



**2024 Camp Cedarledge
Confirmation Packet**

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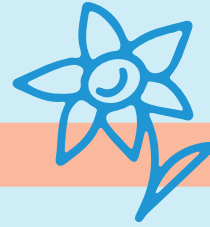
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Girl Scouts of Eastern Missouri's American Camp Association (ACA) accreditation shows safety is our top priority. Parents and guardians can rest easy knowing their Girl Scout is in good hands while they attends our camps.

Girl Scouts encourages families to utilize ACA's comprehensive summer camp resources at acacamps.org.

Welcome To Camp!



Dear Caregivers:

For more than 100 years, girls have explored and strengthened their leadership skills and commitment to environmental stewardship by attending Girl Scout Camp. This summer your Girl Scout will not only make new friends, but come away with skills and talents that will last her a lifetime. New adventures await and we know she will have an outdoor experience that she will never forget!

This Camp Confirmation Packet will help prepare your Girl Scout for camp. It includes information on what she will need to pack for camp, camp life and which forms should be completed prior to her arrival.

If you have additional questions after reviewing the packet, please feel free to call or email our experienced camp staff.

Program Questions:

Ally Roehl, Senior Manager Camping Programs, 314.592.2364 or aroehl@girlscoutsem.org

General Questions:

Kathy Kahn: 314.592.2368 or kkahn@girlscoutsem.org

Registration Questions:

Girl Scout Answer Center: 314.400.4600 or answercenter@girlscoutsem.org

We can't wait to see you around the campfire this summer!

Sincerely,

Ally Roehl
Senior Manager, Camping Services

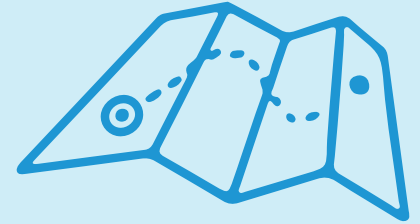


Directions to Camp



Camp Cedarledge

8501 Girl Scout Rd.
Pevely, MO 63070
636.479.6649



Take I-55 south to State Highway Z (Pevely exit). Turn right onto Z and travel nearly two miles to Sandy Creek Road. Turn right and follow the camp signs approximately three miles to Girl Scout Road. Turn right and follow road into camp.

Preparing for Camp

Before your Girl Scout arrives at camp, be sure to:

- Thoroughly read and review this camp confirmation packet with your Girl Scout. This packet will help both of you become familiarized with camp.
- Collect health history and medical care information, Girl Scouts of Eastern Missouri partners with **CampDoc.com**, a secure, encrypted and password-protected electronic health record system for camps. Within two weeks of your camp registration, you will receive an email from **CampDoc.com** with information about how to complete your camper's health history. 2024 Overnight Camp Health Forms are due by April 1 for all June camps and by May 1 for all other camps.
- Final payment and required health forms are due by May 1 for June camps and June 1 for all other camps.
- Start a dialogue with your Girl Scout about camp and what to expect.
- Follow Girl Scouts of Eastern Missouri on social media.
- Pack for camp using the packing list on pg. 26.

Canceling and Rescheduling Sessions

If it becomes necessary for you to change camp sessions, you must contact the Answer Center in writing at answercenter@girlscoutsem.org. Camp fees paid for a camper (including the \$50 nonrefundable deposit) are transferable between summer 2024 Overnight Camp sessions for that camper. Deposits are not transferable to other campers.

If you must cancel your registration, a written request should be sent to the Answer Center at answercenter@girlscoutsem.org. Refunds (minus the \$50 deposit) are available if written cancellation is received four weeks prior to the camp session start date. If a camper is physically unable to attend camp due to an illness or injury, a written statement from a physician regarding the health of the camper is required to accompany the written cancellation request.

Refunds are only available through Aug. 31, 2024. No refunds are available for campers who arrive at camp with pre-existing conditions such as flu-like systems or lice. In this event, registration may be transferred to a future 2024 Overnight Camp session with availability. No refunds will be given if a camp sessions is dismissed early or begins late due to unforeseen extreme weather conditions. Girl Scouts will cancel registrations for any camps where the balance due is not made by the balance due date.



Camper Life

Prior to Check-In

Prior to your campers check-in day, you will receive an email with important information. If you would like to ensure we have your preferred email address on file, please contact the Answer Center at 314.400.4600 as soon as possible. The email sent will include the following information:

- Current COVID-19 updates or reminders
- A review of your health forms—ALL forms must be submitted prior to the start of camp.

Check-In Day

Girl Scouts know camp life is the best life! Review this section carefully, as this information is important for a successful week at Overnight Camp.

Step 1: Arrival Time

We are excited for your camper to arrive, and programs will not begin until after all camper check-in times have occurred!

Check-in times will be between 1-3 pm on the opening day of their camp session. The camp gate will remain locked until 1 pm as our staff will be working hard to prepare for new campers. Staff will open the gates at 1 pm to welcome campers.

Please note: All overnights have different arrival times and a separate confirmation email will be sent to participants one month prior to camp.

Step 2: Planning Who Drops Your Camper Off

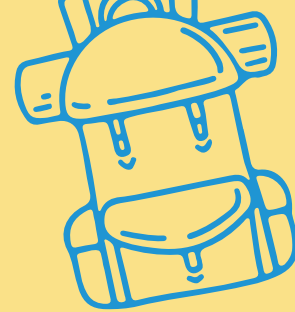
When arriving at camp, only two (2) adults (no additional children besides the camper) will be permitted to help each camper get checked in and moved in.

Step 3: Medicine Drop-Off

When preparing to leave home, please have your camper's medicine packaged in its original containers in a ziploc bag with both their first and last name and the camp unit they have been assigned to. Health Care staff will collect medications at check in.



Camper Life



Step 4: Arrival at Unit

Parents/caregivers will be allowed to drive directly to their camper's assigned unit. Upon arriving at the unit, two (2) adults will be allowed out of the car with each camper to check in with the unit staff. All other members of your vehicle must remain inside the vehicle during the entire check-in process. Unit staff will complete any necessary paperwork, health checks, and collection of any snacks brought to camp. Once this process is complete, parents/caregivers (2) are welcome to help their camper unload luggage and move into the unit.

Step 5: Moving in and Saying Goodbye

We ask that the adults are not in a tent for more than 15 minutes total. Once your camper is settled in, take a moment to say goodbye and wish your camper a week of amazing adventures! Campers will finish getting settled and then transition to meeting unit staff and getting acquainted with their new friends.

Step 6: Mail Drop-off

On your drive out of camp, you can drop off any pre-written letters or small packages at the Old Dining Hall (Craft Shack). Please ensure that ALL letters are marked with your campers name, assigned unit, and the day you want it to be delivered!

Please remember: Please dress to be outside and wear closed toe walking shoes as there may be uneven and hilly terrain in the unit areas, and leave pets at home.



Camper Life



Opening Day Schedule

3-4 pm

As check-in is winding down, counselors will continue to help campers get settled into their unit and lead activities to help campers get to know each other. Additionally, each unit staff will begin to discuss how they will work together as a camp unit to help keep each other safe and healthy while creating a lifetime of fun camp memories.

4-7 pm

Each unit will rotate between the following activities:

Heath Lodge Staff Visit:

Campers will meet a member of our health staff team. They will be reminded of the importance of staying healthy at camp, including the use of bug spray, sunscreen, staying hydrated, and any COVID-19 procedures not discussed by the unit staff.

Pool Visit:

Each unit will visit the pool or receive a visit from the waterfront staff to learn pool rules. It will be determined prior to camp if swim tests will be given on check-in day OR the first swim time on Monday. Additional information about swimming is on pg. 16.

Program Planning:

Each camper will get a chance to make a craft on the first day of camp and meet our Program Specialist. They will work with the program specialist and their unit staff to decide what special activities get added to their units schedule for the week!

Dinner:

Each unit will learn the ways of our Dining Hall and eat their first meal together!

7-8:30 pm

The staff in each unit will plan a special adventure for their first night at camp. Ice breakers, unit flags, a game of ga-ga ball, or even a glow stick dance party are all possible adventures on opening night!

8:30 pm

Everyone returns to their unit to enjoy snack time together, sing songs, or even have a campfire! Get prepared for the next day and enjoy the first night together before bedtime.

Parent/Caregiver Tip: Review this schedule with your camper before they arrive for check in. Knowing what to expect on the first day can help reduce anxiety or nervous feelings.

Camper Life



Check-out

Check-out is from 2-4 pm on the closing day of your campers session. Only two (2) adults per camper will be allowed out of the vehicle during the checkout process. The camp gate will not be open until 2 pm as campers and staff are preparing for departure and participating in final unit activities.

Upon arrival for check-out, camp staff will direct parents/caregivers to the location of their camper's unit. Any adult picking up a camper must be listed as an authorized adult on the campers registration form, provide photo identification and sign out their camper. These procedures are in place for the safety of each camper. Prescription medications will be returned to the parent/caregiver during check-out. Only two (2) adults per camper will be allowed out of the vehicle. Please do not bring any tagalongs or pets.

Late arrival/Early Departure

Any camper that needs to arrive after 3 pm on check-in day must contact the Camp Office with the time of their arrival. Late arrivals must arrive at camp no later than 8 pm.

Although we strongly discourage early departure from camp because it interrupts the flow of camp life and affects the camper's experience, any early departure will be arranged at the discretion of the camp director. Please note that there will be no early departure approved on the last day of your campers program.

Written consent is necessary for all cases of early departure and the individual picking up the camper must show identification verifying they are an authorized adult on the camper's registration form.

2-Week Sunday Check-Out

Campers who attend a two or three week session are allowed to leave camp on Sunday morning with a parent/caregiver. Campers should be picked up between 9-10 am and returned during check-in time of 1-3 pm. Campers cannot leave or return camp between 10 am-1 pm as the camp gate will be closed as staff prepare for newly arriving campers. A Sunday check-out form should be completed during check-in day of your camper's session.

Buddy Requests

Girls do not need to attend camp with anyone from their troop. They will meet plenty of new friends in their unit! Buddy requests can be made during initial registration. A buddy request must be made using one of these methods before May 1 for June camps and June 1 for all other camps for the request to be honored. Each girl may request one buddy, and each girl needs to request the other. When a group or troop of girls enrolls in the same program, they should request one buddy, as one buddy request can be considered per girl.

Both girls need to be registered for the same program for the request to be considered. If both girls are registered for the same program and are of the similar age or grade level, they will be made to place them in the same unit. If two campers of different age groups request each other as buddies, the older girl will be placed in a unit of the younger girl's age.

Camper Life



Unit Assignments

Although camp includes a variety of housing options, the majority of our campers will live in a unit of platform tents. Units have the capacity to house between 16-32 girls. Campers will be assigned to a unit based on program and age. Every attempt is made to group campers together in a unit with others of similar age.

A platform tent is a structure with wood floors and cots or built in bunks w/ mattresses. Each tent can accommodate four campers. All campers will sleep foot to foot which will allow each camper to be appropriately distanced from other campers while sleeping.

Environmental Toilets

Camp facilities include a variety of restrooms. Dining Halls and shower houses have flush toilets, which campers have access to when they are near those buildings. Most units, and some activity areas have Environmental Toilets, known around camp as ETs.

An ET is a composting toilet, with lights, fans and three to four private stalls. ETs are designed to have little to no smell and be comfortable for use. Unit staff are prepared to introduce and educate campers on ET design to reduce unease about a no-flush toilet. A few units and activity areas have latrines, which are kept clean and ready for use.

All restrooms and ETs have sinks for hand washing and soap is provided. In an effort to reduce paper waste, paper towels are not provided at camp. It is suggested that camper's bring several bandanas and use these for drying their hands after washing if they choose. Pictures of units are available online at girlscoutsem.org/camp.



Camper Life

Showers

Each camp has a shower house with individual showers and hot water. Girls have the option of showering nude or in their bathing suits.

Each camper should bring a pair of shower shoes or flip flops to wear when showering. Campers may also choose to bring a shower caddy to carry their toiletries. All items should be labeled with the campers name. Please note that the camper's will carry items to and from the shower house each day.

It is a good idea to practice independence in bathing, changing clothes and brushing hair prior to attending camp. Counselors are only able to provide limited help as campers shower or dress in order to protect camper privacy. Counselors are happy to help younger campers with clothing choice, hair care, and limited personal grooming needs.

Camper Expectations

Camp is a community where individuals learn teamwork and develop a sense of belonging, appreciation and respect for others and all living things. We strive to create an atmosphere where girls feel safe and supported by other campers and camp staff. Campers and staff are expected to follow the Girl Scout Promise and Law, treat others in the camp community with respect and follow the safety rules established by camp. Girl Scouts of Eastern Missouri reserves the right to send home from camp any girl whose conduct, influence or behavior is deemed disruptive or detrimental to the best interest of the camp, herself or fellow campers, presents a safety concern or who violates rules or regulations. A parent or guardian will be expected to pick up a girl as soon as possible and camp fees will not be refunded.

Our non-negotiable behaviors include the following: excessive foul language, threats of the life of self or others, inappropriate or unwanted physical or sexual contact or actions, discrimination of any kind, possession or use of illegal substances, alcohol or tobacco, hazing or initiation tricks, bullying, possession of any weapon, theft or the deliberate defiance of directions issued for safety. Girl Scouts of Eastern Missouri has zero tolerance for any instances of sexual abuse, physical abuse, and/or molestation of any individual. For more information about our Sexual Abuse, Physical Abuse and Molestation policy, see pg. 27 in the 2024 *Camp Adventure Guide*.



Camper Life

Bullying

Bullying is one type of unsuitable behavior that will not be tolerated at camp. Parents/caregivers are encouraged to talk with their camper prior to camp and tell her that if she sees any of these behaviors going on either to her or another camper, she should tell her counselor immediately. Counselors are trained to help and handle these situations with discretion. Anyone who engages in bullying may be subject to disciplinary action up to and including early dismissal from camp.

Our camp staff are trained to recognize the difference between normal peer conflict and bullying. In normal peer conflict, the power between the two people involved is about the same. Both people are emotionally affected, typically in the same way. Camp staff are prepared to help girls resolve their conflicts through effective communication and understanding of the conflict. We consider these teachable moments.

Bullying behaviors are those meant to provide direct harm, either emotionally or physically to a single person or a small group. Bullying is not a one-time action. In these situations, there is a perceived imbalance of power and there is a different level of emotional affect for the victim and the bully. A bully can be quite adept at hiding the behavior from adults, often out of view of camp staff: an under breath insult, mocking, teasing, spreading rumors. We encourage parents/caregivers to talk with your camper prior to camp about situations where bullying could be present. Coach her through how she might alert a staff member when she or another girl is being treated unfairly or is having issues with another camper. It is important that girls feel comfortable bringing their concerns to a camp staff member so they can be addressed properly. Camp staff are trained to handle camper concerns with discretion and halt any bullying behavior. Any camper who engages in bullying may be subject to disciplinary action up to and including early dismissal from camp.

Parent/Caregiver Tip: Remind campers that counselors and camp staff are there for them. Encourage your Girl Scout to talk with counselors if they need help, if they are feeling sad, sees anything that makes them uncomfortable, or has any issues. We want to help your camper have a wonderful camp experience!

Shared Responsibilities

Each unit of campers will be responsible for completing kapers (chores) within their unit and around camp. Examples include: sweeping tents, cleaning up after meals and putting away program supplies. Camp life is a balance of fun, friendship, and growth. Campers enrolled in an equestrian program will have a lesson and assignments in the barn that include horse care, cleaning tack and horse stalls.

Camper Life

Meals and Snacks

Meals at camp are well balanced, tasty and served by our professional food service provider. All meals will be served cafeteria style and meals will be eaten in the dining hall, outdoors or even picnic style.

If your camper has any dietary restrictions or is allergic to any food, it should be noted on **CampDoc.com**.

Vegetarian diets can be accommodated and do not include beef, chicken, or pork. Gluten-free options can be provided with advance notice. For specific information about menus or dietary accommodations, please contact the Camp Department.

Camp serves a wide variety of kid-friendly food, and campers are usually able to find food they like. Fresh fruit, milk, sun butter and jelly are always available as an alternate option at mealtimes. Parents/caregivers may not send food substitutions simply because a camper may not like what we are serving. Camp staff will work with campers to make healthy choices and find satisfying options at each meal.

In addition to three meals each day, a daily snack is provided. Snacks brought from home should be packed in a shoebox-size plastic container, and will be stored in a cabinet in the unit. Please understand that snacks brought to camp may be subject to humidity and camp critters. Every attempt is made to avoid attracting critters to the units. Campers will be able to request access to their snacks during unit time or snack time. Any snacks left at camp after check-out will be disposed of and will not be available for pick-up after the day of checkout.

Overnight Camp is nut free. All meals and snacks that are served do not contain peanuts or tree nuts and have not been processed in a facility that contains nuts. Any snacks that are brought to camp or sent to camp may not contain nuts or be processed in a facility that contains nut products. Any snacks not approved to be at camp will be kept in the Camp Office until their return is requested on check-out day. Snacks will be checked by staff, so please keep them in the original package. **Additional restrictions may apply to sessions of camps depending on camper needs.*



Camper Life

Trading Post

At camp we have a camp store named the Trading Post, where girls can purchase camp merchandise, stuffed animals, jewelry, bandanas, stamps, batteries and other items. Campers will visit the Trading Post at least once a week during their stay/session.

Campers do not need cash to make a purchase at the Trading Post! Setup a credit account for any amount before or during camp sessions through the GSEM Shop. Contact the GSEM Shop at 314.592.2378 during business hours and a team member will assist you.

Funds are immediately available for use at any Trading Post location or the GSEM Shop. All credit accounts with a balance of \$10 or less will automatically convert to a donation to Camp Department programs after Summer Camp sessions close and before September 30, 2024. All credit accounts with a balance of \$10 or more will be refunded to the credit/debit card used for purchase after Summer Camp sessions close and before September 30, 2024.

And yes, you can still send cash with your camper for a traditional Trading Post experience!

Birthdays

Parents/caregivers may send or drop off on opening day a birthday package for their camper. Be sure to label the package with her birthday to ensure she receives it on the correct day. Please do not send balloons. Campers celebrating their birthday at camp will receive a special birthday surprise from camp staff.

Gender Inclusion at Girl Scouts of Eastern Missouri Camps

Commitment To Our Girl Scouts

Girl Scouts is a girl-centered youth programming experience that is committed to inclusion and strives to provide a safe and welcoming community for all members. This is made possible through partnership between Girl Scouts of Eastern Missouri, volunteers, and the child and their family.

As with all youth members, placement of transgender youth is handled by trained staff, with the welfare and best interests of the child and the members of the troop/group in mind. That said, if the child is recognized by the family and school/community as a girl and lives culturally as a girl, then Girl Scouts is an organization that welcomes her participation.

At GSEM, we understand that inclusion is not one single destination, but instead an ongoing journey that will require continuous growth and evolution. As we grow in our journey toward better supporting all of our Girl Scouts, it is possible that our policy and language may evolve. In the event of any changes, we will notify all stakeholders—including Girl Scouts, families/caregivers, volunteers, and staff.

Camper Life

What to Expect at Summer Camp 2024:

GSEM is on our journey toward being more gender-inclusive and we are improving our gender inclusive practices every day. With guidance from our accrediting body (ACA) and a consulting partner specializing in gender inclusion, we have made the following updates since 2022:

- Analyzed and updated our intake forms, applications, communication materials, to reflect more gender-inclusive language
- Established all single-stall restrooms as gender-diverse
- Increased privacy in camp shower stalls and changing stations
- Trained 100% of GSEM staff, including seasonal camp staff, in gender-inclusion core competencies
- Our camp staff will not initiate conversations regarding gender identity. If a camper asks questions, staff are trained to respond with age-appropriate answers.
- Established protocols regarding respecting and affirming young peoples' right to learn and grow in their identities, by implementing policies and procedures related to pronouns and names.
- Pronouns at camp: During introduction activities/icebreakers, campers may share their pronouns and this is then how we will refer to them during their time at camp. Counselors may model this by sharing their pronouns with groups.
- Updated our non-negotiable/camp rules to include no tolerance for bullying or discrimination of any kind.

At Girl Scout Camp, we all commit to actively building a sense of belonging for all of our community members. If you have questions about our commitment to diversity, equity and inclusion, please reach out to Danielle Washington, Chief Program Officer, at dWASHINGTON@girlscoutsem.org or Dr. Lydia Bullock, Chief Engagement and Belonging Officer, at lbULLOCK@girlscoutsem.org. We welcome the opportunity to discuss our inclusive practices with you!



Activities at Camp

Campers will participate in a wide variety of activities during their stay at camp. Campers will work with their unit staff each day to decide what they would like to participate in.

Campouts

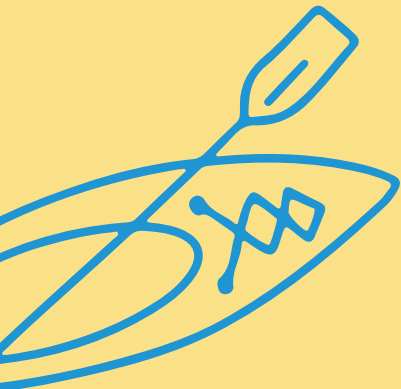
Two-week campers will participate in an overnight camp out with their unit; campers participating in a one-week session will decide as a unit if they will participate in a camp out. Units will work together to plan their overnight camp out from a variety of options, including tent camping, hammocking, sleeping in another unit at camp or sleeping on a tarp under the stars.

Swimming

Trained and certified lifeguards are on duty when swimmers are present at the pool. Campers take a swimming assessment on the first day of their session or their first visit to the pool to demonstrate their level of ability. This helps our staff establish the safest area for each camper to swim. Girls who choose not to take the swim test will be assigned a red swim band and will be allowed in the shallow areas of the pool. The following swim bands and assessments are used at Girl Scouts of Eastern Missouri pools:

- **Red Band (beginner/non-swimmer):** Designates those who can swim in the shallow areas of the pool. No assessment needed to obtain a red band.
- **Yellow Band (intermediate swimmer):** Designates intermediate swimmers who may swim in the middle section of the pool. To earn a yellow band, campers must tread water for 2 minutes while keeping their head above water and swim a minimum of 20 yards in one direction without stopping. Using front crawl (freestyle) while keeping their face in the water and without touching the ground or holding onto the wall in shallow or calm deep water.
- **Blue Band (proficient swimmer):** Designated confident and skilled swimmers who can swim in any depth of the pool. To earn a blue band, campers must tread water for 2 minutes while keeping their head above water and swim a minimum of 20 yards in one direction without stopping. Using front crawl (freestyle) while keeping their face in the water and without touching the ground or holding onto the wall in shallow or deep water.

Due to their limited time in camp, campers participating in any one day or one night overnight will not complete a swim assessment and will swim in the Red Band section of the pool. This allows the unit's entire time at the pool to be devoted to swimming and games at the pool.



Activities at Camp

Equestrian Activities

Girls enrolled in an equestrian program will participate in activities at the barn or corral for a part of each camp day during their session, with the exception of Sundays, which are a rest day for the horses at the Equestrian Center. Lessons may include grooming, horse care, riding skills, trail rides, arena ride or riding activities at the lower corral. The remainder of each day will be spent participating in activities on camp, varying from option activities to unit activities and swim time.

Girls in all 1-week or 3-day horseback riding programs or will be required to wear long pants to ride. Girls in 2-week horseback riding programs will be required to wear jeans or breeches during arena riding but may wear long pants during trail riding.

Occasionally, our Equestrian Center may need to close during extreme weather, including heat, excessive rain or thunderstorms. In this case, alternative activities will be offered. Equestrian programs follow Girl Scouts of the USA and American Camp Association Standards.

In 2016, the state of Missouri revised a statute related to equine activities. The statute requires that participants be advised:

“Under Missouri law, an equine activity sponsor, an equine professional, a livestock activity sponsor, a livestock owner, a livestock facility, a livestock auction market, or any employee thereof is not liable for an injury to or the death of a participant in equine or livestock activities resulting from the inherent risks of equine or livestock activities pursuant to the Revised Statutes of Missouri.”



Parent/Caregiver Info: Health

COVID-19

Girl Scouts of Eastern Missouri regularly reviews COVID-19 Response Guidelines, updates them as needed, and communicates with caregivers, volunteers, leaders and staff. Please review the most up-to-date COVID-19 Guidelines located here: [COVID-19 Guidelines](#).

Health Center and Care

Camp Cedarledge has a health center staffed by health personnel 24 hours a day. Local urgent care facilities are available for minor injuries or illness and emergency services are available at nearby hospitals. A written health care plan is reviewed annually and approved by a local physician. First aid supplies, acetaminophen (comparable to Tylenol), sunscreen, insect repellent and many over-the-counter medications are available in the health center and can be administered by health care personnel or trained staff via parent/caregiver approval and the written health care plan.

All health conditions, medications and relevant health information should be noted on a camper's health form. If any changes have occurred to your camper's health or medications prior to their arrival at camp, please visit with the health personnel upon your arrival at camp, or send a signed statement with a camper arriving by carpool.

To collect health history and medical care information this year, Girl Scouts of Eastern Missouri will be partnering with **CampDoc.com**, a secure, encrypted and password-protected electronic health record system for camps. Within two weeks of your camp registration, you will receive an email from **CampDoc.com** with information about how to complete your camper's health history. All CampDoc health records are due by April 1 for all June camps and by May 1 for all other camps.

Health Checks

Upon arrival at camp, all campers, staff and volunteers receive a health screening by trained staff, which includes a check for fever, and a foot and head check for contagious conditions, such as athlete's foot or lice. To provide a safe and healthy environment for all, anyone with a temperature of 100 degrees or higher, flu-like symptoms, or head lice will be asked to return home and arrangements will be made to participate in a different session after treatment. A signed note from a physician may be required for re-admittance.

Lice

We suggest you check your child's scalp for the presence of lice/nits prior to arrival at camp. If a camper is found to have lice or nits during their health screening at camp, they will be asked to return home for treatment. All lice/nits must be removed, gear must be washed in hot water and dried in a hot dryer. The camper may return to camp after 24 hours for another health check; however, if the condition remains after treatment, the child will be asked to return home for a repeat treatment.



Parent/Caregiver Info: Health

Medications

All medications (prescription, over-the-counter and vitamins/supplements) will be turned in to health care staff during check-in and will be kept in the Health Center for the duration of the camp session. Place medications together in a clear plastic bag with your camper's name and unit on it for check in.

All prescription medications must be in their original container, with camper's name, dosage and doctor's name on the prescription label. Only the dosage listed on the original container will be followed at camp.

Non-prescription medications must be in original containers and written dosage instructions by custodial parent or legal guardian must be noted on the Camper Medication Form. Health Care staff cannot administer medications that are expired, not in their original packaging and cannot administer a different dosage than is indicated on the original container label.

Routine medications are distributed before breakfast, at lunch, dinner or bedtime, unless otherwise directed. Medications and medication containers will be returned during the check-out process. Please be sure not to leave any medications behind

Emergency Medications (Inhalers, Epi-pens, etc.)

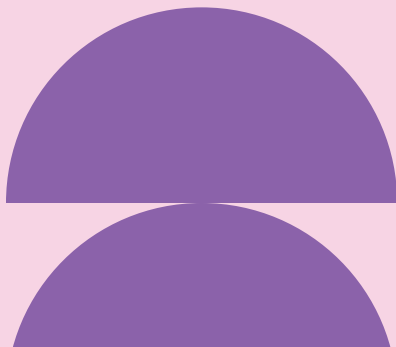
Any medications that must be carried at all times (e.g. inhalers or insect sting kits) must be accompanied by written authorization from a physician stating this requirement. Unit staff members will hold onto emergency medications to ensure safe keeping, unless otherwise directed by a prescribed action plan. We recommend a second inhaler remain in the health center for emergencies.

Bedwetting

Our staff is trained to handle bedwetting discreetly. Please let us know in advance if your camper has a history of bedwetting. Campers should be encouraged by parents/caregivers to ask their counselors for help if they wet the bed or have an accident. Please send extra bedding if you think it might be needed. Every attempt will be made to wash soiled bedding at camp and return it to the camper in a timely and discreet manner.

Laundry

Campers should bring enough clothes for the camp session they are attending. Laundry facilities are not available for camper use. Camp does have laundry facilities on site for emergency needs and staff use. We recommend that your camper brings laundry for their entire 2-week camp session, but we will be able to wash campers laundry if needed. Let your 2-week campers staff know during check-in if this is an accommodation your camper will utilize in 2024.



Parent/Caregiver Info: Health

Potential Pests at Camp: Poison Ivy, Ticks, Bed Bugs and Mosquitoes

As a part of the natural environment, camp does have insects such as ticks, mosquitoes and poison ivy. Camp Rangers monitor the general areas of camp and remove poison ivy when possible.

Parents/caregivers are asked to accept responsibility for teaching their camper how to apply sunscreen and insect repellent, and to make sure their camper knows how to dress appropriately for outdoor activities. Campers should bring sunscreen and non-aerosol insect repellent to camp, such as a product containing Deet (N-diethylmetatoluamide).

Mosquito nets are suggested for use over a camper's bed at nighttime but not required. Mosquito nets can be purchased online or at a camping goods store.

As a human issue, bed bugs can be brought into camp at any time, by any guest. Our staff are trained on detection and response and we have procedures in place in case bed bugs are brought into camp. To help us keep camp bed bug free, here are couple of tips: Wash and dry on high heat all items that you are sending to camp before packing them in your camper's bag. If you are concerned that you have an infestation in your home, please contact camp to work through how to best prepare your camp gear and help make sure the pests don't come with your camper.

When your camper returns home from camp, we suggest you leave her bags outside until everything in them can be washed and dried on high heat. This will help prevent any pests from camp potentially entering your home.

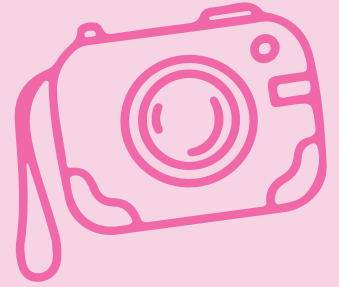
Insurance

Girl Scouts of Eastern Missouri arranges for Accident and Sickness Insurance for all Overnight Camp participants. Coverage is not intended to diminish the need for or replace family health coverage. Any injury or sickness expense (medical, hospital, doctor) that is not covered by the claimant's primary insurance or by the Accident and Sickness coverage purchased by the Council are the responsibility of the claimant or their parent/guardian.



Parent/Caregiver Info:

Communication



Band App

Girl Scouts of Eastern Missouri's Camp Department uses the Band app to communicate with caregivers while their campers are having fun at camp. For more information on the Band app, please visit band.us/en. Each session of camp will have a Band app login and information specific to that session, so watch your email for a link to sign up in April!

Mail and Care Packages

Every camper looks forward to receiving mail during their stay at camp! We encourage mail to be sent a few days prior to check-in, or dropped off with camp staff during check in to ensure campers get their mail in a timely manner. Mail is sorted and delivered to units daily. Care packages are allowed, and we encourage packages to be of reasonable size. Campers typically enjoy receiving stickers, coloring books, journals or a small stuffed animal. Any food included in a care package must be peanut and tree nut free, and not processed in a facility that contains nuts.

Campers are encouraged, but not required to write letters home. Camp days are filled with a lot of fun and busy activities, so sometimes campers do not pause to write a letter home. Sending your camper with addressed, stamped envelopes may increase the chance of them sending a letter home.

Pictures at Camp

Camp staff takes pictures and video of life at camp each week and posts to the Band App so parents and guardians of registered campers can view life at camp.

Pictures from a typical week include unit pictures on Sunday or Monday with additional pictures at least one other time per week. We strive to get each camper in at least one picture during their stay. We do not make any guarantees that your camper will be photographed.

Posting pictures can garner a wide variety of reactions, so we encourage you to keep the following in mind:

- These pictures are unaltered and typically not posed, so campers may not have the perfect expression or may have closed their eyes at the moment the picture was taken. This is just part of spontaneous picture taking; please don't read more into the picture than there is. We are having lots of fun at camp!
- Inclusion in the pictures will be based on where our staff are taking pictures on any given day. Our staff tries to take a wide variety of activities and units, but we can't be everywhere at once. Please don't be concerned if you don't see your child in a picture. We do know where they are, and we are sure they are enjoying themselves!

Parent/Caregiver Info:

Communication

Electronic Communication and Social Media

Girl Scouts of Eastern Missouri recognizes the Internet provides unique opportunities to participate in interactive discussions and share information using a wide variety of social media tools. The use of social media also presents risks and carries with it certain responsibilities.

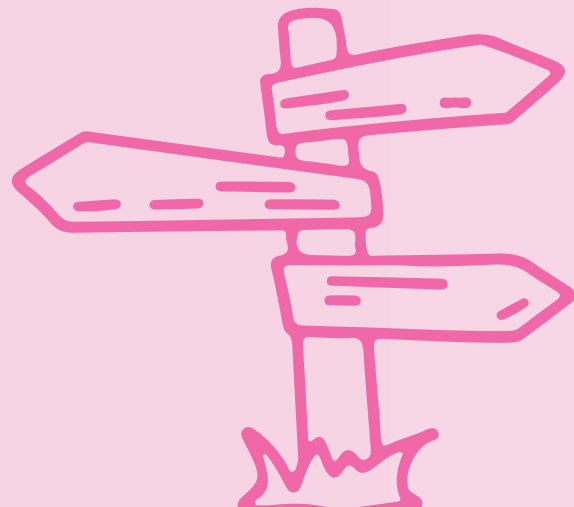
Girl Scouts of Eastern Missouri camping program uses social media channels to give our membership a look into life at camp. By signing the Media Permission on the Overnight Camp Information Form, the Girl Health History (F-57) form, or at the time of membership registration, permission is granted by a parent or guardian for a camper's picture to be taken and posted on social media. If a parent or guardian does not sign the Media Permission, their camper will be identified during check-in with a wristband indicating to staff members they cannot take pictures or video.

Communication with Guardians

Emergency Communication: Camp and the Council Camp Department administrative staff monitor the national news and local weather on a daily basis and have procedures in place for addressing emergency situations. If an emergency situation is identified, staff will be informed and given instructions, campers will be informed as needed and appropriate. Information will be relayed to caregiver through the Band app and email as soon as possible. If camp needs to be closed once campers are on site, caregivers will receive an automated phone call, text and email with next steps and additional information. Please make sure all information is updated with CampDoc and My GS to receive timely communication.

Injury/Illness Communication: Minor injuries and illness, such as bumps, bruises, scrapes and routine stomach ache will be cared for and monitored by the camp health staff. Parents/caregivers will be contacted as soon as possible if a camper's injury/illness requires a visit to a physician, the emergency room or if a camper needs to be in the Health Center for a prolonged stay. Parents/caregivers will be contacted to pick up a camper if a camper develops a contagious condition or illness while at camp to avoid its spread throughout camp.

Phone Calls: Camp is a place for campers to develop independence and autonomy. In order to



Parent/Caregiver Info: Communication

support our campers in this growth process, we do not permit campers to make or receive phone calls during their stay unless there is a family emergency. Please do not ask your child to call home to simply check in. Campers should leave all cell phones at home as they will not be allowed to keep cell phones in the unit. If a girl brings a cell phone to camp, it will be kept safe in the camp office until checkout.

Visitors

The camp schedule is busy with fun-filled activities and does not include time for visitors. For the health, safety and security of all campers, and to avoid the disruption to your camper's schedule, please do not plan to visit your camper during the camp session. If you plan on dropping off a package for your camper during the session, please utilize the package box at the front of camp. We will check the box multiple times a day to retrieve items.



Parent/Caregiver Info: Other

Homesickness

It is common for first-time campers, and some returning campers, to experience some level of homesickness while away from home. Our staff is committed to supporting campers' emerging independence and parents/caregivers' concerns about well-being and homesickness, while helping campers to accept the natural feeling of missing family and adjusting to life at camp in a loving and constructive way. Most homesickness is mild and will subside in the first day or two of camp.

Homesickness Communication: All camp staff are trained to work with campers who may develop homesickness. Camp staff will contact you directly if your daughter is having a particularly hard time with homesickness.

Parents/guardians can help prepare for camp and lessen homesickness in the following ways:

- Don't tell your girl you will pick them up early if they don't like camp. This makes it hard for a camper to even try to work through their feelings. Instead, encourage your Girl Scout to speak to a counselor about how they are feeling and reassure them these feelings are normal.
- Practice camp routines ahead of time. Have your child sleep with a flashlight next to the bed to practice using it at night. Prepare and practice falling asleep with no lights, TV or music on. Spend the night away from home at a friend or family member's house.
- Talk about camp and set realistic expectations. Remind your daughter that camp is like everything else in life: it has its highs and lows, we will like some parts of it better than others.
- Write frequent, short, encouraging letters. Focus on positive news and how excited you are to hear about new friends and adventures. Avoid over sharing about how much you miss her.

Security

Each camp has trained administrative staff and a Camp Ranger on-site. Camp gates are locked at night and a radio communication system connects all areas of camp with the camp headquarters.

Smoking, Drugs and Alcohol

Smoking and vaping by girl participants will not be allowed at any activity sponsored by the Girl Scouts of Eastern Missouri. The use and/or possession of any non-prescription medication, vaping devices, drugs, tobacco, alcohol or other controlled substances is strictly prohibited. Infraction of these guidelines will necessitate that the parents immediately pick up the camper with no refund of camp fees.



Parent/Caregiver Info: Other

Search of Personal Property

The Council reserves the right to conduct voluntary searches on camp premises including, but not limited to: parking areas, employee vehicles, living quarters and work areas if the Council has reason to believe a camper has violated camp policies and has brought prohibited items into camp. These searches may also include bags, luggage, backpacks, purses and other items brought onto the camp property. Campers will be expected to cooperate in these searches. Refusal to cooperate may result in campers being asked to leave.

Clothing and Equipment

Packing wisely can ensure a good camp experience. Old, comfortable and familiar clothes are the best choice for camp, as camp activities include hiking, camping out, playing sports, painting and being outside in all weather. Tie-dyeing is an optional activity, so campers are encouraged to bring a white item to dye (example: T-shirt, socks, pillowcase). Please have your camper help in packing for camp, as they will be familiar with what items are packed and where they are.

Clothing choices should be appropriate for athletic play. Suggestions for appropriate wear include shorts that are mid-thigh, T-shirts, tank tops with wide straps and 1-piece or athletic-style, 2-piece swim suits. Please do not pack low-cut shirts, spaghetti-strap tanks, bikini swimsuits or clothing with vulgar, rude or offensive language or graphics.

The next page has our detailed packing list, developed by our expert camp staff. We advise you begin packing early and encourage your campers to help pack their belongings so they are familiar with the gear they have brought for their big adventure! Remember—comfortable and old clothes are the best option for camp.

Lost and Found

Every effort is made to return lost and found items to campers during their camp session, and proper labeling of all items can help ensure lost items are returned in a timely manner. Please label all clothing and gear with a permanent marker or laundry label for easy identification. Contact camp for assistance in locating lost items after your camper's session. Lost and found will remain at camp through August 5. From August 5-September 1, lost and found will be at the Girl Scout Service Center. Please contact the Answer Center at 314.400.4600 or answercenter@girlscoutsem.org to locate a particular item.



All campers should bring a backpack for daily use.

Sleeping Gear

- Sleeping bag or warm blankets
- Pillow
- Sheet (twin size)

Clothing for Camp

- Shorts for each day
- T-shirts for each day
- Hat and/or several bandanas
- 1 or 2 pairs of jeans or pants
- 1 or 2 shirts with long sleeves
- Warm jacket or sweatshirt
- Underwear
- 1-piece or athletic-style 2-piece swimsuit
- Plenty of socks
- 2 pairs of comfortable tennis shoes (must be closed toed, closed heeled-no Crocs™ or sandals permitted)
- Pajamas
- Raincoat or Poncho
- 100% cotton, white clothing item to tie-dye
- Extra bandanas

Toiletry Items

- Towel(s)-swimming and showering
- Shower Caddy
- Soap, shampoo, deodorant
- Toothbrush, toothpaste, plastic cup
- Comb, brush
- Hair ties or scrunchies
- Feminine hygiene supplies
- Laundry bag
- Sunscreen; squeeze bottle or stick
- Insect repellent; squeeze bottle or stick recommended
- A pair of shower shoes (flip-flops or water shoes to be worn only in the shower house)

Camp Gear

- Water bottle
- Flashlight with extra batteries
- Plastic bag for wet clothing
- Day pack, backpack or tote bag
- Small tarp, dropcloth or shower curtain
- Unbreakable plate, cup with handle, bowl and cutlery; or mess kit and cutlery for cookouts
- Beaver bag or dunk bag
- Sit-upon

Please remember, when returning home from camp we suggest you leave bags outside until everything in them can be washed and dried on high heat. This will help prevent any pests from camp potentially entering your home.

Optional

- Writing papers, small notebook, envelopes, postcards, stamps
- Camera
- Small musical instruments
- Mirror (with cover)
- Small toiletry/shower tote
- Sunglasses
- Small stuffed animal
- Book to read, deck of cards, small games, etc.
- Mosquito net
- 3-drawer plastic storage
- Laundry bag
- Water shoes
- Hand sanitizer

Required Special Equipment for Horseback Riding Programs

- Full length pants*
**2-week programs must bring jeans or breeches*
- Boots – *hard, smooth-soled shoes with at least half-inch heels to keep foot from slipping through the stirrups. NO flexible soles, tennis shoes, hiking boots with lug soles or wedges can be worn. Proper footwear is required.*

Required Special Equipment for 5-night or longer Programs

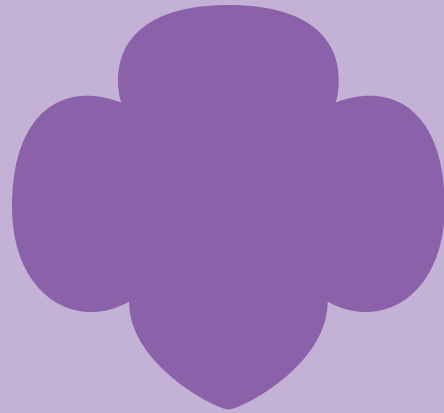
- Unbreakable plate, cup with handle, bowl and cutlery; or mess kit and cutlery for cookouts with a beaver or dunk bag.
- 100% cotton, white clothing item to tie-dye

DO NOT BRING

- Belly, midriff or spaghetti-strap shirts
- Jewelry
- Valuables
- Electronic devices such as music players, tablets or phones
- Pocket knives or weapons
- Firearms, firearms or weapons
- Items of value

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of eastern missouri

2300 Ball Dr.
St. Louis, MO 63146-8604
314.592.2300
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