

2022 Resident Camp Information Packet

Your Summer,
Your Story!

Welcome to the Girl Scouts
of Greater Chicago and
Northwest Indiana
Resident Camp Program

Camp Butternut Springs
Camp Juniper Knoll



2022 Resident Camp Information Packet

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Overview

Welcome to the Girl Scouts of Greater Chicago and Northwest Indiana Summer Resident Camp Program. We are excited that your camper(s) has (have) chosen to spend time with us this summer and we look forward to providing a safe and memorable experience!

Our camp mission is to engage all girls in progressive and experiential outdoor experiences to build confident, capable leaders and outdoor advocates, and empower adults to support girls in their efforts.

Summer Resident Camp Programs follow standards and practices as set forth by the Girl Scouts of the U.S.A., the American Camp Association, Centers for Disease Control and Prevention (CDC), and state & local health codes and authorities.

Please read this entire packet carefully! We want you and your camper(s) to be prepared for what is ahead. Our team is working hard to prepare an enjoyable summer camp experience full of camp traditions and new friendships while we continue to implement strategies to reduce the risk of COVID-19. Every summer at camp is unique, so even if your camper(s) has (have) been to camp before, we encourage you to look over the following pages. We recommend keeping this packet as a reference until your camper(s) returns (return) home.

This packet has been updated as of February 25, 2022 and is subject to change.



What are the benefits of attending camp?

The opportunity to participate in a fun and interactive outdoor adventure full of learning, friendship, and personal growth. With guidance from camp counselors, campers will learn about themselves, others, and the environment during their camp session.

The camp community fosters experiences where every camper is welcomed, and together with other campers, staff, and volunteers can:

- Learn about collaboration and building confidence in supportive group living environment.
- Discover their ability to better solve problems, overcome challenges, and set goals.
- Develop leadership skills, build social bonds, and become team players.
- Increase their level of overall happiness, resilience, and gratitude through social and environmental focused programming.



Contact Us

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

See you at camp this summer! - The Outdoor Program Team



Before Camp



How do I know if my camper is registered & confirmed for camp?

After registering your camper for a program session, you should receive a confirmation e-mail and receipt from girlscoutsgcnwi@active.com. Haven't located this e-mail? Be sure to check your spam and junk folders. Haven't registered for a resident camp program yet? [Click here to sign up now!](#)

You can also confirm your registration information by [accessing your account](#) and checking your Previous Transactions List under Account Program. Be sure to double check that the camp location, program, and session dates are correct.



When do I have to pay my balance?

All fees must be paid by June 1, 2022, unpaid fees by this date will be automatically taken from the credit card on file entered during registration.

Before June 1, you can make payments on your account at any time on the registration site by [clicking here](#). If you wish to pay by check or money order, make it payable to Girl Scouts GCNWI, include a copy of your registration record, and mail it to Resident Camp Registrar, 1551 Spencer Rd., Joliet, IL 60433.



Is financial assistance available?

Limited funds (for up to 30% of camp fees) are available for girl members that are interested in attending camp and meet the requirements for financial assistance as listed on the application form. A camper must be registered for a program and have a paid deposit prior to applying for financial assistance. An application for financial assistance can be completed online under [financial assistance at camp](#). Financial Aid applications for resident camp open on March 1, 2022.



What is required resident camp paperwork?

Resident Camp Paperwork due May 1, 2022. Resident camp paperwork consists of a variety of forms that your camper must have to attend camp and participate in the activities offered.

For Parents/Guardians to fill out:

- Camper's Health History
- Health Examination Form or Physical
- Over-the-Counter Medications
- Medications & Allergies
- Dietary Restrictions & Preferences
- Camper Release
- Camper Profile

For Both Parent/Guardian and Camper to sign:

- Camper Code of Conduct

For Camper to fill out:

- All About Me



How do I fill out my camper's required camp paperwork?

All camper paperwork can be completed online in CampDocs. You will receive an invitation e-mail to your campers' paperwork account from a campdoc.com e-mail address about a week after registering for a summer camp program.

To accept your invitation to your camper's paperwork:

1. In the invitation e-mail, click the green 'Accept Invite' button
2. In the 'Confirm E-mail' box, type your e-mail address in order to confirm
3. In the 'Password' box, type the password that you want to use
4. Click the 'Continue' button to go on to see your camper's required paperwork

We recommend having the following resources with you to complete the paperwork for your camper: health examination/physical, doctor/dentist contact information, immunization records with dates, and dietary restrictions and/or allergy information.

You can work on or edit your camper's paperwork any time before the May 1, 2022 paperwork deadline, when the forms will be locked for review.

Having troubles finding the camper paperwork e-mail from CampDocs? If you did not see the invitation e-mail, be sure to check your spam and junk folders. If you still cannot locate this invitation, you can resend your specific invitation e-mail. To do so go to app.campdoc.com and click sign up to enter the e-mail address that you used to register your camper for the summer. If your troop leader or another person registered your camper, using their registration account, please contact us at customercare@girlscoutsgcnwi.org so that we can update the e-mail associated with your camper's registration from theirs to yours.



What health forms do I need to send?

Girl Scouts of the U.S.A. standards require each camper have a health examination/physical within 24 months of her arrival date at camp. The health form must be signed by a physician and include the date of the physical. Copies of school/sports physicals are accepted as long as they have been completed within 24 months.

No camper will be allowed to stay at camp without a signed and completed health physical form, no exceptions. We are not able to return health forms after camp. We suggest that you photocopy the health form to keep in your records to use for school and sports.

Health examination/physical forms can be uploaded to your camper's resident camp paperwork at the link above or e-mailed to camper@girlscoutsgcnwi.org Be sure to include the campers' name, camp, & program in the subject line of the e-mail.



Are there specific forms about medications at camp?

If your camper is taking any prescription medication or supplements, fill out the medications portion of the online resident camp paperwork that asks for that information. **All medication must come to camp in its original container with the original label.**

All campers must complete the section regarding over-the-counter medication. Our health staff keeps a supply of common over-the-counter medication, as authorized by a physician, to treat simple complaints such as bug bites, headache, mild upset stomachs, menstrual cramps, etc. You do not need to send any medications for these problems. For more complex or serious complaints the health staff will consult with the doctor and you. Parent/guardian signature is required on the over-the-counter medication section. If you do not want us to give over-the-counter medication indicate that on the form.



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 end of September). 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 campers should be registered members. Non-registered parent/guardians, tagalongs (Girl Scout siblings/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.



Can I visit camp ahead of time?

Yes! Be sure to check out our camps before the summer at our camp open houses. Take a tour, meet the camp director, and have an opportunity to have all your questions answered. All open houses are free to attend and require registration. [Click here to search and register for our open houses!](#)

This year due to changes in our camp check-in and check-out, if you want to see your camper's unit and living space for their summer camp session, please attend one of our open houses.

Camp Butternut Springs, Valparaiso, IN

Saturday, April 23; 2-5 p.m. (Registration code: 5870182)

Sunday, April 24; 2-5 p.m. (Registration code: 5870192)

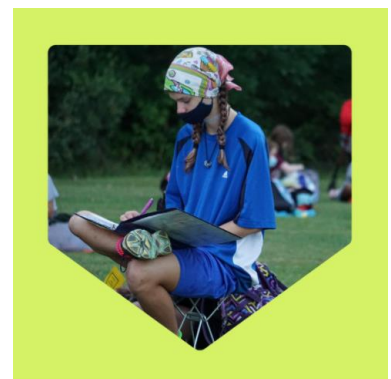
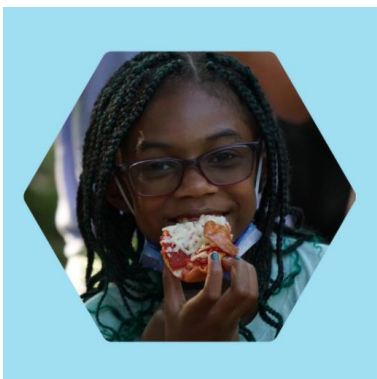
Sunday, June 19; 2-5 p.m. (Registration code: 5870202)

Camp Juniper Knoll, East Troy, WI

Saturday, April 9; 2-5 p.m. (Registration code: 5870212)

Sunday, April 10; 2-5 p.m. (Registration code: 5870222)

Sunday, June 19; 1-4 p.m. (Registration code: 5870232)



Getting Ready for Camp



What does my camper need to bring to camp?

Please limit your camper to three pieces of baggage; a sleeping bag with pillow, a suitcase or duffel bag, and a small backpack or book bag, to use during the day. Encourage your camper to be a part of the packing process so that they can find and identify their personal items brought to camp. GSGCNWI is not responsible for personal possessions; make sure to label all clothing and gear.

A detailed packing list is included on the last page (page 17) of this packet.

Is there access to laundry facilities? There are no laundry facilities available to campers in sessions that are two weeks or less. Please be sure she has enough clean face masks, clothes, and towels to last the length of her stay. It is a good idea to include a laundry bag for dirty clothes. For campers attending programs longer than two weeks they will have an opportunity to do laundry about every eight to ten days and should bring laundry detergent.



How can I communicate with my camper?

You can connect with your camper by sending or dropping off mail, getting an update from the on-site camp team, and/or touching base with them on a checked-in cell phone. Continue reading to learn more about the ways you can communicate with your camper.

Letters and Postcards

Camper love mail! Write them a supportive letter! Please label letters or postcards with your camper's first and last name, program name, program dates, and the day that you would like them to receive the letter.

Many families choose to write letters and drop them off at camp on check-in day or to pre-mail letters before a camper's arrival to camp to ensure timely delivery Daily US Postal Service is available at all camps. If your camper has forgotten an important item, please call or e-mail the camp and we will work with you to ensure your camper has what they need.

How to Label Camper Mail	
Dropping Off Mail at Camp during Check-In <i>No postage needed</i>	
Camper Name Program Name Day of week to receive the mail	
Pre-mailing Mail to Camp <i>Postage required</i>	
Camper Name Program Name & Program Dates Camp Butternut Springs 650 N 175 W Valparaiso, IN 46385	Camper Name Program Name & Program Dates Camp Juniper Knoll W 5091 State Road 20 East Troy, WI 53120

Please limit mail to postcards, letters, and small packages. Care packages can often lead to cabin conflict or negatively impact other campers; we appreciate if packages can be

kept modest in size and content or can be shared with the program group. As an alternative to mailing a care package or gift, you can hide it in their luggage while packing for camp with instructions on when to open it.

Please to do include any food or gum, as these items in living areas attract unwelcome animals & bugs.

Request an Update from the On-Site Camp Team

You are welcome to call or e-mail the camp team at any time to get an update on your camper's camp experience or to get your questions answered. Please keep in mind that although we are often away from the desk facilitating and supporting the camper experience, if we are unable to answer you when your inquiry comes in we will follow up with your e-mail or call as soon as we can.

Camp Contact Information	
Camp Butternut Springs Camp Director: Sam Luchek sluchek@girlscoutsgcnwi.org or camper@girlscoutsgcnwi.org Summer #: (219) 216-7271 *Summer camp phone number will be answered starting May 31*	Camp Juniper Knoll Camp Director: Margaret Gawlik mgawlik@girlscoutsgcnwi.org or camper@girlscoutsgcnwi.org Summer #: (262) 642-5455 *Summer camp phone number will be answered starting May 31*

Personal Cell Phones (optional)

Campers staying at camp for a week or longer (does not include three-day sessions) have the option to check-in a cell phone to use at camp.

- Campers who choose to bring a phone to camp will have the opportunity to call home on Wednesday afternoon between lunch and dinner. Times vary depending on camp location and program, in these cases you will be informed at check-in about your camper's call time.
- It is a campers' choice whether or not to call.
- **The camp phone is for emergency and business use only.** If no phone is checked in or the checked in phone does not work at camp; we are unable to provide campers access to the camp phone.
- Phones will be left off and stored in the camp office. Please note that GSGCNWI is not responsible for damage to phones. Phone service for different providers cannot be guaranteed, nor can service availability be verified for each site. Electricity for phone chargers is not available. Campers with phones cannot share with other campers unless noted at check-in.
- Please assist us in honoring our values and procedures by not giving your camper a cell phone to keep with them in their unit or luggage. We will contact you if your camper is having a difficult time adjusting to camp life.
- Based on our experiences, even campers who are having a great time often become homesick while speaking to someone at home. It is natural to miss home, and our staff are prepared to support your camper during their session. **We ask for your support in encouraging your camper to focus on the fun of camp and reach out to their camp counselor or other staff if they still do not feel better by the end of the day- focusing on other successful overnight experiences or how much you believe in them helps too!**

Check-In & Check-Out

For the health and safety of our campers and staff, all of our summer resident camp programs will have a drive-through check-in and check-out.

If you want to see your camper's unit and living space prior to their session, please plan to attend one of our camp open houses.



How does the express drive-through check-in and check-out work?

Each camper will be assigned a check-in time for the first day of their session and a check-out time for the last day of their session. You will receive this time the week prior to your camper's session. Our staggered check-in and check-out times will keep our lines to a minimum.

Upon arrival for check-in or check-out, camp staff will guide your vehicle to the designated area. **If you arrive more than 15 minutes before your check-in or check-out time you may be asked to drive around town or if there is room, to wait in the holding parking lot until it is the appropriate time.**

Campers will receive a health check, including a temperature check, near their vehicle. **Families and friends are expected to remain in or near their vehicle throughout both processes and will not be permitted around camp.** We ask that the number of people in the vehicle dropping off your camper is kept to a minimum.

More information will be sent out from the camp director prior to your camper's session detailing the check-in and check-out process and how you should pack your camper to make sure the process is as smooth as possible.



What do we do when we arrive at camp?

Please respect the arrival times for your scheduled check-in and check-out. Plan to arrive no earlier than 15 minutes before your scheduled time.

As with previous summers we will have a full check-in process; throughout the drive-through experience there will be stations along the vehicles' path to verify paperwork and check-in medications, cell phones, and mail as needed. We will have a detailed health screening process that includes temperature checks and head checks, in addition to COVID-19 screening.

Camper's belongings and luggage should be labeled clearly and placed in the truck of the vehicle so that staff can easily assist in unloading. Campers will be guided to designated areas near check-in to meet their camp counselors and group members. Camp staff will assist campers in transporting luggage to their units, setting up their beds, and helping your camper get oriented to camp.



How can we prepare for check-in?

Plan to arrive at your scheduled check-in time. All late check-ins must be pre-arranged and indicated on your camper's paperwork in CampDoc. We will not be able to coordinate a late day-of check-in except in the case of an emergency. **We encourage families to plan accordingly around estimate drive time and traffic. Best practice is to arrive early to the area to ensure a timely arrival.** Between your arrival to the area and your scheduled check-in time you can check out the nearby town, grab lunch, or explore a nearby park. **Plan to arrive to camp no earlier than 15 minutes before your scheduled time. On the day of check-in, if you experience**

unexpected circumstances that will affect your arrival time, please contact the camp director on your way to camp.

What to wear to check-in:

- Smiling faces
- Closed toed shoes
- Your most camp themed face mask over your nose and mouth

What to bring to check-in:

- In your vehicle's trunk:
 - Labeled luggage, backpack, and sleeping bag
- Outside of camper's luggage and easily accessible in the front of your car:
 - Prescription and/or over the counter medications- labeled and in original containers
 - Copies of health examination/physical or medical care notes (if there have been any updates since it was submitted)
 - Pre-written and addressed camper mail for us to deliver during your camper's stay at camp (optional)
 - Camper cell phone (optional)



How do I check-out my camper?

Plan to arrive at your scheduled check-out time. All early check-outs must be pre-arranged and indicated on your camper's paperwork in CampDoc. We will not be able to coordinate an early day-of check-out except in the case of an emergency. **We encourage families to plan accordingly around estimate drive time and traffic. Best practice is to arrive early to the area to ensure a timely arrival.** Between your arrival to the area and your scheduled check-in time you can check out the nearby town, grab dinner, or explore a nearby park. **Plan to arrive to camp no earlier than 15 minutes before your scheduled time. On the day of check-out, if you experience unexpected circumstances that will affect your arrival time, please contact the camp director on your way to camp.**

All campers must be signed out as part of the check-out process. We will release the camper only to the people designated on the Camper Release Form in the camper paperwork. Please have photo ID ready when arriving to the check-out your camper.

Before being checked out campers will receive an envelope with their badge card, patch, and cell phone (if applicable) and a camp t-shirt. Medications will be checked out to campers right before check-out and be given right from the Health Supervisor into the camper's day bag/backpack. Campers will have their luggage with them, and pickup will take place in the same drive-through line method with staff assisting in loading luggage into vehicles.

Before leaving camp double check that you have all of your camper's belongings, dirty laundry may be in plastic bags and items may be packed differently than when they arrived. For lost and found please contact the camp director to coordinate the best way to reunite your camper with their item(s).



When do we check-in and check-out at camp?

Camp Butternut Springs and Camp Juniper Knoll have the same check-in and check-out times and are in CST time zone. Check-in times are on the first day of your camper's session (Sunday or Wednesday for half-week programs). Check-out times are on the last day of your camper's session.

You will be assigned check-in and check-out times in an e-mail from the camp director about a week prior to your campers' session. All late check-ins and early check-outs must be pre-arranged and indicated on your camper's paperwork in CampDoc. On the day of check-in or check-out if you experience unexpected circumstances that will affect your arrival time, please contact the camp director on your way to camp.

Pre-scheduled Check-In Times include: 1:30 p.m. or 2:30 p.m. CST

Pre-scheduled Check-Out Times include: 6:45 p.m. or 7:30 p.m. CST



What if I need to coordinate a late check-in or early check-out?

All late check-ins and early check-outs must be pre-arranged and indicated on your camper's paperwork in CampDoc. After paperwork is due, on May 1, all changes to check-in or check-out times should be coordinated with the camp director.

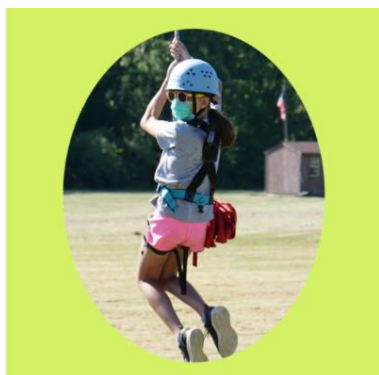
Please be aware that by arranging a late arrival or early departure for a camp session, campers will unfortunately miss parts of the designed camp program. If you need to arrange a late arrival or early departure due to prior commitments, please consider choosing another camp session.

If the current scheduled session is still the best for your family, you will have the following options in your camper's paperwork. For late check-in times, you can coordinate to drop your camper off at 7:30 p.m. on the first day of your camper's session or at 8:30 a.m. on the second day of your camper's session. For early check-out times, you can coordinate to pick up your camper at 8 a.m., 12 p.m., or 4 p.m. on the last day of your camper's session. We will not be able to coordinate a day-of early check-out except in the case of an emergency.



Can we bring our pets?

For the health and safety of our staff and campers, there are no pets allowed on the property. Please leave your pets at home, even for check-in and check-out.



Directions to Camp

GPS systems are sometimes unreliable; please make sure that the directions you are following are going to the right location.

Camp Butternut Springs 650 N County Road 175 W Valparaiso, IN 46385

Summer Office #: (219) 216-7271

From eastbound I-94

- Take exit 19 and turn right at the light at the top of the ramp, heading south. You are now on Crisman Road.
- Crisman Road will wind and become Willowcreek Road. Continue south on Willowcreek Road until it dead ends, approximately 3.5 miles.
- Turn left onto County Road 700 N. Travel east on 700 N for approximately 4 miles to 175 W.
- Turn right on 175 W. Travel one half of a mile and the entrance to Butternut Springs will be on the right.

From US 30

- Turn north on County Road 250 W, at traffic light, approximately three miles west of Valparaiso or 10 miles east of Merrillville.
- Continue north on 250 W, approximately four miles, until it dead ends at 550 N.
- Turn right onto 550 N.
- Turn left at the first stop sign onto 175 W. Travel one mile north and Butternut Springs will be on the left.

From State Road 49

- Exit SR 49 onto US 6, westbound towards Portage.
- Turn left onto SR 149, heading south.
- Turn left at the first traffic light onto 700 N and travel approximately 1.25 miles.
- Turn right onto 175 W for about one half of a mile and the entrance to Butternut Springs will be on the right.

Camp Juniper Knoll W 5091 State Road 20 East Troy, WI 53120

Summer Office #: (262) 642-5455

From the Chicago area, take I-94 into Wisconsin via Elkhorn

- Take exit 344 and turn left heading west on State Road 50, towards Lake Geneva.
- Travel approximately 24 miles and turn right onto US 12. US 12 will merge with State Road 67; veer right, heading north.
- Travel approximately 10 miles to the intersection of State Road 20; turn right.
- Drive one half of a mile to the entrance of Juniper Knoll on the right side of the road.
- You have gone too far if you reach the intersection of SR 20 and Hwy J.

From Joliet/western suburbs

- Take I-355 north. Merge onto I-290 northbound. Continue on State Road 53.
- Take the exit toward Lake Cook Rd.
- Turn right onto US 12/N. Rand Rd. Travel approximately 49 miles continuing over the WI border. US 12 will merge with State Road 67; veer right, heading north. Travel approximately 10 miles to the intersection of State Road 20; turn right.
- Drive one half of a mile to the entrance of Juniper Knoll on the right side of the road. You have gone too far if you reach the intersection of SR 20 and US 12/SR 67.

Health and Wellness at Camp



What happens at the check-in health screening?

Upon arriving and checking in at camp, campers will take part of a thorough health check that allows camp staff to ensure that your camper is healthy to attend camp.

During this check, staff will be asking health screening questions about COVID-19 and other communicable illnesses, taking temperatures, assessing overall well-being, and checking camper's heads for lice or nits (campers may be asked to undo their hair or remove any hats or bandanas for this check).

If lice/nits are found, parents/guardians will be responsible for taking their camper home to be treated before the possibility of returning to camp. Though often a hassle, lice happen; talk with the camp director to determine return options for your camper. For more information about head lice check out: <http://kidshealth.org/en/parents/head-lice.html>



What does the health center at camp do?

The camp health center staff is at camp to take care of your camper. Our health center is equipped to handle common camper illnesses and minor injuries. If a camper gets hurt or shows signs of illness, they will be taken to the health center for evaluation by the health supervisor.

Though we will not call home for every scrape or stomachache, we will notify parents/guardians by phone if any of the following occur:

- Any illness or injury that interferes with a camper's participation in the program or requiring the camper to spend the night in the health center
- Any vomiting or allergic reactions
- Any illness or injury requiring outside medical attention, including COVID symptoms

We will work with you to determine the best care for your camper for anything outside of common illness or injury, in these cases arrangements can be made to take your camper to a family doctor or to see one nearby.



What does summer 2022 look like due to COVID-19?

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 [GSGCWN Summer Camp 2022 and COVID-19 Resource](#) on the [GSGCNWI website](#).

Here is a snapshot of the biggest strategies and processes that we are implementing for summer 2022 (subject to change):

- Wearing of face masks throughout much of the summer camp program; mask wearing depends on the nature of the activity and the activity's location. Masks will be taken off for safety management during specific situations (i.e. eating, sleeping, swimming, or planned mask breaks)
- Physical (social) distancing and keeping campers in small groups (aka program 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 & an increased emphasis on washing and sanitizing hands



What if my camper gets homesick?

It is not uncommon for campers to experience some homesickness while away at camp. Homesickness typically disappears within the first two days at camp as girls adjust to the new people and routine. Camp staff are trained to work through this with your camper. When sending mail, avoid phrases such as “the dog refuses to eat since you left” – keep things as upbeat as possible!

The first night is always the most difficult. Many times, letters written home at this point are not full of the fun things they are doing at camp. Please consider the amount of time that this first letter has taken to reach you, your camper will likely have already adjusted to camp life when you receive such a letter in the mail. The camp director is available if you have any questions about letters you receive from your camper or about how they are doing, we will be happy to update you about your camper’s experience at any time.

We encourage parents/guardians to reassure their campers that they will be successful throughout their camp session and that they look forward to seeing them on closing day. If your camper continues to have problems adjusting, the camp director will contact you. Families and campers who arrange to leave early are not eligible for a refund of the camp fee.



What will my camper be eating?

Each full day at camp includes three meals and two snacks. Ample, well-balanced meals with vegetables, fruit, and protein are served at camp and vary every day of a session. Campers eat in the dining hall for most meals during their session except for cook-outs or off-site trip meals.

Examples of common meals in the dining hall:

Breakfast (8 a.m.): French toast sticks and sausage / Pancakes and bacon / Continental breakfast with bagels and muffins and sausage / Build your own breakfast burrito with eggs, potatoes, and bacon / Breakfast pizza (pizza crust with sausage gravy, bacon, and cheese) and hashbrowns

All breakfasts are served with a fruit, appropriate condiments, yogurt or hard-boiled eggs, a variety of cereal, and oatmeal.

Lunch (12 p.m.): Loaded Nachos with rice / Chicken nuggets and Mac n’ Cheese / Fries or tater tots and hamburgers / Build your own stir-fry with veggies, chicken, rice, and egg rolls/ Sandwiches or wraps with chips

All lunches are served with a matching vegetable, fruit, appropriate condiments, and a dessert.

Dinner (5:30 p.m.): Spaghetti, meatballs, and garlic bread / Baked potatoes and chicken breast / Grilled cheese and soup / Build your own Shepard’s pot pie with mixed veggies, ground beef, and mashed potatoes

All dinners are served with a matching vegetable (in addition to a vegetable side many dinners will include a salad or fresh vegetables option), fruit, appropriate condiments, and a dessert.

Cook-out meals include an entrée, two sides, and a dessert that the campers choose on the first day of their session and help to prep and cook over the fire in their unit with the program group. Campers participate in at least two cook-outs a week (one for half week sessions and more depending on camp and program).

Off-site trip meals may include cook-outs, purchased meals away from camp, and/or a grab and go meal. Grab and go meals are “sack lunch” meals. For breakfast these include an assortment of continental breakfast items and for lunch or dinner often includes a sandwich and non-perishable sides. All grab and go meals are selected by individual campers on the first day of their session.

Please do not send food with your camper unless pre-arranged with the camp director. All food, found in luggage, mail, or brought to camp and not checked in to the kitchen, will be collected by the camp staff and returned at the end of the session. Food in the living quarters attracts unwelcome animals & bugs.



What if my camper has a food allergy or special diet?

Be sure to note all food allergies or special diets on the health form. We accommodate for a wide variety of dietary needs and allergies. We make sure to provide appropriate and similar substitutes to meet the needs of each camper, while providing a balanced and complete meal, safe from cross-contamination. We are happy to talk with you about your campers' specific dietary needs and how to ensure your camper has a successful camp stay.

Substitution examples for vegetarians/vegans: replacing a burger with a black bean burger, replacing chicken with veggie chicken or chickpeas, and replacing eggs with scrambled tofu.

Substitution examples for dairy free or lactose intolerant diets: replacing ice cream with a sorbet, replacing milk with rice/soy/almond milk, and replacing cheese with dairy free cheese or cashew cheese.

Substitution examples for gluten free or celiac disease diets: replacing bread/bagels/rolls with pre-made gluten free products or baking gluten free substitutes in camp, replacing pudding with modified food starch with house made pudding or a banana puree, and switching taco seasoning with wheat for taco seasoning without wheat.



How is weather handled at camp?

At resident camp, campers adapt over the session to the climate. We live without air conditioning or fans and focus on staying hydrated. Taking an hour of rest after lunch is part of the program to keep cool and provide time to relax. Cotton clothing helps campers keep cool as does carrying a water bottle to make sure water is on hand. Schedules remain flexible to adapt to weather changes so that campers are participating in fun and challenging activities, rain or shine.

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



Can my camper bring a buddy and be in the same tent or cabin?

All campers are assigned to tents or buildings (site specific) before their arrival at camp. If campers are signed up for the same camp program during the same session dates, they will be bunking near each other. Every attempt is made to honor a camper's request to be with a friend if both campers register for the same camp program during the same session dates and both campers request each other during registration. **Please note that only two**

campers matched as buddies can be accommodated. Camp is all about meeting new friends from all over our council. Programs will take place to assist campers in meeting and getting to know the fellow Girl Scouts and staff at camp.



Who are the camp staff?

Our summer staff are composed of carefully selected and screened adults, who display a commitment to working with children and a love for the outdoors. Background checks and reference checks are completed for all staff members. All staff members complete pre-camp training that includes first aid, CPR, child development, Girl Scout programming, and much more.



Why do camp staff have “nicknames”?

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

Program at Camp



What activities will my camper do at camp?

Our camp program is balanced with traditional camp activities, theme-based activities, and camper planned activities facilitated with progression and intentional skill building. Campers of the same age are grouped together in “units” and participate in small group activities with their program group in addition to multiple all-camp programs which provide opportunities for all campers at camp during a session to get together and have some fun.

On the first day of their session with the rest of their program group, campers will have the opportunity to vote on camp activities and suggest additional activities that their group will participate in throughout the week- this includes voting on activities as described in the camp guide associated with their program so that everyone has input and can determine what activities they will participate in during the week as group.

During their time at camp, your camper may participate in a range of activities that can be applied toward badges and Journeys; they will be provided with a list of these completed steps to show what they may have earned or what might apply towards a badge that they can finish at home to earn the award. Resident camp programming placed an emphasis on the experience and personal growth over specific badge earning.

Most activities take place outdoors Activities will be kept outside in the open air whenever possible. If possible, activities that may have previously taken place indoors will be moved and modified to take place in outdoor activity spaces.

Campers and staff will physical distance (aka social distance) when possible, throughout the summer camp program. This includes practicing six feet of physical distancing during activities with other program groups and throughout the day where possible. Traditional large group activities (e.g. flag ceremonies, mealtimes, and all camps) will be modified so that each

program group can participate while physically distanced. This means that a program group will be seated near each other and will maintain more than six feet of physical distance between members of another program group. Large group activities will be held in outdoor spaces and will follow current guidelines for the number of people who can safely gather. For more information about how we are modifying different activities for summer 2022 refer to the [GSGCNWI Summer Camp 2022 and COVID-19 Resource](#) on the [GSGCNWI website](#).



How does swimming work?

Campers will have the opportunity to participate in free swim every other day while at resident camp. Lifeguards and trained watchers are on duty at our lakes and pools during any water activities. For additional updates on swimming and water activities due to COVID-19 refer to the [GSGCNWI Summer Camp 2022 and COVID-19 Resource](#) on the [GSGCNWI website](#).

All campers will take a 'swim check' during their first swim time (weather permitting), to demonstrate their swimming abilities and comfort level in the water. Campers are then assigned a color cap which designates their swim area. Campers must wear their cap every swim session and can only swim in the areas of the water that match their skill level; this allows the aquatics staff to better manage and ensure safety for all campers in the water.



What are “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 are composed of unit and all-camp tasks. 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 utmost importance when completing tasks.

Unit kapers include tidying up sleeping areas, helping clean bathrooms and the shower house, gathering firewood, picking up litter, cooking at cookouts, helping with fire building, and being an errand runner for their group. All-camp Kapers are rotated throughout all groups during the week and include flag ceremonies, tidying up around camp, picking up litter, and hopping (responsibilities prior to and after mealtimes, including leading the camp in a thank you before eating and helping sweep after meals).



Is there a camp store at camp?

The camp store is a small store, referred to as a trading post. For the 2022 summer, we are updating our camp trading post processes and options. We hope to run a small trading post with limited items for campers to visit once a week. More information will be provided in confirmation e-mails from the camp director leading up to your camper's session.

The GCNWI Online Shop is open now if you are interested in purchasing a variety of great products including Girl Scout items, GCNWI specific swag, outdoor specific gear, or a Camper Kit. Camper Kits and Care Packages are available to be ordered online and will be delivered right to your camper during the beginning of their camp session. [Check out The Shop here!](#)

Resident Camp Packing List



Required Items

- ☐ Warm sleeping bag or bedroll
- ☐ Small bag or backpack
- ☐ Reusable face masks: 1-2 per day of program
- ☐ T-Shirts: one for each day, plus one extra
Tank tops with 1-inch strap or more can be worn. (while tank tops are cooler, more skin is exposed to the sun and to insects.) No halters or midriffs.
- ☐ Shorts: one per day, plus one extra
- ☐ Jeans, pants, or sweatpants: 1-2 pairs
- ☐ Socks: one per day, plus one extra
- ☐ Underwear & Bras: one per day, plus one extra
(sports bras recommended)
- ☐ Pajamas: 2 sets (one lightweight and one warmer)
- ☐ Sweater, sweatshirt and/or jacket
- ☐ Bandana, bucket hat, or baseball hat
- ☐ Rain suit, raincoat, or poncho
- ☐ Swimsuit
- ☐ Towels: 2-3
- ☐ Sturdy shoes: 2 pairs
Gym shoes, rain boots, or hiking boots recommended.
No sandals, other types of open-toe shoes, or Crocs.
- ☐ Mess kit (unbreakable plate, cup, bowl), utensils, and dunk bag
- ☐ Flashlight with extra batteries
- ☐ Reusable water bottle



Personal Items

- ☐ Comb/brush and hair accessories (ex. ponytails)
- ☐ Toothbrush and toothpaste
- ☐ Shampoo, conditioner, and soap (in container)
- ☐ Deodorant
- ☐ Personal sanitary supplies
- ☐ Eye wear supplies
(glasses, glasses care, and/or contacts)
- ☐ Sunscreen, at least SPF 30
- ☐ Bug spray
- ☐ Small pouch to carry toiletries



Packing Tips:

- Please limit your camper to three pieces of baggage; a sleeping bag with pillow, suitcase, or duffel bag, and a small backpack to carry around camp each day.
- Be sure to label everything with your camper's name.
- Be sure to pack enough clothes to last the entire program session for program shorter than two weeks.
- Camp life involves a lot of hiking, wooded areas, dirt, and outdoor time; new clothes are not recommended and only stud earrings are allowed.
- Have your camper help pack for camp, including rolling their sleeping bag.



Optional Items

- ☐ Pillow
- ☐ Laundry bag
- ☐ Washcloth
- ☐ Inexpensive camera
- ☐ Paper, pen/pencil, envelopes, and stamps
- ☐ Pool/shower shoes or flip flops
- ☐ Sunglasses
- ☐ Book to read

Please do not bring:

- ✗ Electrical appliances
Including but not limited to hair dryers, personal music devices, computers, gaming device, etc.
- ✗ Glass bottles or containers
- ✗ Short shorts
- ✗ Snack food
Including candy or gum
- ✗ Aerosol sprays
- ✗ Hidden cell phones



Special Program Equipment/Gear:

- Sleeping pad optional and encouraged for programs with off-site overnights in pop-up tents.
- Campers registered for programs in the following categories may require additional gear/supplies/waivers: Bicycle, Horseback, Canoe, Kayak, Backpacking. Supply lists will be sent directly to camper families via e-mail about two weeks before the program.