



2021 Summer Overnight Camp Camper Information Packet



Welcome!

We are so glad your camper will be joining us this summer! This packet is filled with information to help prepare your family for camp and to make your camper’s experience safe, fun and fulfilling! We look forward to providing you and your camper the PREMIERE Girl Scout camp experience that will include care from the highest-quality staff, and leadership and personal development like no other, all located in one of the best locations to instill a great sense of appreciation for the outdoor world!

Camp is a pathway for girls to experience the Girl Scout program. Girl Scouts is girl driven and girls have the CHOICE of how they want to participate! Our primary mission for summer camp is the same as the overall mission of our organization - we are building girls of courage, confidence, and character who make the world a better place.

In addition to the Girl Scout Leadership Experience, we will strive this summer to:

- Promote the physical, mental and spiritual well-being of every girl and adult.
- Develop resourcefulness, initiative, self-reliance, and recognition of the worth and dignity of each individual.
- Provide opportunities for practice in democratic living.
- Develop a sense of responsibility, qualities of leadership, and an awareness of the capacities of all people.
- Provide an inner satisfaction, a sense of awe and wonder, and a deep enjoyment for both girl and staff.
- Provide a sense of accomplishment.
- Stimulate each girl’s awareness of the scope of the natural world.
- Develop the individual’s sense of responsibility to conserve the natural world.

Even if you have been to a Girl Scout camp before, please read through this thoroughly as some things may be different.

If you have any questions that are not answered here, please visit our website: hngirlscouts.org or contact one of our Camp Team members at 704-731-6500.

Camp Location and Dates

Dale Earnhardt Environmental Leadership Campus at Oak Springs
1919 Turnersburg Highway, Statesville, NC 28625

Phone: 704-731-6500 (before your session, or for technical help), or 704-731-6574 (during your camper’s session)

****these numbers are provided for business use only, not for camper contact****

Camp Sessions:

Session 1: June 13th – 19th
Session 2: June 20th – June 26th

Session 3: June 27th – July 3rd
Session 4: July 8th – 10th(short session)

Session 5: July 11th – 17th

*We’re proud to be building girls of courage, confidence and character
who make the world a better place!*

Important Notes and Camp Information

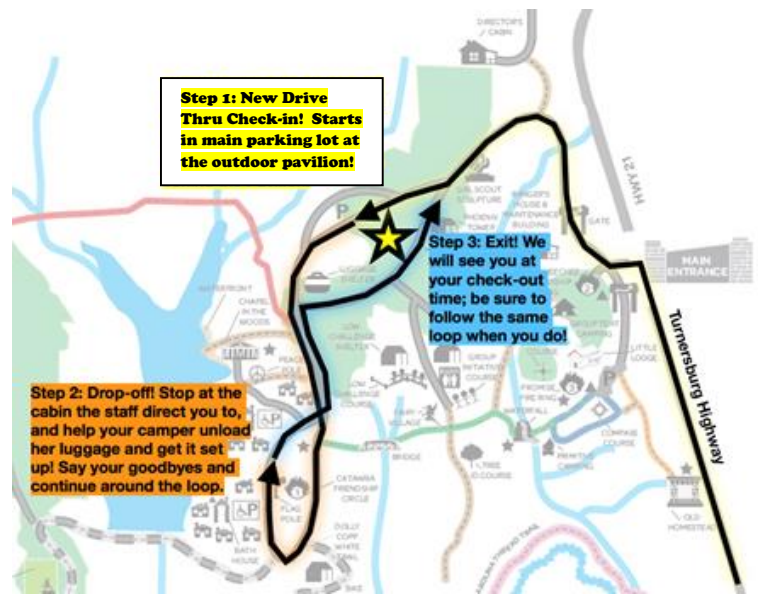
- Final payment for all June camp sessions is due by **June 1st**, and for all July camp sessions by **June 15th**.
- If you are planning to apply for financial aid, the deadline to apply is **April 15th**. You can complete the form at https://form.jotform.com/gshnc_cc/2021-summer-camp-financial-assistan .
- Buzz Bucks, Program Credits and GSHNC gift cards can be used to pay for camp sessions. If you are using any of these forms of payment please contact Customer Care at 704-731-6500 or email them at customercare@hngirlscouts.org .
- If you are going to be late dropping off your camper on the first day, please let the camp team know by calling 704-731-6574 or emailing outdoorprogram@hngirlscouts.org.
- If you know you will need to pick your camper up early, please let the camp director know at check-in and she will help you make a plan. If you need to set up an unplanned pickup, please contact the camp directly at 704-731-6574 and leave a message letting the Camp Team know your camper's name, and what date and time you will need to pick them up. They will call and confirm with you, and get her ready in time to meet you then.
- At check-in, your camper will be screened for lice/nits and signs, symptoms and exposure to Covid-19. Campers will not be allowed to stay if they have lice/nits or have signs, symptoms or recently been exposed directly to Covid-19, and parents/guardians are responsible for any treatments.
- Campers will also have go through a detailed health screening during their first day at camp.
- **ALL CAMPERS** should complete the **2021 Summer Camp Health History** form at the end of this packet.
- **DO NOT mail the Health Form in early.** Bring a **copy** of the health form and physical (if required) to the first day of **every** session. This means if your camper is coming to multiple sessions, you should keep your originals of **all** forms to make copies from!
- All medications must be in **original packaging**. This includes over-the-counter meds, vitamins, and creams. They can only be dispensed using labeled instructions unless we receive a physician's note specifying otherwise.
- If your camper has any specific medical or dietary needs or allergies, please make sure this is noted in their camp registration and on their health form.
- Campers are covered by a supplemental insurance for accidents and sickness that may occur while participating in activities; pre-existing conditions are not covered.
- If your camper is sick for more than 4 hours, has a high fever, gets an injury that requires advanced treatment, or the health supervisor has concerns, you will be contacted immediately.
- Campers and families can learn how to tour camp and attend info sessions to ask questions of our camp staff at our website: hngirlscouts.org
- **No visitors are allowed while camp is in session.**
- Program Cancellation & Refund Policy: Girl Scouts, Hornets' Nest Council reserves the right to cancel or modify any program if insufficient registrations or any extenuating circumstances should occur.
- Refunds will only be given if: 1) The camp session is cancelled by GSHNC due to lack of minimum participation or other extenuating circumstances, in which case all registered participants will receive a full refund, or 2) A request for cancellation is received in writing (or via e-mail) no later than 3 weeks prior to the event; this refund will be minus the \$50 non-refundable deposit.
- Registrations may be transferred to another camp program with openings in the same age range. Transfer requests must be received no later than 3 weeks prior to the event, and will incur a \$10 transfer fee.

Important New Health and Safety Information

- At least 2 weeks before your camper's session you will receive our most up to date health procedures and last minute reminders please make sure to read these carefully.
- At this time, we can tell you we will be requiring all staff and campers to wear masks during times when they are doing activities that require them to be in close proximity (not while sleeping) to each other. Our plan is to vary our days so we switch back and forth between activities that will require masks and ones where girls will be spread out and be mask free.
- All food will be prepared by staff that will be trained and will follow all NC state laws and CDC guidelines. All staff and campers will be spread out at least 6 feet apart while eating and drinking.
- We are proud to be an American Camp Association Accredited camp and will be using their "Field Guide for Camps" that was developed with CDC guidance and is continually being updated with the most current information. You can view the full field guide by going to this webpage <https://www.acacamps.org/resource-library/coronavirus/camp-business/field-guide-camps> .

Check-In

- Check in for is from **3-4:30pm** on the first day of your daughter session.
- Please be sure to follow all posted signs. The gate may be closed when you arrive – please wait for a member of staff to open it before proceeding to main camp.
- **NEW THIS YEAR family members will not be able to leave their vehicles while on property.**
- At the dining pavilion, you will turn in your camper's paperwork, and they will undergo a health check.
 - The only things that need to leave your car at this stop are **you, your camper, your camper's medication, and your camper's health form (and any applicable waivers)**
- Once you have completed check-in, you will drive into camp and to your camper's cabin. Please park where the staff member there directs you to, and staff will help your camper unload their luggage and take it to her cabin.
- After you've said your goodbyes, please follow the signs out of camp and back to the road. Don't forget to check the information you were given at check-in to be sure you come back to check-out at the right time!



Check-Out

- Check-out for week-long and 10-day sessions is 9-10am on Saturday, and for the short session is 3-4:30pm on Saturday.
- Please be sure to follow all posted signs. The gate may be closed when you arrive – please wait for a member of staff to open it before proceeding to main camp.
- Stop at the luggage shelter to sign out your camper - please be prepared to show photo ID.
 - **Any person picking up your camper will need to be listed on her paperwork and bring photo ID.** If you need to change the list of authorized pickups, please call 704-731-6574.
 - You will also pick up your camper's information from the week and any medications.
- Follow the signs to the cabins, where staff will direct you where to park to pick up your camper and her luggage.
- After your camper has said her goodbyes, please follow the signs out of camp and back to the road, and have a great rest of your summer!

Getting Prepared for Camp

Camp is an opportunity for girls to learn responsibility and independence by living away from the family environment, so that they can learn about themselves in a safe, supportive atmosphere. However, some children at camp may experience fear, anxiety, and worry due to homesickness, a problem at home, or a fears about not fitting in with the other campers.

Here are some useful tips to help prepare your camper (and yourself!) for camp.

- Prepare your camper to care for herself by having her spend a weekend with a friend or relative.
- If this is your camper's first time away from home, speak openly about homesickness. Homesickness is natural. With your camper, create a plan for what she will do if she becomes homesick at camp. Some ideas may be to write a letter home, tell a counselor, or try to be a friend to someone else that may be feeling homesick, too.
- Avoid "pick-up deals" – telling your camper that you will pick her up if she gets homesick tells her that you don't think she is strong enough to handle homesickness on her own, and undermines the counselors' efforts to help your camper become comfortable at camp.
- As a parent, emphasize that your camper is "going" to camp, rather than that you are "sending" her.
- Write letters to your camper while she is at camp. Mail some before she leaves, or bring letters to check-in.
- If you have concerns or if there is something we should know (a recent move, serious illness, death, divorce, etc.) please notify that camp team in your camper's information form.
- Read books about camp like *The Summer Camp Handbook* by Chris Thurber or *Off to Camp* by Myra Pravda.
- **NEW:** help your camper develop methods to relax or calm herself down that **don't** involve technology like iPads, phones, YouTube, etc. Reading, journaling, meditating, and crafts like lanyards or origami are great choices.

Packing List

Clothing:

- T-shirts – one per day, no spaghetti straps
- Shorts – one per day
- Masks – three per day (well-fitting and comfortable)
- Socks –one per day
- Underwear – one per day, plus two extra
- Shoes – at least one pair of closed toe & closed heel shoes. Other pairs can be sports sandals with heel straps.
- Water shoes – old tennis shoes, sports sandals must have a back strap, slip-on mesh shoes. **NOT** Crocs or flip flops – water shoes must fit snugly.
- Raincoat or poncho
- PJs
- Long pants – one pair
- Hat or visor
- Sweater, sweatshirt, or light jacket
- Swimsuits – two or three

Nice to Have:

- Camera (nothing valuable, NOT a cell phone)
- Stuffed animal
- Book(s)
- Stationery, pen, stamps – pre-address envelopes, and store stamps in plastic bag

Toiletries:

- Towels and washcloths – two of each
- Sunscreen and chapstick – SPF 15 or higher
- Bug repellent
- Shampoo, conditioner
- Brush, comb
- Soap, deodorant (no aerosols)
- Toothbrush, toothpaste
- Shower caddy and shower shoes
- Sanitary items, if needed

Gear:

- Bedding: sleeping bag + twin fitted sheet **OR** twin sheet set + blankets
- Pillow
- Backpack/sling bag
- Laundry bag – labeled with name
- Flashlight and extra batteries
- Bandana
- Mess kit, or unbreakable cup, plate, bowl, and silverware for cookout – **NO GLASS**
- Reusable water bottle – labeled with name
- Item to tie-dye, like t-shirt or pillowcase

Please DO NOT BRING:

- ❖ Radios, MP3 players, iPods, CD players etc.
- ❖ Cell phones, smart watches, etc.
- ❖ Video Games, Tablets/iPads, E-Readers
- ❖ Video cameras
- ❖ Gum/candy/snacks/food of any kind
- ❖ Tobacco, illegal drugs, alcohol
- ❖ Expensive name-brand articles
- ❖ Money of any kind – the store is only open during check-in and check-out
- ❖ Matches or candles
- ❖ Irreplaceable Items
- ❖ Personal sports equipment
- ❖ Weapons
- ❖ **Pets/Animals – not even to check-in/out**

Telephone and Electronics Policy:

Cell phones are NOT allowed at Camp – this includes smart watches that can send text messages or make phone calls, and any other electronics that act as communication devices. Having these devices can create a lot of homesickness and other issues among campers. Camp is an opportunity to unplug, become an active member of the camp community, and experience the outdoors free of technology.

- Campers are not allowed to receive or make phone calls while at camp.
- If there is a problem or your camper is not adjusting well, a Camp Administrator will contact you.
- If you have a special circumstance for us to consider under this policy, please contact us at least a week before your camper's session to discuss it: call 704-731-6574 or email customercare@hngirlscouts.org

Important Notes:

Campers are responsible for all items brought to camp. Label everything! Especially sleeping bags and luggage. This will help us make sure she brings everything home with her. We recommend that you leave at home any items you consider to be irreplaceable or valuable. Girl Scouts, Hornets' Nest Council, Inc. is not responsible for lost, damaged or stolen items.

Lost and Found:

Parents may pick up lost and found by visiting Customer Care at the Council Office. **No items can be mailed.** Items not claimed by September 1st will be donated to an appropriate agency. To prevent large amounts of Lost & Found, girls **must** write their first and last name in **all** of their clothing for identification purposes.

2021 Summer Camp Health History Form

One copy of this form is required for each camper at the beginning of each week of camp she attends!

Camper Information

Camp Type <input type="checkbox"/> Day Camp <input type="checkbox"/> Overnight Camp		Camp Dates: _____ to _____	
Camper Name <small>(circle name used if not first)</small>			Date of Birth <small>DD/MM/YYYY</small>
(First)	(Middle)	(Last)	
Home Address	City	State	Zip

Parent/Guardian Information (all parents/guardians listed below will have authorization to pick-up campers)

Name of Primary Guardian		Relationship to Camper (Mother, Father, Guardian, etc.)	
Email Address		Primary Phone ()	Secondary Phone ()
<input type="checkbox"/> Address is same as camper address above OR <input type="checkbox"/> Different address filled in below			
Address	City	State	Zip

Name of Secondary Guardian		Relationship to Camper (Mother, Father, Guardian, etc.)	
Email Address		Primary Phone ()	Secondary Phone ()
<input type="checkbox"/> Address is same as camper address above OR <input type="checkbox"/> Different address filled in below			
Address	City	State	Zip

Emergency Contacts/ Adults Authorized to Pick-up Camper Information

Name	Name	Name
Relationship to Camper	Relationship to Camper	Relationship to Camper
Primary Phone ()	Primary Phone ()	Primary Phone ()
Secondary Phone ()	Secondary Phone ()	Secondary Phone ()

Insurance Information

Name of Insurance Company	Address	Insurance Company Phone Number
Policy Holder Name	Member or ID #	Policy or Certificate #

Physician Information

Physician's Name

Health Information

<p style="text-align: center;">Medication Permission</p> <p style="text-align: center;">My camper has permission to take the following:</p> <table style="width: 100%;"> <tr> <td><input type="checkbox"/> Tylenol/acetaminophen</td> <td><input type="checkbox"/> Tylenol/acetaminophen</td> </tr> <tr> <td><input type="checkbox"/> Advil/ibuprofen</td> <td><input type="checkbox"/> Advil/ibuprofen</td> </tr> <tr> <td><input type="checkbox"/> Sudafed/decongestant</td> <td><input type="checkbox"/> Sudafed/decongestant</td> </tr> <tr> <td><input type="checkbox"/> Benadryl/antihistamine</td> <td><input type="checkbox"/> Benadryl/antihistamine</td> </tr> </table>	<input type="checkbox"/> Tylenol/acetaminophen	<input type="checkbox"/> Tylenol/acetaminophen	<input type="checkbox"/> Advil/ibuprofen	<input type="checkbox"/> Advil/ibuprofen	<input type="checkbox"/> Sudafed/decongestant	<input type="checkbox"/> Sudafed/decongestant	<input type="checkbox"/> Benadryl/antihistamine	<input type="checkbox"/> Benadryl/antihistamine	<p style="text-align: center;">Menstruation History</p> <p><input type="checkbox"/> My camper has menstruated</p> <p><input type="checkbox"/> My camper has not yet menstruated, but she knows what to expect if it happens at camp</p> <p><input type="checkbox"/> My camper has not yet menstruated, and we have not yet discussed it</p>
<input type="checkbox"/> Tylenol/acetaminophen	<input type="checkbox"/> Tylenol/acetaminophen								
<input type="checkbox"/> Advil/ibuprofen	<input type="checkbox"/> Advil/ibuprofen								
<input type="checkbox"/> Sudafed/decongestant	<input type="checkbox"/> Sudafed/decongestant								
<input type="checkbox"/> Benadryl/antihistamine	<input type="checkbox"/> Benadryl/antihistamine								

Medications being brought to camp:	_____
<small>All medication must be in its original packaging!</small>	_____

(Continued on next page)

Camper Name (First) _____ (Middle) _____ (Last) _____

Health Information (Continued)

Type	Allergies	Severity	Chronic or Recurring Illnesses
Check type, and list specifics (eg: dogs) <input type="checkbox"/> Animals _____ _____ <input type="checkbox"/> Food _____ _____ <input type="checkbox"/> Stings/Bites _____ _____ <input type="checkbox"/> Medicine _____ _____ <input type="checkbox"/> Plants _____ _____ <input type="checkbox"/> Other _____ _____	Eg: for peanuts, can other campers eat peanuts nearby? Animals: _____ _____ Food: _____ _____ Stings/Bites: _____ _____ Medicine: _____ _____ Plants: _____ _____ Other: _____ _____	<input type="checkbox"/> Ear Infections <input type="checkbox"/> Heart Defect/Disease <input type="checkbox"/> Seizures <input type="checkbox"/> Bleeding Disorder <input type="checkbox"/> Asthma <input type="checkbox"/> Hypertension <input type="checkbox"/> Diabetes <input type="checkbox"/> Musculoskeletal Disorder <input type="checkbox"/> Other _____ Provide Details _____ _____	

History	Other Health Considerations	
My camper has had the following: <input type="checkbox"/> Chicken Pox <input type="checkbox"/> Measles <input type="checkbox"/> German Measles/Rubella <input type="checkbox"/> Mumps	<input type="checkbox"/> Fainting <input type="checkbox"/> Constipation <input type="checkbox"/> Sickle Cell Trait/Disease <input type="checkbox"/> Motion Sickness <input type="checkbox"/> Nosebleeds	<input type="checkbox"/> Wears Contacts <input type="checkbox"/> Wears Glasses <input type="checkbox"/> Hearing Impairment <input type="checkbox"/> Sleep Disturbances <input type="checkbox"/> Bed Wetting <input type="checkbox"/> ADHD <input type="checkbox"/> Mental/Behavioral Concerns <input type="checkbox"/> Homesickness
Dietary Restrictions: _____ _____	Provide Details: _____ _____	

Immunizations

Current and up-to-date age-appropriate immunizations are required to attend camp

Proof of my camper's immunizations are provided by:	Immunization	Year of 1st Series	Year of Last Booster
are provided by: [CHECK ONE] <input type="checkbox"/> Copy of state shot record (attached) OR <input type="checkbox"/> Screenshot of my camper's online health portal with dates included (attached) OR <input type="checkbox"/> Dates completed to the right -> Must fill in at least the year for each	DTaP (Diphtheria, Tetanus, Pertussis) Td (Tetanus - booster only) IPV (Polio) MMR (Measles, Mumps, Rubella) HepB RV (Rotavirus) Hib (Haemophilus influenzae) Varicella (Chickenpox) PCV13 (Pneumococcus) Meningococcal	_____ _____ _____ _____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____ _____ _____ _____

Permission Form

The health information* I have provided is correct for my camper, and Girl Scouts, Hornets' Nest council has my permission to provide routine health care; administer medications; order X-rays, routine tests, and treatment; release any records necessary for insurance purposes; and provide or arrange necessary related transportation for my camper if there is a medical illness or injury. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp director to secure and administer treatment, including hospitalization, for my camper. This completed form may be photocopied for trips out of camp. My camper has permission to attend Girl Scouts Hornets' Nest Council-sponsored camp and participate in all phases except as noted herein, to appear in pictures for publicity purposes, including the Girl Scouts Hornets' Nest council website and related organization websites, and to be registered as a Girl Scout if she is presently a non-Girl Scout. I have read the camp information and agree to cooperate with all policies. I understand that some campers will have the opportunity to participate in activities such as swimming, boating, archery, challenge courses, mountain biking, high adventure activities, horseback riding, overnights, and trips off the camp premises. This is not a guarantee that my camper will participate in all of the activities. Although care is given to greatly reduce risk through safety procedures, education, and equipment, I understand adventure programs are not without an element of danger. These risks include damage to property and temporary or long-term injury to the person. I understand the risks involved with this type of program, and I feel the benefits outweigh the potential hazards of the program. I have completed this form with accurate information, and my child is up-to-date with all age-appropriate vaccinations.

*Health history information will be handled by GSHNC staff/volunteers that have a legitimate need to know as mandated by Federal Law.

Signature of Parent/Guardian: _____ **Date:** _____

PLEASE KEEP YOUR ORIGINAL, COMPLETED COPY OF THIS FORM

Bring a copy with you on the first day of **each** of your camper's camp sessions and **DO NOT MAIL** this form in early