during the summer camp season (6/15 – 7/31) feel free to contact us.

Camp Palos Director: Kary “Kanga” Roorda
Summer Camp Phone: (708) 448-0121
Director’s Email: kroorda@girlscoutsgcnwi.org

Directions to Camp Palos

From Chicago
Take I-55 south to Route 83 south. Proceed south on Route 83, veer right onto Route 171 southwest for ¼ mile. Turn left on Bell Road. Turn left on McCarthy Road for about 1 mile, then left on Will-Cook Road for about ¼ mile. Camp will be on your left.

OR: Take Route 171 to Route 45 south. Turn right onto McCarthy Road (123rd), then right on Will-Cook Road. Camp will be on your left.

Camp Palos Open House

Register for our FREE open house to talk to the Director, explore camp, and get your questions answered all before camp starts.

May 3, 2020
1-4 pm
Register at https://apm.activecommunities.com/girlscoutsgcnwi/Home with code 5871540

Social Media

Want more information about camp? Visit our website or find us on social media!

Website: https://www.girlscoutsgcnwi.org/camp
Facebook: https://www.facebook.com/Camp-Palos-207606212610010
Pinterest: https://www.pinterest.com/gsgcnwi/camp
Instagram: @girlscoutsgcnwi
Though girls are only coming to camp for the day, it is important that they come prepared. Below is a list of items that they should bring with them every day they come to camp.

- **Sack Lunch & Drink** – Refrigeration is not provided; icepacks are recommended.
- **Backpack** – To carry all of her belongings. Be sure to check your camper’s backpack each day when she gets home for any important handouts.
- **Reusable Water Bottle** – The well water at Camp Palos is plentiful and safe to drink, but some campers are not fond of the taste. Be sure to bring a filled water bottle so that you can stay hydrated throughout the day.
  - **Tips for Success**: If you fill a water bottle halfway full, freeze it overnight, and fill the remaining space with fresh water in the morning the water should stay cold for the majority of the day. Bring flavor packets to add to well water to help mask the taste.
- **Sit-Upon** – This cushion is a Girl Scout tradition which will keep your camper relatively clean and dry whenever she sits on the ground. (Google “Girl Scout Sit-Upon” or reference our Pinterest page for instructions on how to make your own.)
- **Insect Repellent/Sunscren** – 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 frequently to reapply these as well.) A concentration of less than 20% DEET is recommended. Non-aerosol containers or disposable wipes are preferred.
- **Bandana or Hat** – Pack one, or both of these, to help protect your camper from the sun.
- **Hair Tie, “Scrunchie,” etc.** – To hold hair back safely when cooking around a fire or participating in archery and to keep hair off of the neck and out of the way on hot days.
- **Apparel** – Comfortable, everyday “play” clothes should be worn for daily camp activities. Socks and sturdy shoes should be worn at all times. It is a good idea to pack an extra shirt for 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-toed shoes; they are not safe in the camp environment. Crocs, adventure straps, water shoes, or other close-toed aquatic footwear are acceptable for water activities during the camp day.
- **Rain Gear** – Raincoat or poncho. Umbrellas are not allowed at camp; they pose a safety hazard.

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**Important Note:**

Please make sure to label everything with the camper’s first and last name.

**Important Note:**

Campers are NOT allowed to share:
- Bug spray
- Sun screen
- Food
- Hats/Bandanas

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***For information about what to bring for Thursday night camp sleepovers reference the “Overnight Packing List” section of this packet on page 10.***
Monday – First Day of Camp!

⚠️ This is the first day of camp and we are SO excited that your camper will be joining us!

⚠️ Make sure your camper has her online forms filled out by May 1. You can find the link to these forms in your email from Camp Doc once you register for a camp program. If you do not see them in your email check back weekly as emails with links are not sent out on a daily basis.

⚠️ If your camper has any medications, please send them in their original, labeled container(s) with her name printed clearly on the outside.
  - After May 1, if any health information has changed please send updates with your camper on her first day of camp and email kroorda@girlscoutsgcnwi.org.

⚠️ Make sure to check your email (and junk folders) for any additional important information before coming to camp.

⚠️ Before drop off, make sure that your camper knows which program she registered for.

⚠️ Sack lunch

⚠️ Check her bag and/or your email for any notes or other important information! Be on the lookout for trading post information. Reference page 13 of this packet as well.

⚠️ Finally, last but not least, make sure she doesn’t forget to pack a positive attitude! ☺

Tuesday – Tie Dye Tuesday!

⚠️ Please have your camper bring a white, or other light colored, t-shirt (or other garment) to tie dye.
  - 100% cotton items absorb the dye best.
  - Wash new items before dying.
  - Bring a plastic bag clearly labeled with the camper’s name so that she can easily transport her wet creation home.

⚠️ Sack lunch

⚠️ Trading post money.

⚠️ Check her bag and/or your email for any notes or other important information.

⚠️ 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/garment by itself in cold water. You may have to do this several times before the dye is set otherwise it may stain other clothes.
  - **If you forget to check your camper’s t-shirt on Tuesday night don’t fret. Any night following Tuesday you can simply start with the second step.**
Wednesday – Daisy and Brownie Cookout Day!

Helpful tips for cookout day! (for Daisies and Brownies)

- Junior and Cadette units will need to bring a sack lunch this day.
- Girls will get the opportunity to plan their menu and work collaboratively to cook their lunch.
- Please do not send any extra food that day. We can accommodate allergies, religious restrictions, and picky eaters.
- Mess kits and dunk bags are available for purchase at the Girl Scout Shop prior to camp.

<table>
<thead>
<tr>
<th>Do</th>
<th>Don’t</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Help us out by letting us know of any allergies, dietary restrictions, religious restrictions, and picky eaters before coming to camp.</td>
<td>✗ Send extra food. We can accommodate allergies, dietary restrictions, religious restrictions, and picky eaters.</td>
</tr>
<tr>
<td>✓ Send a mess kit – any plastic/metal plate, bowl, cup, and silverware.</td>
<td>✗ Send paper plates or other disposables.</td>
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<tr>
<td>✓ Send a dunk bag – a “drip-dry” type bag (i.e. mesh laundry bag with a drawstring).</td>
<td>✗ Send a plastic bag.</td>
</tr>
</tbody>
</table>

Check her bag and/or your email for any notes or other important information.

Thursday – Optional Overnight for Juniors and Up!

- Camp t-shirt will be coming home today for non-overnighting programs.
- Sack lunch
- Optional overnight for Juniors and up! Refer to the “What to Bring to the Overnight” section on page 10.
- Overnighters will be cooking their dinner Thursday evening. Reference the above “Cookout Day!” bullet point and the “Do’s and Don’ts” chart under “Wednesday”.

Friday – Camp Shirt Day!

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

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 customercare@girlscoutsgcnwi.org.

Girl Scouts of Greater Chicago and Northwest Indiana
1 (855) 456-8347; www.girlscoutsgcnwi.org/camp
Additional Important 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 program.

Severe Weather
Day camp staff monitors the weather. If severe weather develops during the camp day or evening, appropriate measures will be taken. Indoor shelter is available for all campers and staff. Our first priority is the safety of all of our campers, so please be advised that staff will not be available to answer phone calls during this time. Phone lines need to remain open. 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 and staff will do their best to reunite owners with their belongings. However, please understand that this is not always possible. Unclaimed items are brought to our Gathering Places at the end of the season. Please contact us to arrange transport of your items to your closest Gathering Place if needed. Items are kept until October 1 and will be donated after that time.

Cell Phones
Though we do allow cell phones to be brought to camp, we want the campers to truly engage in their camp experience and enjoy their time outdoors with their new camp friends! If a camper has a cell phone at camp, they will be reminded to keep it off and in their backpack. However, if it becomes an issue it will be collected and locked in the administration building and returned to the camper’s guardian at the end of the session. Additionally, do not send cell phones with your camper for the overnight. Our camp staff are highly trained to meet the needs of your camper. You will be contacted by the camp director if there are any concerns.

Financial Aid
Financial aid is available, but you must first register your camper for camp. After this point, you are more than welcome to apply for financial aid. Reference the “Forms” tab under the “Parents and Caregivers” drop down on our website.

Photos and Video
When filling out your camper paperwork you have given the Girl Scouts of Greater Chicago and Northwest Indiana permission to take photos and/or videos of your camper(s) while they are at camp. If you would not like to allow GSGCNWI to take and use photos and videos of your camper(s) please send an email indicating this at least 1 week out from your camp program to Director Kary Roorda at kroorda@girlscoutsgcnwi.org or send a written note 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, the staff assists girls in clean-up, ensuring that health and safety procedures are of the upmost importance when completing tasks.

Late Arrivals/Early Departures
Camp gates will close at approximately 9:20 am, and remain closed until campers leave in the afternoon. Gates will open at 2:45 pm to prepare for dismissal, allowing buses to enter the camp first. Every effort is made to ensure campers leave as quickly and efficiently as possible. In order to maintain the safe and positive day camp experience 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 these as long as we are aware of them. Early departures will happen only at noon with no exceptions. Campers will be picked up at Troop House.

Girl Scouts of Greater Chicago and Northwest Indiana
1 (855) 456-8347; www.girlscoutsgcnwi.org/camp
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 staff and the other campers attending camp.

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.**

![Bus Image]

**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.
- Approximate bus times will be emailed to you 2 weeks before your camp program. If there are any changes to your bus stop location or cancellations you will also be notified by this time.
  - Please note: bus pick up and drop off times are estimated times of arrival and departure and may not always be 100% accurate due to factors outside of our control. We appreciate your patience during camper pick up and drop off.
- 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 at your stop call camp at (708) 448-0121.
- Be sure to verify that the bus is going to Girl Scout 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 closely for any instructions given while being transported to or from camp.
- **If you miss the bus:** you may drive your camper to camp and go through car check in.
- 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 arrives in the afternoon. **The bus will NOT be able to wait for parents to arrive after drop off time listed.** This being said, please be at your appropriate pick up location at least 10 minutes prior to arrival time listed.

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**IMPORTANT**

All adults picking campers up from the bus must have the appropriate “Transportation Release Flyer” which will be sent to you with instructions 2 weeks prior to your camp program. Please read all instructions that will be attached with the flyer. Possession of this flyer during bus pick up will help ensure a smooth pick up process. Those who fail to present this flyer will need to present a photo ID and signature.

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Girl Scouts of Greater Chicago and Northwest Indiana  
1 (855) 456-8347; www.girlscoutsgcnwi.org/camp
Arrival:

- Please enter camp through the main gate. The entrance gate is marked with a “CAMP PALOS” sign right out front.
- Check-in will not start until 9:00 am. Staff are not available to chaperone campers until that time.
- If you arrive before the gates are open, please do not idle outside of the gate. You are welcome to wait on the shoulder of Will-Cook Road. Please be respectful of those that live in the area while waiting for camper pick up or drop off.
- Do not come onto camp property until directed to do so. It is important to leave the camp road open.
- 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, staff, and volunteers may be walking through camp. The health and safety of every camper is important to us.
- Parking is for staff and volunteers only.
- When checking-in, please stay in your car. A staff member will come to your vehicle to check your camper in and get them to their program safely. After this, continue on the same road to exit camp as directed.
- We thank you for your patience.

Departure:

- This process may take a little longer on the first day. Every effort is made to ensure campers leave as quickly and efficiently as possible. We thank you for your patience.
- Carpooling is HIGHLY recommended.
- Check-out will not start until 3:00 pm.
- If you arrive before gates are open, please follow the same guidelines that are outlined under “Arrival.”
- The camp gate will be opened to let the buses in first. Cars will then be allowed to line up behind the buses. Please wait on the shoulder until you are given the appropriate signal.
- Once buses have departed, you will be directed to the pick-up area.
- When checking-out, please stay in your car. A staff member will come to your car and will ask which camper(s) you are here to pick up. You will also be asked to provide a photo ID. **No camper will be released if a photo ID is not presented.**
- We will be utilizing the “Transportation Release Form” that you filled out when completing your camper paperwork on Camp Doc and you will be asked for your signature. Make sure to include anyone that will be allowed to pick up your camper from camp on this document. **Campers will not be released to anyone not listed on their “Transportation Release Form.”**
Before and After Camp Care

- Pick up and drop off for before and after camp care will take place at Troop House.
- Drop off will only be between 7:30 am – 8:30 am.
- Pick up will only be between 3:30 pm – 6:00 pm.
- Campers must be registered for this add-on program at least 1 week before camp starts.
- Camp will provide a morning and late afternoon snack.
- Please indicate on your online forms the time you will be dropping your camper off and picking them up.
- At Troop House you will proceed with the check-in or check-out process. You must provide a photo ID and be listed on the “Transportation Release Form” for each camper you are picking up or dropping off.

Late Arrival, Early Dismissal, and Dropping Off Items

- Please let the Palos Director, Kary Roorda, know as soon as possible if you need to drop your camper off late or pick them up early by emailing her at kroorda@girlscoutsgcnwi.org or calling the camp phone at (708) 448-0121.
- Please send your camper with a written note the day of if your camper needs to leave camp early in addition to contacting the director.
- Please let us know the date and time of the early dismissal or late arrival along with the camper’s name and unit.
- If you need to drop something off for your camper please bring it to the Troop House. Make sure all items are labeled with the camper’s first and last name, along with their unit.

IMPORTANT

The safety of our campers, staff, and volunteers is our number one priority. Please make sure you are being vigilant, following road signs, and adhering to the 5 mph speed limit whenever you are driving around camp.

Girl Scouts of Greater Chicago and Northwest Indiana
1 (855) 456-8347; www.girlscoutsgcnwi.org/camp
Overnight Packing List

Overnights are always a great experience for our campers! It is a great way to get a 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 programing, we have listed items below that will help prepare your camper for her overnight experience.

Campers may sleep in lodges, platform tents, or pop-up tents while overnighting.

- **Sleeping Bag and Pillow** – please note that sleeping bags may not be warm enough on a cold night. We recommend bringing an extra blanket to stay warm.
- **Flashlight with New Batteries** – campers will be walking around camp at night. A handheld flashlight or headlamp will help her get around safely in the dark.
- **Mess Kit** – any plastic/metal plate, bowl, cup, and silverware. Please don’t send anything disposable.
- **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 at night.
- **Pajamas or Sleepwear** – pajamas or a t-shirt and shorts or pants 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** – sometimes stuffed animals make the overnight experience easier. Please refrain from sending numerous, large, or any favorite stuffed animals to camp.
- **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** – be prepared for the weather and outdoor camp conditions.
- **Medications** – any medications that your camper may need for the overnight in the original labeled container and marked with the camper’s name. 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.
- **Day Camp Supplies** – sit upon, bug spray, sunscreen, water bottle, hat or bandana, etc. (see “Items to Bring to Camp EVERY DAY” section on page 3 for more details.)

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. 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.

*Mess kits and dunk bags are available for purchase in the Girl Scout Shops. See page 13.
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 Scouts of 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 customercare@girlscoutsgcnwi.org or your camp director at kroorda@girlscoutsgcnwi.org.

Girl Scouts of Greater Chicago and Northwest Indiana
1 (855) 456-8347; www.girlscoutsgcnwi.org/camp
12
# Day Camp Trading Post

Find time to stop by the Trading Post when you are at camp!
From patches to activity books to t-shirts and more.

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
<th>Description</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>Camp Temporary Tattoos</td>
<td>$0.50</td>
<td>Girl Scout Mystery Books</td>
<td>$7.99</td>
</tr>
<tr>
<td>Fun Patches – Assorted</td>
<td>$1.00</td>
<td>Camp Purse</td>
<td>$8.00</td>
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<tr>
<td>Glow in the Dark Camp Patch</td>
<td>$1.50</td>
<td>Mess Kit</td>
<td>$8.00</td>
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<tr>
<td>Camp Playing Cards</td>
<td>$3.00</td>
<td>Camp Stuffed Animal with Bandana</td>
<td>$10.00</td>
</tr>
<tr>
<td>Camp Bandana</td>
<td>$4.00</td>
<td>Camp T-Shirt – Youth</td>
<td>$14.00</td>
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<tr>
<td>Camp Flashlight</td>
<td>$5.00</td>
<td>Camp Sweatpant</td>
<td>$15.00</td>
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<tr>
<td>Camp Hand Fan</td>
<td>$5.00</td>
<td>Camp T-Shirt – Adult</td>
<td>$16.00</td>
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<tr>
<td>Camp Waterbottle</td>
<td>$5.00</td>
<td>Camp Blanket</td>
<td>$20.00</td>
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<tr>
<td>Jewelry – Assorted</td>
<td>$5 - $10</td>
<td>Camp Pullover Sweatshirt</td>
<td>$25.00</td>
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<tr>
<td>Charms – Assorted Styles</td>
<td>$6.00</td>
<td>Camp Sweatshirt – Youth</td>
<td>$28.00</td>
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<tr>
<td>Camp Sunglasses</td>
<td>$6.00</td>
<td>Camp Sweatshirt – Adult</td>
<td>$30.00</td>
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<tr>
<td>Camp Pedometer</td>
<td>$6.00</td>
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Pre-order giftcards online at [www.shopgirlscouts.com](http://www.shopgirlscouts.com)

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Merchandise subject to availability at each camp.

Toiletries such as sunscreen, shampoo, body wash and more also available.

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Girl Scouts of Greater Chicago and Northwest Indiana
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