



## **CAMPER HEALTH**

If your daughter has allergies or other medical problems, it is important that they are described on the health history. If you think you did not do that, or you have new information, please write a note to the camp director describing your daughter's allergies or health problems.

If your daughter is taking medicine – prescription and/or non-prescription it must be given to the camp nurse/first aider. Send the medicine in its original container with camper's name, when to give it and how much.

If your daughter gets sick at camp, you will be called and asked to pick her up.



## **CONTACTING PARENTS**

It is important that phone numbers and other information on the camp registration form and health history are correct. If there is a change, please send a note to the camp directors.

If you cannot be reached in an emergency, the camp director will call the emergency contact person listed on the health history form. Please talk to this person before camp so that they will know what you want them to do if they are called.



## **STAYING OVERNIGHT AWAY FROM HOME**

The overnight is usually a highlight of camp even for first-timers. Your response to your daughter about being away overnight is most important. Your enthusiasm for her experience goes a long way to prevent homesickness. Please don't say – "If you want to come home, call me I'll come and get you". Instead it's best to tell your daughter you love her and want her to have a good time.



## **CANCELLATIONS OR CHANGES**

If your daughter has decided not to come to camp it is important that you **CONTACT THE CAMP REGISTRAR NOW!**

Most camps have waiting lists of girls who want to go to camp but can't because camp is full. Another camper can be put in your daughter's space if you let us know before camp starts.

If your daughter will not be attending any one day please call the camp director to let her know.

If you are picking your daughter up early you will be asked to sign her out.

# **Parent's Guide to Happy Weekend Campers**

**Helping your daughter  
get the most out  
of her summer camp**



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## HAPPY CAMPERS

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Now that you and your daughter have decided on Girl Scout weekend camp, we need your help to make her experience the best it can be. These guidelines have been designed to give you general information about camp. The suggestions come from camp directors based on their experiences with campers and parents. It is important for you to be involved in your daughter's camp experience by helping her get ready for camp.

Please re-read carefully all the information in the camp flyer and read any material sent to you from camp. If you have questions contact the camp director.

We want each girl who comes to weekend camp this summer to have a great time. Camp is physically demanding and your daughter will need plenty of rest. We want her to be able to enjoy the outdoors, make new friends, learn new skills and have FUN!

Thank you for sending your daughter to Girl Scout camp!



## CAMP STAFF

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Camp activities are supervised according to Girl Scout safety guidelines. Qualified adult staff work with the campers. A currently certified first aider/nurse is available on site. Water activities are supervised by qualified personnel.



## CLOTHING

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Camp clothes should be comfortable and not new. They need to provide protection from the sun and the natural hazards of the outdoors. Shoes should be ones that camper's can play in without the shoes coming off. Socks need to be worn all the time. Be sure to pack a raincoat or poncho. Camp activities go on rain or shine.

The camp flyer and/or parent letter will have a specific list of things needed for the camp your daughter is attending. Please read it carefully.

## HOW TO PACK FOR WEEKEND CAMP

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Follow the equipment list in the camp flyer or pre-camp letter. Allow your daughter to pack her own things so she will be able to recognize them. Label everything so if something is lost it can be returned.

All items should be packed in a bag that can be easily carried by the camper. A duffel bag, back pack, book bag, gym bag all work well.



## MEALS

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Nutritious meals plus snacks are provided at weekend camp. Please do not send snacks with your daughter because she will have plenty to eat and drink at camp. Besides, snacks in tents and cabins attract insects and animals.

**PLEASE, NO GLASS CONTAINERS!!**



## TRANSPORTATION

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Parent's provide transportation to weekend camp.

If there is a change in any transportation arrangements a written note from the parent/guardian must be sent/given to the director.

If there is someone who is not allowed to pick up your daughter from camp, please notify the director in writing.

## BUGS

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Bugs are attracted to perfume, hair spray, scented soaps, etc. It is best not to use any of these before coming to camp.

Campers may bring insect repellent to camp. They are responsible for applying it themselves. Our staff will remind the girls to use it when needed. Please **DO NOT** send **SPRAY** repellent. Campers are checked for ticks at camp. Don't forget to do a "tick check" at home too.

## SUN

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Campers are outside and in the sun a lot at camp. If your daughter needs sunscreen, please send it with her. We remind the girls to use it, but they are responsible for applying it themselves. You may want to apply sunscreen to your daughter before she comes to camp.