

Vernon Hills Day Camp

Informational Packet 2021

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 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
- ✓ Camp map
- ✓ Overnight information for Juniors+.
- ✓ COVID-19 and Girl Scout Insurance



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!

For additional information on what we are doing regarding the COVID-19 pandemic refer to the **GSGCNWI Summer Camp 2021 and COVID-19 Resource** on our website (www.girlscoutsgcnwi.org/camp). This document is subject to change and may be updated multiple times in the coming months.

Questions?



If you still have questions after reading this packet please email us at customercare@girlscoutsgcnwi.org or call 855-ILOVEGS (456-8347)



Camp Address

Vernon Hills Gathering Place
650 N Lakeview Parkway
Vernon Hills, IL 60061

For more information about arrivals and departures please see pages 7, 8, & 9.

Contact Information

If you have questions during the summer camp season (8/2-8/6) feel free to contact us.

<u>Vernon Hills Director:</u>	Kara Kastenholz
<u>Summer Camp Phone*:</u>	1 (630) 544-5915
<u>Director's Email:</u>	kkastenholz@girlscoutsgcnwi.org

*Summer phone will be answered starting June 1. If you have questions before that, feel free to email the director or call or email Customer Care (contact information is listed at the bottom of each page)

Directions to Vernon Hills Gathering Place From Chicago

Take I-294 N. Take exit 19 for IL-60/Townline Road. Make a left onto IL-60 W/E Townline Road. Make a left on N Fairway Drive and another left onto Lakeview Parkway. Make a right into the Vernon Hills Gathering Place.

Vernon Hills Additional Information

We will not be holding an open house for the Vernon Hills Day Camp.

If you would like to see the location, please email our Customer Care team with your request at customercare@girlscoutsgcnwi.org

Have additional questions?

Email: customercare@girlscoutsgcnwi.org or kkastenholz@girlscoutsgcnwi.org












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/GirlScoutsGCNWI/
Pinterest:	https://www.pinterest.com/gsgcnwi/camp
Instagram:	@girlscoutsgcnwi

Items to Bring to Camp EVERY DAY

Though girls are only coming to camp for the day, it is important that they come prepared. Below is a list of items that campers should bring with them every day they come to camp.

-  **Sack Lunch** – 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 Vernon Hills Gathering Place has plentiful and safe to drink water. Pack a filled water bottle so that your camper(s) 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.
-  **Sit-Up-on** – (Optional but beneficial) This cushion is a Girl Scout tradition that can be used when sitting on the ground. Campers will carry their sit-upons around camp, so we encourage small, light-weight options. (Google “Girl Scout Sit-Up-on” or reference our Pinterest page for instructions on how to make your own.)
-  **Insect Repellent/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 frequently to reapply as well.) A concentration of less than 20% DEET is recommended for campers. Non-aerosol containers or disposable wipes are preferred.
-  **2-3 Masks PER DAY** – Pack 2-3 reusable or disposable masks for your camper to wear each day. New or freshly washed masks should be brought to camp every day.
-  **Personal Hand Sanitizer** – (Optional) For extra hand sanitizing throughout the day in addition to the increased hand washing and sanitizing that will occur.
-  **Bandana or Hat** – Pack one, or both, to help protect your camper from the sun.
-  **Hair Tie, “Scrunchie,” etc.** – To hold hair back safely when cooking around a fire and to keep hair off 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 must 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 encouraged 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 with adventure straps, water shoes, or other close-toed aquatic footwear are only acceptable for water activities during the camp day.
-  **Rain Gear** – Raincoat or poncho. Umbrellas are not allowed at camp; they pose a safety hazard.

! **Important Note:**

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

! **Important Note:**

No sharing of:

- Bug spray
- Sun screen
- Food
- Hats/Bandanas
- Masks
- Personal items

***Reference the “Overnight Packing List” on page 10 for campers overnighing on Thursday.



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 daily.
- ▲ 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 kkastenholz@girlscoutsgcnwi.org.
- ▲ Make sure to be checking your email (and junk folders) for any additional important information one to two weeks before coming to camp.
- ▲ Before you drop her off, make sure that your camper knows which program she registered for.
- ▲ Please have your camper bring a white, or light-colored, t-shirt (or other garment) to prepare for tie-dyeing on Tuesday.
 - 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.
- ▲ Pack a sack lunch and 2-3 clean masks to wear throughout the camp day.
- ▲ Check her bag and/or your email for any notes or other important information!
- ▲ Finally, last but not least, make sure she doesn't forget to pack a positive attitude! ☺

Tuesday – Tie Dye Tuesday!

- ▲ Make sure she has her white, or light-colored, item) and a plastic bag. (See above for more details)
- ▲ Pack a sack lunch and 2-3 clean masks to wear throughout the camp day.
- ▲ Check her bag and/or your email for any notes or other important information.
- ▲ Instructions for tie dye items:
 - Leave the rubber bands on the t-shirt for 24 hours. (You may want to take the item out of the bag during this time.)
 - After 24 hours, squeeze the item under cold water until the water runs clear.
 - Remove the rubber bands.
 - Wash and dry the item 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 item on Tuesday night don't fret. Any night following Tuesday you can simply start with the second step.

Wednesday – Wacky Wednesday!

- ▲ Girls and staff dress wacky for the day! Choose to dress in mixed-up/clashing clothing or create outrageous hair styles to look as wacky as possible. Keep in mind that safety in the outdoors and good taste still apply.
- ▲ Pack 2-3 clean masks to wear throughout the camp 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.
 - Mess kits and dunk bags may be available for purchase through our online shop.

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

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

Thursday – Theme Thursday!

- ▲ A specific theme will be voted on by girls early on in the week. Be on the lookout for information about what the theme for your camp week is by checking your email and/or your camper's backpack.
- ▲ Pack a sack lunch and 2-3 clean masks to wear throughout the camp day (5-6 if overnighing).
- ▲ Field Trip Day! We will be going to a nearby nature preserve to do some hiking and outdoor exploration.
- ▲ Optional overnight for Juniors and up! Refer to the “Overnight Packing List” section on page 10
- ▲ Overnighers will be cooking their dinner Thursday evening. Reference the above “Helpful Tips for Cookout Day!” bullet points under “Wednesday.”

Friday – Camp Shirt Day!

- ▲ Pack a sack lunch (for non-overnighers) and 2-3 clean masks to wear throughout the camp day.
- ▲ Don't forget to wear this year's camp t-shirt! (Campers will receive this during their week at camp.)
- ▲ Overnighers will prepare their breakfast and lunch.
- ★ 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 customer care@girlscoutsgcnwi.org.



Additional Important Information



Absences



Please be sure to call to inform us of your camper's absence at (855) 456-8347 or email us at kkastenholz@girlscoutsgcnwi.org. Make sure to leave a message telling us your camper's full name & 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 daily. However, please understand that this is not always possible. Unclaimed items will be housed at the Vernon Hills Gathering Place at the end of the season, please contact us to arrange transport of your items to your closest Gathering Place. Items are kept until October 1, 2021 and will be donated after that time. Lost masks will not be returned for the health and safety of all.



Cell Phones

We do not allow cell phones at day 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 at the end of the day. 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 by paying the minimum \$25 deposit. 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. If your financial aid request is accepted, the aid amount will be removed from your remaining balance for one camp program.

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 Kara Kastenholz at kkastenholz@girlscoutsgcnwi.org or send a written note on the first day of camp.

Kapers

Girl Scouts leave places better than they found them and camp is the perfect place to practice this. 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, gathering firewood, cooking at cookouts, fire building, etc. Kapers are a Girl Scout tradition that helps build responsibility and teamwork skills. During Kapers, the staff assist girls in clean-up, ensuring that health and safety procedures are the highest priority when completing tasks.





Additional Important Information Continued



Late Arrivals/Early Departures

Camp check in will stop at approximately 9:20 a.m. and remain that way until campers leave in the afternoon. Staff will begin preparation for dismissal around 2:45 pm. 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 and will require a late arrival or early departure, 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.



During Camp Hours...

If you need to come to camp for any reason after 9:20 am and before 2 pm, please park and call our Customer Care number at 1 (855) 456-8347 or the camp phone at (630) 544-5915.

Remain in your car. A staff member will come to assist you as soon as possible. (Please be patient as camp staff may not be nearby when you arrive.) We ask that every effort be made to share late arrival/early dismissal information prior to the day.



Health & Safety

At Girl Scout camp we take health and safety very seriously and will do everything in our power to keep campers and staff as safe and healthy as possible. That being said, this year we will be implementing additional health and safety procedures for all staff and campers to follow. This includes, but is not limited to, daily temperature checks, mask wearing, additional hand washing, increased cleaning and sanitizing of supplies and camp areas, and social distancing whenever possible. In addition to these procedures, we will also be constantly monitoring and following the policies informed by the Centers for Disease Control, state and local guidelines, and the American Camp Association. We also ask that all campers and staff do a self-check each morning before coming to camp and advise you to stay home if your camper, or anyone they have come into contact with, is showing signs of any of the symptoms associated with COVID-19.

Pre-Camp COVID-19 Self-Assessment

Before arriving at Girl Scout camp, everyone must complete a COVID-19 self-assessment. This self-assessment includes checking for signs and symptoms associated with COVID-19 including, but not limited to, fever, chills, cough, difficulty breathing or shortness of breath, fatigue, headache, sore throat, new loss of taste or smell, muscle or body aches, congestion or runny nose, nausea or vomiting, diarrhea, new confusion, inability to wake or stay awake, bluish lips or face, or any other signs and symptoms associated with COVID-19. If a camper, staff member, volunteer, or anyone they have come into contact with in the last 14 days is experiencing symptoms of COVID-19 they **MUST STAY HOME**.

Check-In & Check-Out Additional Procedures

Any person who is not a staff member, approved volunteer, or camper **must stay in their vehicle at all times** during check-in and check-out. All persons above the age of two years old **must wear a face mask covering their nose and mouth** for the entirety of check-in and check-out including parents and family members not attending a camp program. All staff, approved volunteers, and campers will be required to participate in a health screening each day including a temperature check that must be lower than 100.4 degrees Fahrenheit. Anyone who does not pass the daily health screening will not be able to participate in camp programming for the day.

Trading Post

Our trading post will be located online this year. Visit: <https://shop.girlscoutsgcnwi.org/>

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.**



Car Drivers

Arrival:

- Before arriving, everyone must do a COVID-19 self-assessment. If your camper(s) or anyone they have come into contact with are experiencing signs or symptoms of COVID-19 they **MUST stay home.**
- Enter the Vernon Hills Gathering Place parking lot and park.
- Check-in will not start until 8:45 am. Staff are not available to chaperone campers until that time.
- If you arrive before 8:45 am, please do not idle outside on the street. You are welcome to wait in your car in the parking lot until check-in time.
- Drive carefully and attentively as campers, staff, volunteers, and other Girl Scouts may be walking through the area. The health and safety of everyone is important to us. **Please drive 5 mph for the safety of all.**
- When checking-in, please park and **stay in your car.** A staff member will come to your vehicle to check your camper in and get them to their program safely.
- During check-in, **everyone above the age of 2 years old in the car must wear a face mask over their nose and mouth.** Only campers attending a program that week may exit the vehicle after they have been checked in. Additional **daily health screening** will include **temperature checks** that must be **100.4 degrees Fahrenheit or lower and a prescreening.** **Anyone with a temperature higher than 100.4 degrees Fahrenheit or experiencing any other signs or symptoms of COVID-19 will not be able to participate in camp programming for the day (or longer).**
- After checking your camper(s) in, please proceed carefully out of the parking lot the same way you entered.
- 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.
- Check-out will not start until 3:00 pm.
- If you arrive before 3:00 pm, please follow the same guidelines that are outlined under “Arrival.”
- When checking-out, please park in the parking lot and **stay in your car.** Everyone in the car above the age of 2 must wear a face mask over their nose and mouth. A staff member will come to your car and will ask which camper(s) you are here to pick up. You will 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. 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.”**



Late Arrival, Early Dismissal, and Dropping Off Items

- Please let the Vernon Hills Director, Kara Kastenholz, know as soon as possible if you need to drop your camper off late or pick them up early by emailing kkastenholz@girlscoutsgcnwi.org or calling the camp phone at 630-544-5915.
- Please send your camper with a written note the day your camper needs to leave camp early in addition to contacting the director.
- We will need to know the following information for any late arrivals and early dismissals:
 - Date and time
 - Camper's name
 - Program unit
- If you need to drop something off for your camper please bring it to the Vernon Hills Gathering Place. Park in the round-about near the front door and call the camp phone at 630-544-5915. Tell the person on the other line that you are at the Vernon Hills Gathering Place and you are trying to drop off a camper late/pick up a camper early/drop off camper items. Follow the instructions provided. Please stay in your car. 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.

Vernon Hills Gathering Place Map



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 programming, we have listed items below that will help prepare your camper for her overnight experience.

Campers may sleep in tents or on mats on the floor in a building 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 dishes to air dry 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.)
- ☐ **3-4 Additional Clean Masks** – these masks are in addition to the masks brought and used Thursday and will be used during Thursday evening activities and during the day on Friday.

How Will Summer Day Camp be Different Due to COVID-19?

It is no surprise that summer 2021 will look different from past summers. Our team is working hard to prepare an enjoyable summer camp experience full of camp traditions and new friendships while we implement strategies to reduce the risk of COVID-19.

Our camps and properties follow standards and practices as set forth by the Girl Scouts of the U.S.A (GSUSA), the American Camp Association (ACA), and state and local health codes and authorities. Camp operations for 2021 will also follow additional recommendations from the Centers for Disease Control and Prevention (CDC).

With your help, patience, and understanding we have no doubt that we can provide incredibly magical camp adventures. For the most detailed and up to date information refer to the **GSGCNWI Summer Camp 2021 and COVID-19 Resource** on our website. Here is a snapshot of the biggest strategies and processes that we are implementing for summer 2021 (subject to change):

- Wearing of face masks throughout most of the summer camp program; masks may be taken off for safety management during specific situations (i.e. eating, sleeping, or planned mask breaks)
- Physical (social) distancing and keeping campers in small groups based on their registered program
- Utilizing the outdoors; increased size of activity spaces and physical distancing, and plenty of fresh air
- Additional cleaning and sanitizing processes and increased emphasis on washing and sanitizing hands

For additional information on what we are doing regarding the COVID-19 pandemic refer to the **GSGCNWI Summer Camp 2021 and COVID-19 Resource** on our website (www.girlscoutsgcnwi.org/camp). This document is subject to change and may be updated multiple times in the coming months.

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 customer care@girlscoutsgcnwi.org or your camp director at kkastenholz@girlscoutsgcnwi.org.