

2026

# Camp Tuckaho Information Packet



girl scouts  
of eastern missouri

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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](https://acacamps.org).





### Dear Caregivers:

For more than 100 years, Girl Scouts 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 them a lifetime. New adventures await and we know your camper will have an outdoor experience that they will never forget!

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

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

### Program Questions:

Jessie Stevenson, Senior Manager Camping Programs, 314.592.2399 or [jstevenson@girlscoutsem.org](mailto:jstevenson@girlscoutsem.org)

### General and Registration Questions:

Girl Scout Answer Center: 314.400.4600 or [answercenter@girlscoutsem.org](mailto:answercenter@girlscoutsem.org)

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

Sincerely,

Jessie Stevenson  
Senior Manager, Camping Services



# Directions to Camp



## Camp Tuckaho

163 Tuckaho Ln.  
Troy, MO 63379  
636.462.7272



Take I-64/Highway 40 or I-70 West to Highway 61 (Wentzville). Take Highway 61 north about two miles beyond Troy. Turn left onto State Highway KK and follow the road about three miles. Follow KK as it makes a right turn and continue approximately .8 miles. At Girl Scout Camp sign, turn right onto camp road.

# Preparing for Camp

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

- ☐ Thoroughly read and review this camp information packet with your Girl Scout and anyone else attending camp with them. 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. Starting February 1 or 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. 2026 Overnight Camp Health Forms are due by May 1 for all June camps and by June 1 for all other camps.

**Adults attending camp will need to bring a completed Adult Activity Waiver to check-in. Tagalongs will need to bring completed Youth Health History form.**

- ☐ Final payment 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. 24.





# 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](mailto:answercenter@girlscoutsem.org). Camp fees paid for a camper (including the \$50 nonrefundable deposit) are transferable between summer 2026 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](mailto: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, 2026. 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 2026 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 of Eastern Missouri 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:

- 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

Check-in for adult/child programs is from 3-4:30 pm. Check-in for camper-only programs is from 3-5 pm. We are excited for your camper to arrive and programs will begin once check-in time is complete. Caregivers will drive directly to the parking lot and visit the Sugar Shack Day Outing Shelter before heading to the unit.

The camp gate will remain locked until check-in as our staff will be working hard to prepare for new campers. Staff will open the gates at check-in time.

### Step 2: Medicine Drop-Off

Campers in family programs will leave their medication with their adult attending with them. Adult's with medications or attending with campers who have medications should bring a lock-box to keep medication in. If you do not have a lock-box, you will be able to store medications at the Health Lodge or there are a limited number of lock-boxes available for check-out from the Camp Office. 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 program they are attending. Health Care staff will collect medications at the health table located at the Sugar Shack Day Outing Shelter during check-in. All medications being dropped off at camp must be listed in your campers CampDoc.com profile.

### Mail Drop-Off

Please ensure that ALL letters are marked with your campers name as shown on registration, program, and the day you want it to be delivered!





# Camper Life

## Step 3: Arrival at Unit

Caregivers may drive to the unit after completing check-in at the registration and health tents. Unit staff will collect any necessary paperwork and peanut, tree-nut free snacks brought to camp.

For family programs, once you have unloaded gear and finished check-in, you must move your vehicle to the parking lot. No vehicles will be permitted to stay at the unit.

## Step 4: Moving in and Saying Goodbye for Camper-Only Programs

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 unit campers. **Before heading out, please check in with unit staff to make sure the roads are clear for departure.**

## Step 5: Trading Post

The Trading Post is now cashless—no need for campers to bring money to camp! Caregivers can easily set up a House Account for any dollar amount before or during their camper's session through the GSEM Shop. For questions, contact the GSEM Shop at [GSEMShopandERC@girlscoutsem.org](mailto:GSEMShopandERC@girlscoutsem.org) or 314.592.237.

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



# Camper Life

## Opening Day Schedule

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.



For camper-only programs, campers will meet a member of our health service 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 procedures not discussed by the unit staff.

For five night programs, 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 on pg. 16.

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

The staff in each unit will plan a special adventure for the 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! There will also be a campfire the first night either in the unit or with all camp. Family programs may have scheduled activities on the first night.

Get prepared for the next day and enjoy the first night together before bedtime.

**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 for camper-only programs is from 1-3 pm. For adult/child program check-out is from 2-2:30 pm on the closing day of your campers session.

Upon arrival for check-out, caregivers will be stopped at the gate by a member of staff and will be asked to give the name of their camper. Once checked at the gate, proceed to your camper's unit to sign out your camper. 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 caregiver during check-out. Tagalongs are allowed, please do not bring pets.

Prior to check-out, unit staff will help you with camp kapers. After completion of kapers, your unit staff will handout the overnight camp patch. The camp gate will not be open until check-out as campers and staff are preparing for departure and participating in final unit activities.

## Late arrival/Early Departure

Any camper that needs to arrive after check-in 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, after 10 pm, or during meal times.**

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.

## Buddy Requests

Girl Scouts do not need to attend camp with anyone from their troop. They will meet plenty of new campers in their unit! Buddy requests can be made during initial registration, by emailing the Camp Director, or using the form link at [vr.girlscoutsem.org/26BuddyRequest](http://vr.girlscoutsem.org/26BuddyRequest). 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 camper may request one buddy, and each camper needs to request the other. When a group or troop enrolls in the same program, they should request one buddy, as one buddy request can be considered per Girl Scout.

Both campers need to be registered for the same program for the request to be considered. If both campers are registered for the same program and are of the similar age or grade level, every effort 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 Scout will be placed in a unit of the younger Girl Scout'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, yurts, covered wagons, or A-Frame cabins. Units are assigned based on program and age. Every attempt is made to group campers together in a unit with others of similar age. Unit assignments will be given upon arrival at camp.

All campers will sleep foot to foot which will allow each camper to be appropriately distanced from other campers while sleeping.

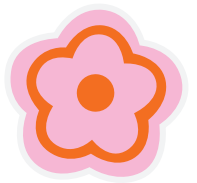
## Environmental Toilets

Camp facilities include a variety of restrooms. The dining hall and shower house 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 two 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 campers 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](http://girlscoutsem.org/camp).



# Camper Life



## Showers

Each camp has a shower house with individual showers and hot water. Campers 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 campers 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, Adult and Tagalong 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 campers feel safe and supported by other campers, adults, and camp staff. Participants 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 anyone whose conduct, influence or behavior is deemed disruptive or detrimental to the best interest of the camp, themselves or other participants, presents a safety concern or who violates rules or regulations. A caregiver will be expected to pick up a camper or when the caregiver is present leave 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. 47 in the 2026 *Camp Adventure Guide*.





# Camper Life



## Bullying

Caregivers are encouraged to talk with their camper prior to camp and tell them that if they sees any of these behaviors going on either to them or another camper, they should tell their 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.

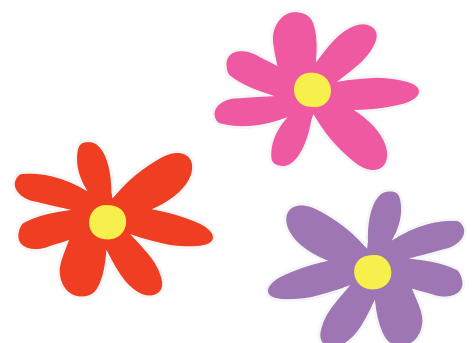
Our camp staff are trained to recognize the difference between normal peer conflict and bullying. In normal peer conflict, the power between the two people involved is about the same. Both people are emotionally affected, typically in the same way. Camp staff are prepared to help campers resolve their 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 caregivers to talk with your camper prior to camp about situations where bullying could be present. Coach them through how they might alert a staff member when they or another camper is being treated unfairly or is having issues with another camper. It is important that campers 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.

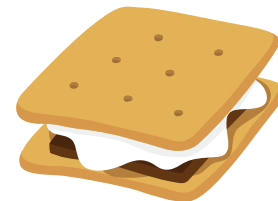
**Caregiver Tip:** Remind campers that counselors and camp staff are there for them. Encourage your Girl Scout to talk with counselors if they need help, if they are feeling sad, sees anything that makes them uncomfortable, or has any issues. We want to help your camper have a wonderful camp experience!

## Shared Responsibilities

Each unit 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.



# Camper Life



## Meals and Snacks

Meals at camp are well balanced, tasty and served by our professional food service provider. 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. Adults and Tagalongs with dietary restrictions should fill out the accommodations request form at least four weeks prior to their program.

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. 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 and a limited variety of candy will be available for purchase at the Trading Post. Snacks brought from home should be packed in a shoebox-size plastic container and labeled with camper's name, 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

Each camp has a camp store called the Trading Post, where Girl Scouts can buy camp-themed gifts, plush items, accessories, jewelry, camp T-shirts, games, ball caps, bandanas, small outdoor equipment, and other essentials. Campers will visit the Trading Post at least once each week during their session.

All Trading Post locations are cashless. Families may set up a Trading Post credit account for any amount before or during camp through the GSEM Shop. To create an account or add funds, please contact the GSEM Shop at 314.592.2378 during business hours. Funds are available immediately and may be used at any Trading Post location or the GSEM Shop.

After Summer Camp sessions conclude, remaining account balances will be managed as follows:

- \$10 or less will automatically convert to a donation supporting GSEM Camp Department programs.
- \$10 or more will be refunded to the credit or debit card used for purchase.

All account reconciliations and refunds will be completed by September 30, 2026.

## Trading Post FAQ

### Do campers need to bring cash?

No. All Trading Post locations are cashless. A Trading Post credit account is the easiest way for campers to shop.

### How much should I add to my camper's account?

The amount is up to you. Many families choose a modest weekly amount (\$25-\$30) to allow campers to select souvenirs or essentials during their visit.

### When are funds available?

Funds are available immediately after being added and can be used throughout the camper's session.

### What happens to unused funds?

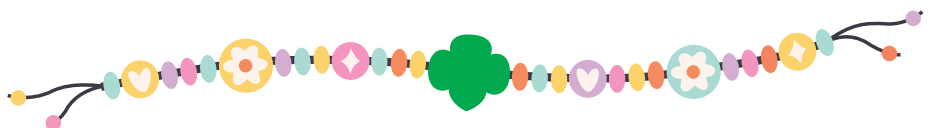
Unused balances are either donated to GSEM Camp programs or refunded, based on the remaining balance, following the end of Summer Camp sessions.

### Who can help if I have questions?

The GSEM Shop team is happy to help. Please call 314.592.2378 during business hours.

## Birthdays

Caregivers may send or drop-off on opening day a birthday package for their camper. Be sure to label the package with their birthday to ensure they receive 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.





# Camper Life



## 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.

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 Dr. Lydia Bullock, Chief Engagement and Belonging Officer, at [lbullock@girlscoutsem.org](mailto: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 in five night programs will participate in a wide variety of activities.

## Campouts

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.

## High Adventure

Campers participating in our EPIC Adventures and Mini EPIC programs will have the opportunity to participate in a high ropes activity during their stay. All high ropes activities are classified as “challenge by choice.” This means that campers get to choose how and if they participate. Each camper will be encouraged and coached throughout the process to ensure they get the experience they desire.

Campers are encouraged to bring two pairs of pants to wear for high ropes activities.

Occasionally, our high ropes activities may be closed during extreme weather, including heat, excessive rain, and thunderstorms. In this case, alternative activities will be offered. High ropes programs follow Girl Scouts of the USA, Association for Challenge Course Technology (ACCT) and American Camp Association standards.





## 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. Campers 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.

### Swim Test:

- Tread water for two minutes while keeping their head above water.
- 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.

**Beginner/Non-Swimmer:** This swimmer cannot successfully demonstrate or complete the above requirements. A beginner swimmer is only permitted in shallow water or where they can stand comfortably. Consult the facility or lifeguard about whether they should be considered a beginner or non-swimmer.

**Intermediate Swimmer:** This swimmer can successfully demonstrate the above requirements in shallow or calm deep water but is considered a cautious swimmer or a swimmer who is not strong.

**Proficient Swimmer:** This swimmer can successfully demonstrate the above requirements in shallow or deep water; they display strong swimming skills and may participate in most high-risk swimming/aquatic activities.

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



# Caregiver Info: Health

## Health Center and Care

Camp Tuckaho has a health center staffed by health personnel. 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 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. Caregivers can also email the signed statement to [tuckahohealth@girlscoutsem.org](mailto:tuckahohealth@girlscoutsem.org).

To collect health history and medical care information, Girl Scouts of Eastern Missouri will be partnering with **CampDoc.com**, a secure, encrypted and password-protected electronic health record system for camps. Starting February 1 or 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 May 1 for all June camps and by June 1 for all other camps.

## Health Checks

Upon arrival at camp, all participants staying overnight, 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 for at least 30 minutes. 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.



# Caregiver Info: Health

## Medications for Camper Only Programs

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 caregiver 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.)

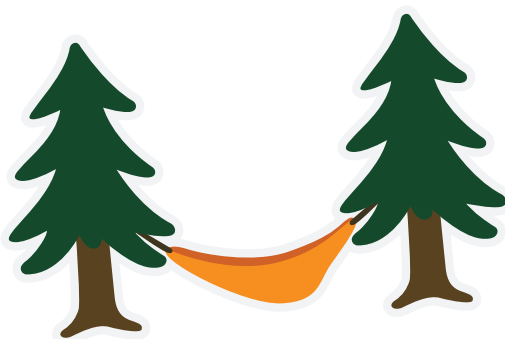
Any medications that must be carried at all times (e.g. inhalers or insect sting kits) must be accompanied by written authorization from a physician stating this requirement. Unit staff members will hold onto emergency medications to ensure safe keeping, unless otherwise directed by a prescribed action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

## Bedwetting

Our staff are trained to handle bedwetting discreetly. Please let us know in advance if your camper has a history of bedwetting. Campers should be encouraged by 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.





# 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.

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 non-aerosol 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.

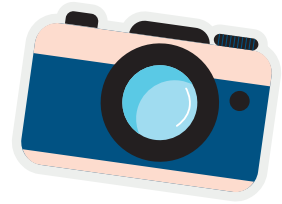
When your camper returns home from camp, we suggest you leave their bags outside until everything in them can be washed and dried on high heat. This will help prevent any pests from camp potentially entering your home.

## 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 caregiver.



# 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](https://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 two weeks prior to your program.

## 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 caregivers of registered campers can view life at camp.

Pictures from a typical week include unit pictures with additional pictures at least one other time. 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.** Camp Tuckaho is “challenge by choice”, which includes in photography. If a camper does not want their picture taken, they will not be forced to do so. Campers without a media release will wear a wrist band and will not have their photo taken.

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!

# Caregiver Info: Communication

## Electronic Communication and Social Media

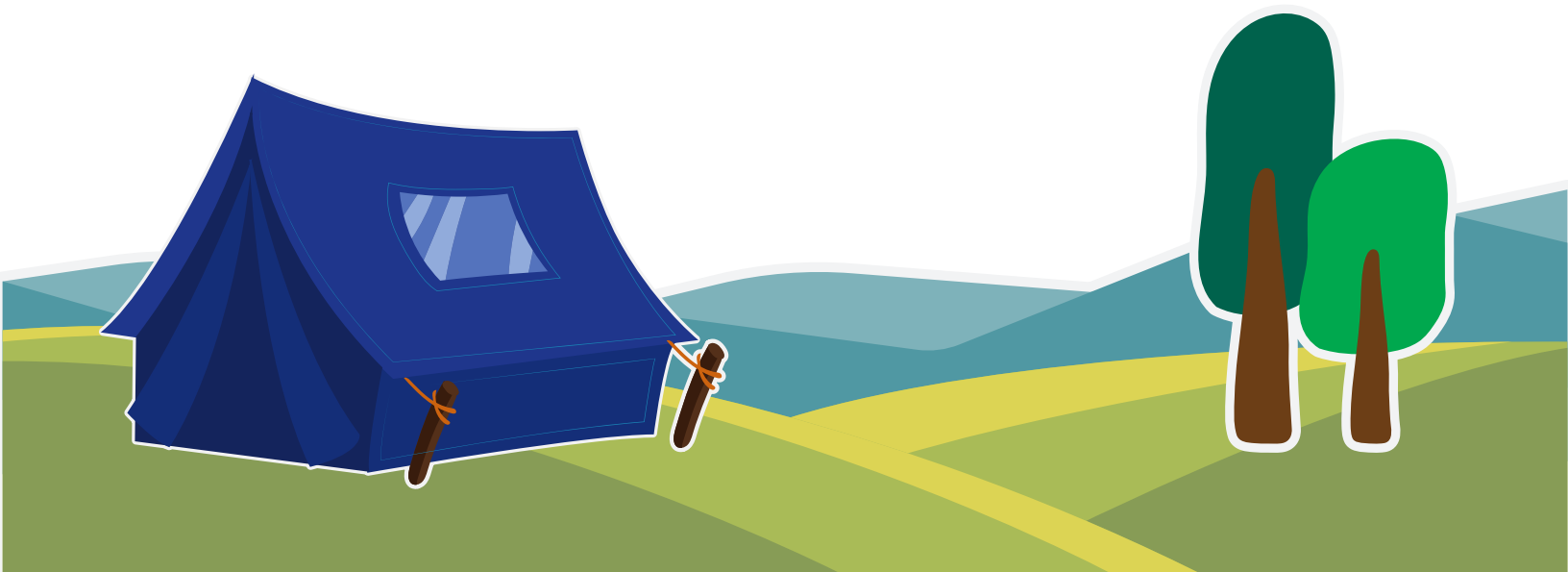
Girl Scouts of Eastern Missouri recognizes the Internet provides unique opportunities to participate in interactive discussions and share information using a wide variety of social media tools. The use of social media also presents risks and carries with it certain responsibilities.

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 caregiver for a camper's picture to be taken and posted on social media. If a caregiver 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 MyGS 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. 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. 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 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 and smartwatches at home as they will not be allowed to keep cell phones in the unit. If a Girl Scout brings a cell phone to camp, it will be kept safe in the camp office until checkout.

Need to reach someone at camp for Overnight Camp? In addition to the contacts on pg. 3, you can reach the Camp Tuckaho Overnight Camp Office at 314.797.5292 once your camper is on-site, or Health Services at [tuckahohealth@girlscoutsem.org](mailto:tuckahohealth@girlscoutsem.org) or 314.797.9252 for any health or medication related questions and concerns.

We will be busy helping your camper have the best experience at camp this summer. Please expect delays in receiving returned calls and/or emails this summer.

### 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.



# 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 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 Girl Scout is having a particularly hard time with homesickness.

Caregivers can help prepare for camp and lessen homesickness in the following ways:

- Don't tell your Girl Scout 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 Girl Scout 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 them.

## Security

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

## Smoking, Drugs and Alcohol

Smoking and vaping by Girl Scout 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, marijuana, alcohol or other controlled substances is strictly prohibited. Infraction of these guidelines will necessitate that the caregivers immediately pick up the camper with no refund of camp fees.

Adults attending family programs will have access to designated smoking areas for tobacco use if needed.





# 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, vehicles, living quarters and work areas if the Council has reason to believe a participant, staff or volunteer 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. Participants, volunteers, and staff will be expected to cooperate in these searches. Refusal to cooperate may result in participants, volunteers or staff 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-dying 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 the Answer Center for assistance in locating lost items after your camper's session. Lost and found will be transported to the Girl Scout Service Center when the session ends. Lost and found will remain at the Service Center for two weeks after the session ends. Please contact the Answer Center at 314.400.4600 or [answercenter@girlscoutsem.org](mailto:answercenter@girlscoutsem.org) to locate a particular item.





# Camper Only Packing List

**To ensure your camper is successful at camp, please follow the packing list to the best of your ability. All campers should bring a school-sized backpack for daily use.**

## Sleeping Gear

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

## Clothing

- ☐ T-shirts for each day (*plus 2 extra*) (*no belly, midriff or spaghetti-strap shirts*)
- ☐ Shorts for each day (*plus 2 extra*)
- ☐ Long sleeve shirts (*1 or 2 pairs*)
- ☐ Sweatshirt or jacket
- ☐ Long pants or jeans (*1 or 2 pairs*)
- ☐ Hat and/or bandanas (*plus extra bandanas*)
- ☐ Underwear
- ☐ Pajamas
- ☐ Swimsuit (*one-piece or athletic-style two-piece*)
- ☐ Raincoat or poncho
- ☐ Socks (*a pair for each day*)
- ☐ **2 pair of comfortable tennis shoes** (*must be closed toed, closed heeled—no Crocs™ or sandals permitted*)
- ☐ Water shoes

## Toiletries

- ☐ Towel(s) (*swimming and showering*)
- ☐ Shower caddy
- ☐ Soap, shampoo, deodorant
- ☐ Toothbrush, toothpaste, plastic cup
- ☐ Comb or brush
- ☐ Hair ties or scrunchies
- ☐ Feminine hygiene supplies
- ☐ Sunscreen (*squeeze bottle or stick*)
- ☐ Insect repellent (*squeeze bottle or stick*)
- ☐ 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
- ☐ Plastic box for snacks
- ☐ Small tarp, dropcloth or shower curtain
- ☐ Mosquito net

## Optional

- ☐ Writing papers, small notebooks, envelopes, postcards, stamps
- ☐ Camera
- ☐ Small musical instruments
- ☐ Mirror (*with cover*)
- ☐ Sunglasses
- ☐ Small stuffed animal
- ☐ Book, deck of cards, small games, etc.
- ☐ 3-drawer plastic storage
- ☐ Laundry bag
- ☐ Sit-upon
- ☐ Hand sanitizer

## 1-Week or Longer Camps

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

## EPIC Special Equipment

- ☐ 2 pairs of pants

## DO NOT BRING

- ☐ Jewelry
- ☐ Valuables
- ☐ Cash or debit/credit cards
- ☐ Electronic devices (*music players, tablets, watches (apple, etc.) or phones*)
- ☐ Pocket knives
- ☐ Fireworks, firearms or weapons

*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.*

# Overnight Camp Quest

## Packing List

To ensure your camper is successful at camp, please follow the packing list to the best of your ability. All campers should bring a school-sized backpack for daily use.

### Sleeping Gear

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



### Clothing

- ☐ T-shirts for each day (*plus 2 extra*) (*no belly, midriff or spaghetti-strap shirts*)
- ☐ Shorts for each day (*plus 2 extra*)
- ☐ Long sleeve shirts (*1 or 2 pairs*)
- ☐ Sweatshirt or jacket
- ☐ Long pants or jeans (*1 or 2 pairs*)
- ☐ Hat and/or bandanas (*plus extra bandanas*)
- ☐ Underwear
- ☐ Pajamas
- ☐ Swimsuit (*one-piece or athletic-style two-piece*)
- ☐ Raincoat or poncho
- ☐ Socks (*a pair for each day, plus 3*)
- ☐ **2 pairs of comfortable tennis shoes** (*must be closed toed, closed heeled—no Crocs™ or sandals permitted*)
- ☐ 100% cotton, white clothing item to tie-dye (*if one of requested activities*)
- ☐ Water shoes (*if canoeing is one of the requested activities*)

### Toiletries

- ☐ Towel(s) (*swimming and showering*)
- ☐ Shower caddy
- ☐ Soap, shampoo, deodorant
- ☐ Toothbrush, toothpaste, plastic cup
- ☐ Comb or brush
- ☐ Hair ties or scrunchies
- ☐ Feminine hygiene supplies
- ☐ Sunscreen (*squeeze bottle or stick*)
- ☐ Insect repellent (*squeeze bottle or stick*)
- ☐ 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
- ☐ Free time activity supplies

### Optional

- ☐ Writing papers, small notebooks, envelopes, postcards, stamps
- ☐ Camera
- ☐ Small musical instruments
- ☐ Mirror (*with cover*)
- ☐ Sunglasses
- ☐ Small stuffed animal
- ☐ Book, deck of cards, small games, etc.
- ☐ Mosquito net
- ☐ 3-drawer plastic storage
- ☐ Laundry bag
- ☐ Sit-upon
- ☐ Hand sanitizer



### DO NOT BRING

- ☐ Jewelry
- ☐ Valuables
- ☐ Cash or debit/credit cards
- ☐ Electronic devices (*music players, tablets, or phones*)
- ☐ Pocket knives
- ☐ Fireworks, firearms or weapons

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.





# Adult and Child Camp Packing List

**To ensure your camper is successful at camp, please follow the packing list to the best of your ability. All campers should bring a school-sized backpack for daily use.**

## Sleeping Gear

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

## Clothing

- ☐ T-shirts for each day (*no belly, midriff or spaghetti-strap shirts*)
- ☐ Shorts for each day
- ☐ Long sleeve shirts (*1 or 2 pairs*)
- ☐ Sweatshirt or jacket
- ☐ Long pants or jeans (*1 or 2 pairs*)
- ☐ Hat and/or bandanas (*plus extra bandanas*)
- ☐ Underwear
- ☐ Pajamas
- ☐ Swimsuit (*one-piece or athletic-style two-piece*)
- ☐ Raincoat or poncho
- ☐ Socks (*a pair for each day, plus 3*)
- ☐ **2 pairs of comfortable tennis shoes** (*must be closed toed, closed heeled—no Crocs™ or sandals permitted*)
- ☐ 100% cotton, white clothing item to tie-dye

## Toiletries

- ☐ Towel(s) (*swimming and showering*)
- ☐ Shower caddy
- ☐ Soap, shampoo, deodorant
- ☐ Toothbrush, toothpaste, plastic cup
- ☐ Comb or brush
- ☐ Hair ties or scrunchies
- ☐ Feminine hygiene supplies
- ☐ Sunscreen (*squeeze bottle or stick*)
- ☐ Insect repellent (*squeeze bottle or stick*)
- ☐ 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



## Optional

- ☐ Writing papers, small notebooks, envelopes, postcards, stamps
- ☐ Camera
- ☐ Small musical instruments
- ☐ Mirror (*with cover*)
- ☐ Sunglasses
- ☐ Small stuffed animal
- ☐ Book, deck of cards, small games, etc.
- ☐ Mosquito net
- ☐ 3-drawer plastic storage
- ☐ Laundry bag
- ☐ Water shoes
- ☐ Hand sanitizer
- ☐ Sit-upon

## DO NOT BRING

- ☐ Jewelry
- ☐ Valuables
- ☐ Cash or debit/credit cards
- ☐ Electronic devices (*music players, tablets, or phones*)
- ☐ Pocket knives
- ☐ Fireworks, firearms or weapons

**Adults: Please ensure you have your cell phone with Band App for All-Camp communication and a lock box for medication (if needed).**

*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.*





girl scouts   
of eastern missouri

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