



## **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.



## **OVERNIGHT**

During your daughter's stay at camp she may have the opportunity to stay overnight. If so, she will get a list of what to take and her camp leader will talk with her about how to pack it. Please help her pack – but don't do it for her. It is very important that she knows what she has with her. Make sure her name is on all her belongings.

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**

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 on 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 Day or Twilight Campers**

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



**Girl Scouts of Virginia  
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Roanoke, VA 24019  
Phone (800) 542-5905  
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## HAPPY CAMPERS

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Now that you and your daughter have decided on Girl Scout 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.

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 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.

Camp goes on rain or shine so a raincoat or poncho is needed.

If swimming is part of the program, campers should bring bathing suits and towels in a bag. Please be sure that the camper's name is on everything.

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.



## LUNCH/SNACKS

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Let your daughter help pack her lunch/snack. Lunch should include high energy, easy to eat foods – crackers, cheese, vegetable sticks, peanut butter, raisins, fresh fruit, frozen candy bar (will thaw by lunch time), etc. Pack lunches carefully keeping in mind that refrigeration in most camps is limited. A plastic 16 to 20 oz. soft drink bottle filled with water and frozen will help keep the lunch cool. Put camper's name on lunch container.

**PLEASE, NO GLASS CONTAINERS!!**



## TRANSPORTATION

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Camper's need to know how they are getting to and from camp each day. They need to be reminded each day who is picking them up or if camp provides a bus, what bus stop to get off at. Please be prompt in dropping off and picking up your daughter.

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.