

2025 Overnight Camp Parent Guide



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Welcome to Camp – Get to Know Us!

Camp Agnes Arnold

Located in Conroe as part of the Treelake complex, Camp Arnold offers a wide variety of classic camp activities, including archery, nature hikes, arts and crafts, and much more! With our amazing Adventure Park down to Shadow Lake, Camp Agnes Arnold offers a variety of activities that will suit your camper's interest.



Case Mare

Nestled on Galveston Bay, Casa Mare offers a wide variety of camp activities for ocean lovers and landlubbers alike! For older campers, sailing is the main attraction—girls can learn beginning skills or hone their skills on the water. Campers of all ages can also focus on STEM and classic camp activities. Whether you love the ocean and sailing, want to unleash your creativity with STEM or art, cook up a storm or explore all camp has to offer, Casa has the perfect session for you!



Misty Meadows Ranch

Located in Conroe as part of the Treelake complex, Misty Meadows Ranch welcomes Girl Scouts of all interests. Our progressive riding program has sessions for all riding skill levels for girls to improve their riding skills and knowledge of horse care. If horses aren't your thing, you can attend one of our magical themed sessions or spend your time glamping in our air-conditioned dorms.



Meet the Camp Director!

Hi everyone! I'm Flapatoous, and I'm so happy to be back at camp again this summer with all of you! This is my fourth summer with GSSJC. My first two summers I was over at Misty Meadows Ranch, and last summer when we started

doing more Misty Meadows Ranch and Camp Agnes Arnold combined activities, I was lucky enough to be the camp director for both camps!

This summer I'm so excited to keep doing our combined activities between Misty



Meadows Ranch and Camp Agnes Arnold and have some campers take a trip from Misty Meadows Ranch to Casa Mare. If you can believe it, this is my 23rd summer at Girl Scout camp! I went to camp for 12 summers growing up in Iowa and then working at two different camps for a total of eight years before moving to Texas. I couldn't imagine my life without camp and there's nothing I love more than getting to help campers and camp staff make amazing memories like I did.

Yours in the outdoors!

Mariah "Flapatoous" Balmer

Camp Fees & Refunds

Registration fees include the camp session activities, a camp T-shirt and a summer camp patch, and a \$10 trading post allowance.

A \$50 deposit per camper, per session is required for all registrations except those who have received a full campership. Automated payment plans and incremental payments are accessible in UltraCamp. Payment in full for each session is due four (4) weeks prior to the start of the session. Camp pack fees will be due upon initial registration in addition to the deposit. After the due date, GSSJC reserves the right to cancel an unpaid camper from the session and deposits are non-refundable.

Week Number	Camp Dates	Balance Due Date
Week 1	June 15-June 21	May 15th
Week 2	June 22-June 28	May 22nd
Week 3	June 29-July 2	May 29th
Week 4	July 6-July 12	June 6th
Week 5	July 13-July 19	June 13th
Week 6	July 20-July 26	June 20th
Week 7	July 27-August 2	June 27th

Refund Policy

If you cancel in writing more than four weeks before the start date of the camp session, a full refund of all camp fees paid, minus the \$50 non-refundable deposit, will be made. The \$50 deposit and any other payments made on the canceled

session may be transferred to another 2025 council camp session until four weeks prior to the start of the canceled session. Changes and cancellations made less than four weeks before the camp session's start date is non-refundable and non-transferable, including changes made due to a camper's inability to meet a stated prerequisite skill.

Contact Us

Camp Agnes Arnold	Misty Meadows Ranch	Casa Mare
936-672-4224	832-642-6270	936-672-4224
arnolddirector@sjgs.org	mistydirector@sjgs.org	casadirector@sjgs.org

The camp phone is monitored during the camp season. Please contact the council office at 713-292-0300 for assistance outside the camp season.

The best times to call and speak to the staff at camp with questions and concerns are: 9am – 12pm, 3pm – 6pm, and 8pm – 10pm

Parent and camper communication while at camp is limited to letters either mailed through USPS or mail dropped off during check in. Mail is handed out after lunch daily. Mail is not handed out on check-in or check-out days.

After Hours Emergencies

713-292-0300

Follow the instructions to leave a message on the emergency voicemail. The staff member on duty will return your call shortly.



Check In, Check Out, & Visitors

Sunday Check-in: 2-4 p.m. (staggered)

Wednesday Check-out: 9 a.m.

Wednesday Check-in: 2-4 p.m. (staggered)

Saturday Check-out: 9-10 a.m. (staggered)

Me and My Gal/Guy Check-in: Sunday 2pm-4pm (staggered)

Me and My Gal/Guy Check-out: Monday 5pm

Daisy Day: 9:00 a.m. to 5 p.m.

Check-in – What to expect

The drive-through drop-offs will be staggered between 2-4 p.m.; you'll receive your exact time slot the week before your camp session starts. Check-in will take place in stations along your way to camp for all three overnight camps. When you arrive at camp, staff members will greet you and your camper and mark you have arrived at camp. If your camper has medication or medical needs, you will stop at the medication drop off to talk with our camp medical team. Next is the lice check, and camper mail drop off station. Lastly you will drive through the camp parking lot, you and your camper will remain in the car and a camp counselor will come to greet you and take your camper to their unit. After you say goodbye, you will be directed to the camp exit.

Check-out – What to expect

Check-out will take place in stations along your way to camp for all three overnight camps. We will be doing a staggered check-out this year to improve the efficiency of the check-out process. When you arrive at camp, staff members and signage will be positioned to lead you through each station. The first station will check your identification, make sure your pickup person is listed as an emergency contact in your camper's UltraCamp account, and they have their photo ID on them. After your identity is confirmed, you will be directed to the proper parking lot and/or pick-up line where you will wait for your camper in your car. After picking up your camper you will pick up their luggage. Make sure to get all your camper's items, the luggage will look very different from when you dropped your camper off, so we recommend you and your camper load everything into the car together! You are responsible for getting your luggage into your vehicle. You will then be directed to exit camp.

Rules and Guidelines for Check In and Out

Your compliance with these rules and guidelines will help ensure that your camper's experience is a pleasant one.

- Please do not allow your camper to exit the vehicle until a staff member approaches to take them to their unit.
- Please be mindful that there will be some waiting time as you make your way through all stations for both check-in and check-out.
- Your camper will be assigned a specific check-in time window. If you are late or early, you may be required to wait until there is time available.
- Please make sure any last-minute pick-up changes are confirmed with your camper's Camp Director prior to pick-up. Your camper will not be released to anyone that is not on the approved camper pick-up list.
- Please adhere to the posted traffic speed limits. Camp speed limits range from 5 to 15 miles per hour depending on the camp and where you are in camp.
- If someone in your vehicle needs to use restroom facilities during your wait, please use designated restrooms that are available within walking distance of camp parking lots or the Welcome Center.
- We know you'll miss your girls while she's gone, but don't worry! The first round of camper photos will be uploaded after lunch on Monday or sooner.

Visitors

For the security of the campers, camp is closed to all visitors (including parents) during camp sessions. You may call the camp phone for emergencies using the information found in "Contact Us".

How to Get to Us

Camp Agnes Arnold

4920 N Frazier Rd. Conroe, TX 77303

Camp is located approximately 4 miles north of Conroe on North Frazier (Highway 75.) From Interstate 45, turn east just north of Conroe on League Line Road, exit #90. At North Frazier (Highway 75), turn north (left), and go approximately .8 miles to the camp gate on the right.

Casa Mare

4810 Todville Rd. Seabrook, TX 77586

Camp is located three miles north of Seabrook on Todville Road. Exit Interstate 45 (Gulf Freeway South) at NASA Road 1 and go east. Go approximately 8 miles, crossing Highway 146 onto Second Avenue. Turn left (north) onto Todville Road and continue for approximately 3 miles to the camp gate on the right.

Misty Meadows Ranch

4416 N Frazier Rd 77303

Camp is located approximately 4 miles north of Conroe on North Frazier (Highway 75.) From Interstate 45, turn east just north of Conroe on League Line Road, exit #90. At North Frazier (Highway 75), turn north (left), and go approximately .8 miles to the camp gate on the right.

Camper Health & Wellness

UltraCamp Form Updates

Year to year we make small changes to our health forms in UltraCamp. If you are a return camper previously entered information will be saved from last summer, but you will need to go in and review last year's information and resubmit the form, so we know everything is up to date.

When we add or change questions, unfortunately, previous years' information is wiped from the system, and you'll need to reenter that information or answer the question for the first time.

This year we have made small updates to some of the forms. The following forms have been almost entirely changed:

- OTC (over the counter) medications-we added the brand names of these medications to make them easier to identify
- Immunizations-we had a lot of requests to turn this into a form upload, and so we did!

Meals at Camp

All meals are served buffet-style with a salad bar or breakfast bar. Sunbutter and jelly and deli meat sandwiches or cereal are always available. Special diets are

accommodated at every meal, and the best effort is made to make the options match. Special diets should be noted in UltraCamp. Daily afternoon snacks are also provided.

If you are concerned about your campers getting enough to eat while at camp, please contact us two weeks prior to her camp session and we will work together to create a plan for her.

Let Us Be Your Parenting Partner

Our Health History form, along with our online registration forms, contain space for personal information regarding your camper. We would like to take a moment to talk with you about this important information. Some parents hesitate to provide camps with personal information about their camper's behavior or past experiences. Some fear the information may be misused, while others are concerned about their child being labeled, singled out or treated differently. All parents want to see their child have a strong, fresh start at camp, unrestrained by past problems.

As seasoned camp professionals, we appreciate these concerns. We also know how invaluable such information can be in assisting us help your child make a smooth and happy adjustment to camp – something we know all parents want, too! Having prior knowledge about learning difficulties, bedwetting, ADHD, medical condition, or a recent loss or major change in the family or child's life makes a tremendous difference in helping us be sensitive to your child's need for patience, understanding and reassurance, especially in the first few days of camp.

This is especially true for children who have an attention problem or who are nervous about new situations. Many parents fear that a camp will not accept their child if they are completely forthcoming about these situations, yet a child needs us to be partners with you in planning for a safe and successful summer. If your



child's needs cannot be met at a Girl Scout Camp, we would like the decision to be made with the parents as soon as possible.

Furthermore, children often use their behavior rather than their words to tell us something is bothering them. Having advanced knowledge of areas that might be difficult for your child helps us understand the message in her actions. The better we understand your child, the more we can assure you of a better summer for your camper.

Our commitment is to use this information only to help your child adjust to camp. It will never be used at camp unless necessary and if it is, only with the greatest discretion and with your prior knowledge. Remember, when your camper is faced with challenges, we can still ensure a great time at camp, if you help us. We encourage you to make us a full partner in planning for your child's summer. Please contact the Camp Director this spring and set your camper up for a successful camp experience.

Camper Essential Functions

In order to attend Girl Scouts of San Jacinto Council's summer overnight camps, campers must meet the following essential functions:

- Move independently from place to place.
- Effectively interact in a group setting.
- Be able to meet personal needs (bathing, toileting, dressing, diet management, etc.)
- Capable self-manager of chronic illness. (In other words, a camper is aware of dietary needs, medication requirements, and potential restrictions on physical activity, and can alert counselors additional assistance is needed.)
- If your camper is not able to meet these essential functions, please contact us to discuss options.

Communicable Diseases and Plan

Communicable diseases are always a risk at places that bring various people together within constant close proximity.

If your camper exhibits any type of symptoms related to any communicable disease, we will follow our GSSJC Communicable Disease Plan.

Girl Health Examination Records

A 2025 camper health examination record is available in UltraCamp. A health exam within one year of the date your camper checks into camp is required. The form or an equivalent examiner-provided document must be downloaded, filled out and signed by a licensed healthcare provider, and then uploaded to UltraCamp.

Avoid a last-minute rush by making an appointment with your doctor well in advance of your camp date. Parents should complete all other health history information online in UltraCamp. Be sure all immunizations are current, especially tetanus. Dates for immunizations are a requirement of the Texas Department of Health.

If there are religious or personal objections to immunizations, the camper must submit a Vaccine Exemption Affidavit, available through the Texas Department of State Health Services. All other health history information and the health exam should be filled out regardless. Campers with exemptions for immunizations cannot remain in camp without the affidavit.

All health history forms must be completed online at UltraCamp at least four weeks before the session's start date to ensure our health staff are able to fully review information in preparation for your camper attending camp. Your child cannot remain at camp if these forms are not complete. **No refunds will be given for failure to complete any of the required health and safety forms, screening and testing.**

Medications

All medications must be noted on the camper's health history form in UltraCamp, and the medications must be turned in to the camp nurse or first aider during check in. Prescriptions must be labeled with the camper's name, doctor's name, name of the drug and dosage, and in their original container(s). Please make sure your camper's medication instructions match those on the bottle. Camp will not accept medications unless they are in the original container. Over-the-counter drugs must also be labeled with the camper's name and dosage. No medicines will be allowed in the camper's living area, except for emergency lifesaving medications such as asthma inhalers and EPI-pins.

The camp health staff administer all medications. The following medications (or their generic equivalents) are available at camp and have been approved by a physician:

Domeboro solution (50% rubbing alcohol/50% vinegar) – placed in everyone's ears after swimming as a preventative for swimmer's ear. (Please let us know if your camper has had tubes in her ears and these will not be dispensed to her.)

Acetaminophen (Tylenol), Ibuprofen (Advil, Motrin), Phenylephrine (Sudafed PE), Pseudoephedrine (Sudafed), Diphenhydramine (Benadryl), Generic cough drops, Generic cough syrup, Bismuth subsalicylate (Pepto-Bismol), Cetirizine Hydrochloride (Zyrtec), Loratadine (Claritin), Calcium Carbonate Antacid (Tums), Dimenhydrinate (Dramamine), Calamine Lotion, Aloe Vera Burn Relief, Hydrogen Peroxide, First Aid Ointment, Hydrocortisone Cream, Tetrahydrozoline HCl (Visine, eye drops)

You do not need to bring any of the above medications to camp. If your camper is unable to tolerate or is allergic to any of the listed medications or their generic equivalents, please make note on the health history in UltraCamp and alert the camp nurse. Should a camper require out-of-camp medical assistance, every effort will be made to notify the parents immediately.

Insurance

Campers are insured with accidental medical expense coverage up to \$15,000 and sickness medical expense coverage up to \$10,000 during their stay at camp. Girl Scout overnight camp insurance is secondary to your personal group policy.

Head Lice Policy

During check-in, all campers will be checked for head lice. Any campers found to have head lice and/or nits will not be allowed to remain in camp. Campers may be treated off site and may return to camp when lice and nit free. GSSJC will not provide lice treatment or a place for campers to be treated. No refunds are given if a camper cannot attend camp due to lice.

Prevention is key. Please discourage your camper from sharing hairbrushes, combs, headbands, scarves, hats or any other items that may come in contact with another

girl's head and/or hair. Please check your camper for head lice and nits before camp begins. For more information, please visit HeadLice.org.

Homesickness & Contacting Home

Every camper misses her family, friends and favorite pet during their stay at summer camp. Homesickness is normal behavior among first time and experienced campers, but it usually disappears within the first two days of camp. Most campers need two to three days to adjust to a new routine, new cabin/tent mates, and an increase in activities.

During their first 24 hours at camp, a camper may send home a letter requesting to come home. If you receive such a letter, consider that it has taken time to reach you and by the time you have received the letter, your camper has probably adjusted to camp life. Please call the camp phone with any concerns. We will update you on your camper's experience.

One challenge campers and staff have is the promise parents make to pick up a camper if she is homesick (or that the camper can call home if she is homesick.) When a camper hears this promise, she is not as determined to be successful and often gives up at the first sign of homesickness. We encourage parents to reassure their campers that they will be successful, and they look forward to seeing them on the last day of the session.

Occasionally, campers will exhibit signs of atypical homesickness. These signs include needing constant attention, clinging to adults, needing someone by her side to fall asleep, disrupting camp activities or crying constantly. In these situations, the Camp Director will contact the parent/guardian to partner with them and make a plan for the camper.

If a camper leaves camp due to homesickness, **no refund is available**. If a camper leaves camp due to homesickness and is registered for sessions later in the summer, **no refund is available for her current or future sessions**.

Can My Child Call Home?

Parents are welcome to contact the camp office at any time with questions or concerns. We work to promote independence and group cohesion in campers by

discouraging telephone contact during the camp session. Campers are not allowed to have cell phones or any device that connects to a cellular network at camp.

The Camp Director will contact the parent/guardian if a camper is having trouble adjusting to camp life after 72 hours onsite or if there are behavior or health concerns. We look forward to partnering with you to find the best solution for your camper, which may include having your camper talk with you on the telephone. Keep in mind that parents are discouraged from talking to their camper on the phone—oftentimes, talking to a parent will exacerbate a camper's homesickness or renew her homesickness, and she is not successful during the remainder of her session.

Due to the nature of camp, the camp staff spend most of their day out of the office with campers and staff. The camp office is not staffed 24 hours a day. Please leave a voicemail if your phone call is not answered and we will get back to you as soon as possible.

Expected Behavior & Consequences

We expect Girl Scouts who attend to participate in the total life of camp - to attend activities, to share in daily responsibilities (making beds, cleaning living areas, setting and clearing tables, cleaning shower areas and other tasks), and to sincerely work to get along with others.

All campers attending GSSJC overnight camps must read and agree to the Camper Behavior Agreement Form. The Camper Behavior Agreement must be signed by both the parents and filled out online in UltraCamp prior to camp starting. Should a behavior or discipline problem become serious or disruptive, parents will be notified at the discretion of the camp director, and you may be asked to pick up your camper. If so requested, you must do so in a reasonable period of time.

No refund of the camp fee will be given.

Two anchors for an effective consequence program are structure and choice. They gear campers to govern themselves and take responsibility. These two anchors allow campers to move from dependence to independence. Each choice is accompanied by either a positive or negative consequence.

Rules campers are expected to follow and that provide structure for their behavior, C.A.R.E.S.

C = Cooperation

A = Positive Attitude

R = Respect

E = Empathy

S = Safety

Consequences for making choices to not follow the C.A.R.E.S. rules:

1. Warning/Reminder
2. Reflection Time (Short Sit-Out Time)
3. Additional reflection time with a behavior contract to be filled out by the camper
4. Meeting with the Camp Director and phone call home

It is always our goal to keep your camper at camp for as long as possible. We will try our best to turn a negative experience into a positive one for the duration of their time with us. Despite our best efforts, we may have to send your camper home.

Please see “When Do We Contact Parents” for more information about behaviors that will result in a call being placed to a camper’s parent/guardian or that will result in a camper being sent home. No refund of the camp fee is available if a camper is sent home for behavior issues.

When Do We Contact Parents?

We will contact the parent or guardian if a camper:

- Experiences atypical homesickness (needing constant attention, clinging to adults, needing someone by her side to fall asleep, disrupting camp activities or crying constantly.)
- Experiences behavior challenges. The type of behavior challenges a parent will be contacted for includes, but is not limited to:
 - Hitting, biting, et al (any deliberate physical violence)
 - Running away
 - Bullying
 - Severe inappropriate language

- Stealing
- Possessing alcohol, drugs or weapons
- Sexual harassment
- Spends the night in the infirmary or misses a day of activities.
- Has an acute, sudden illness.
- Has a temperature of 100.4 or higher.
- Has an active case of head lice.
- Needs to be taken to Urgent Care or the hospital.

A camper will be sent home (on a case-by-case basis) for the following behaviors:

- Running away.
- Bullying another camper.
- Sexual harassment of another camper or staff.
- Physical fighting or altercations of any time.
- Possessing alcohol, drugs or weapons.
- Excessive homesickness lasting more than 3 days.
- Behavior is consistently disruptive to the overall well-being and experiences of other campers and staff.

Please read more about our Behavior Management Plan under “Expected Behavior.” Please be sure to note if your camper has a medically diagnosed condition that could affect their behavior or mood. You can reach out to your camper’s camp director and/or note it on their medical profile in UltraCamp. Remember, the way to ensure that your camper has a successful week at camp is to assist us in ways and tips to support your camper in all of their needs.

Rainy Days

In light rain, and if safe to do so, girls will dress in rain gear and continue to do all their activities. Heavier rain and/or thunderstorms can impact outdoor activities. Our counselors are skilled at adapting plans, and always have a few rainy-day activities prepared to ensure your child still has an amazing time at camp. Be sure your camper has comfortable rain gear packed – including extra shoes and/or rain boots! No refunds are available for programs that are changed due to rain.

Preparing for Camp

Going to camp for the first time can cause apprehension as well as excitement. Campers will have a better time if they know what to expect. Discuss new experiences, such as sleeping in a cabin, tent or dorm in the dark, packing and unpacking, and living with other Girl Scouts!

Remember, campers are expected to help clean up after themselves. Please let them practice at home with simple chores, such as sweeping, setting the table, and helping with the dishes. Also let your camper practice independent personal grooming such as showering, brushing their teeth, combing or maintaining hair care, and awareness or personal hygiene.

Try not to make any major medication changes just before your Girl Scout comes to camp. Also keep in mind, sisters do not necessarily make the best buddies. Packing together ensures that you and your camper know what was packed for camp. Make sure you label everything with your camper's name. We do mean everything!

Camp Policy

No weapons of any type, alcoholic beverages, e-cigarettes, cigarettes or illegal drugs may be brought on the campsite. Anyone in violation of this policy will be sent home immediately. No electric appliance of any kind, including fans with cords, curling irons or hair dryers, handheld game devices, devices that connect to a cellular network, etc. are allowed. **Campers are not permitted to have cell phones or any device that connects to a cellular network at camp.** Any of these items will be collected by staff and locked in the infirmary for return to the camper/parent at the end of the session.

Camp Staff

Many of our camp staff grew up as GSSJC Girl Scouts, completed our Counselor/Wrangler in Training program, or attended camp growing up. We also

recruit staff from colleges and universities in Texas and all over the world through our international staff culture exchange program. Most of our staff are 18 years of age or older, with select positions open for 16 and 17 year old applicants. Our staff are primarily female, with a few male program staff members who do not enter camper or staff sleeping accommodations.



All staff complete an extensive screening process to work at our camps, including an application, full interview, background check, and extensive training prior to supervising campers. Our staff are selected for their skills, experience, enthusiasm, and ability to serve as positive role models.

We're Hiring!

Do you want to spend your summer from late May to early August making memories by working at summer overnight camp? Candidates must be at least 16 years of age or older, most positions require candidates to be 18 years of age or older. We have a variety of entry level positions including Camp Counselor, Equestrian Staff, Lifeguard, and more! We have Leadership Team positions open for Assistant Camp Directors, Program Directors, Aquatics Director, and more! Working at Overnight Camp means you have the opportunity to experience all three of our Overnight camp programs at Misty Meadows Ranch, Camp Agnes Arnold, and Casa Mare.

We are always looking for qualified healthcare providers to help keep our campers healthy and safe at camp. Qualified individuals must be certified or licensed as a Physician, PA, Nurse Practitioner, RN, LPN, EMT, Paramedic, CNA, or equivalent. Certification and training in MESH (Mental Emotional Social Health) fields are also beneficial.

Check our [careers page](#) to see available summer camp positions. Camp staff receive a discount on one camp session for each eligible child. (One discount per child, discount is taxable, does not apply to grandchildren.)

Sunday Nurses at Summer Camp

In addition to our staffed medical team, we are also looking for volunteer nurses to assist with check-in at summer overnight camps. Spend Sunday afternoons from 1 p.m. to 6 p.m. this summer at Misty Meadows Ranch, Camp Arnold, or Casa Mare, helping with health screenings and medication intake. Email customerservice@sjgs.org for more information.

What to Bring, Packing Tips & More

The following checklist is only a guide. Washing machines are not available at camp*. All articles (including luggage and bedding) should be labeled with the camper's name. Girl Scouts of San Jacinto Council is not responsible for any damage to or loss of personal items. Please limit luggage to two pieces.

*Campers in 1.5 and 2-week sessions will have the option to wash a few articles of clothing over the weekend when at camp.

Please Leave These at Home

Please leave all food, gum, candy and other sweets at home and do not mail these items to your camper either. Ants and roaches will turn personal gear into a disaster area! These items will be collected by the staff and returned at the end of camp.

How to Prevent Lost Items

Put your camper's name on everything. We cannot reiterate this enough. This should include pillows, towels, and even toothpaste and other toiletries. Please leave valuables and electronics at home. Camp is hard on clothing because of dirt and mildew. Before they leave camp, campers will check the lost and found table on the way to check out.

All lost items will stay at camp until the last session is over. To recover lost items, you will have to make arrangements with the camp director to return to camp to pick them up. GSSJC is not responsible for articles left or lost at camp. Any items not claimed by the owner by September 1st.

UltraCamp Forms

Complete the following forms in UltraCamp prior to arriving at camp:

- ☐ Health History (including medications, health exam and immunizations)
- ☐ Camper Behavior Agreement
- ☐ Waivers

Bring to camp check in, do NOT pack in luggage:

- ☐ Medication(s)
- ☐ Mail for your camper, labeled with girl name, camp name, session name, and day you want the mail delivered. (Mail is not delivered on check-in or check-out days.)

Packing List

- | | |
|---|--|
| <input type="checkbox"/> Shirts – short sleeves, no spaghetti straps | <input type="checkbox"/> Sheets, pillow and pillowcases for twin-sized bed |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Durable water bottle. If it can attach to a backpack or fanny pack even better! |
| <input type="checkbox"/> Swimsuit(s) | <input type="checkbox"/> Flashlight with extra batteries and bulbs |
| <input type="checkbox"/> Socks – must cover the ankle | <input type="checkbox"/> Stationery and stamps (stamped and addressed for Brownies) |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Camera (optional) |
| <input type="checkbox"/> Pajamas | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> 1 to 2 pairs of shoes that are both closed-toed and have a closed heel (i.e. tennis shoes, hiking boots). NO CROCS | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> Spare bag or backpack to carry swimsuit and towel in during the day. | <input type="checkbox"/> Laundry bag |
| <input type="checkbox"/> White cotton t-shirt or other clothing item to decorate | <input type="checkbox"/> Plastic bags (handy to pack wet things when going home) |
| <input type="checkbox"/> Hat, baseball cap or bandana | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Rainwear (raincoat or poncho) | <input type="checkbox"/> Any extra fun clothing for theme days |
| <input type="checkbox"/> Towels and washcloths | |
| <input type="checkbox"/> Lightweight blanket (may substitute lightweight sleeping bag) | |

Packing for Specialized Activities

- ☐ Wide-brimmed hat or baseball cap (Canoeing/Sailing)
- ☐ Tennis shoes, water shoes with hard soles (canoeing/Sailing)
- ☐ Boots for riding (smooth soles and at least a 1-inch heel, if you have them. Otherwise, boots are available to borrow at the barn.) (Horseback Riding)
- ☐ Rash guard and shorts or pants that can get wet and slide easily on a flat surface. (Sailing)
- ☐ 2-3 pairs of jeans or long pants (Horseback Riding)
- ☐ Riding helmet (if you have it, otherwise one will be available at the Barn) (Horseback Riding)
- ☐ Horseback riding and Adventure Park require campers to wear a helmet. The helmet must be able to fit snug to the head, please keep helmet fit in mind when choosing a hairstyle for your camper for camp. Low ponytails are best. For braided hair, small braids close to the scalp are best.
- ☐ Leggings/Clothing to move comfortably in (Vaulting)
- ☐ Light shoes or Dance shoes (Vaulting when on horse)
- ☐ Carabiner for water bottle (Adventure Park)
- ☐ Khaki shorts and white polo shirt (CIT/WIT I and CIT/WIT II)

Packing Tips

- Packing with your camper ensures everyone knows what was brought to camp. Please know your camper must repack at the end of camp, without you.
- Please send your camper with luggage they can move themselves. If additional help is needed for her to move her luggage, she will be asked to find a buddy in her session to help her move items.
- Send pre-addressed and stamped envelopes for your camper to write home (especially for Brownies.)
- Bring separate towels for swimming and showering.
- Campers will need a backpack or day bag to carry their gear for their daily activities. It should be large enough to hold a change of clothes for swimming, and their boots or water shoes, if they are riding or canoeing. Drawstring bags are not a good option, they are too small, and the strings hurt when walking and hiking around camp.
- Put your camper's name on everything!
- Do not send a cell phone or any device that connects to cell phone towers. All cell phones will be collected by camp staff and returned to campers when checking out.

- Many campers like to wear flip-flops as shower shoes. Remember, flip-flops can only be worn in the shower building or dorms at Camps Agnes Arnold, Misty Meadows Ranch, and Casa Mare. Closed-toed shoes and socks must be worn outside the shower building.
- Be sure to pack a few extra changes of clothing, in case your camper gets wet or muddy.
- Please do not buy new clothing, towels or bedding for camp—camp is hard on personal belongings, between the heat and dirt (and the tendency for campers to lose items.) Pack items that can get dirty or be lost.

Bedtime and Showers

Showers are a fast-paced activity at camp. Each unit has 3-4 showers for 10-24 girls, so getting campers through the showers quickly for bedtime is important. Shower time is supervised by counselors who sit in the sink area of the bathrooms and play music to let campers know how much time they have in the shower and changing area before it's the next camper's turn. Each camper gets about 10 minutes or three songs for their shower and changing time.



Occasionally campers will have “mermaid showers”. A mermaid shower is when campers put on their bathing suits and wash their hair and body outside and then get rinsed with the hose by their counselor. Mermaid showers are a big hit with campers, the hose water is nice and cool and there’s usually some dancing and singing involved! Mermaid showers are a quick way to get campers clean from a hot day of camp and into bed, so they’re well rested for their camp activities the next day. Mermaid showers do not take place every evening and the option for campers to take a shower in the shower house is always available.

Talking with your camper about the shower process at camp and making sure they can wash their hair, and body independently helps make shower time easier for everyone. Consider how to pack shower items. Using a toiletry tote that can be brought into the shower without being unpacked and repacked can save valuable time for your camper.

Theme Days

Monday All Camp-Camp Choice

Campers will get to vote on a large group game for Monday night all camp. Campers will be given ideas to choose from and can also bring their own ideas, the possibilities are endless! Large Group All Camp Examples:

- Counselor Hunt-everyone loves to search for their counselor at camp and see who can find the most counselors!
- Gold Rush-Which group can find the most “gold” around camp? You must turn it into the bankers before the robbers steal it from you!
- Capture the Flag-a camp classic!

Neon Night Tuesday

Everyone is encouraged to wear their brightest colors all day Tuesday so they can stand out at our All Camp Neon Dance Party after dinner!

Themed Meal Wednesdays

Campers will vote on a themed meal for breakfast or lunch on Wednesdays upon arrival at camp, the whole camp will participate in the same crazy meal. The possibilities are endless, so bring your ideas to share with your session! Themed Meal Examples:

- Pajama Breakfast-wear your PJs to breakfast
- Utensil Meal-you might eat your meal with a serving spoon or a butter knife!
- Whistle Meal-every time the whistle blows you must freeze, if you move there will be a fun consequence like only using your non-dominant hand for the rest of the meal



Western Thursdays at Misty and Seafarer Thursdays at Casa

If you're a camper at Misty or Arnold wear your best western inspired outfit to get excited for our Hoe Down All Camp at Misty!

If you're at Casa Mare for the week wear your best seafarer outfit to celebrate a night by the water at Casa!

Camper Choice Fridays

Campers will vote on a themed day for Fridays upon arrival at camp. Because you won't be able to pack for the theme girls will have to get creative with what they've brought what they can make at camp. They'll have the whole week to plan and then show off their creativity at the end of the week! The theme can be group, buddy, or individual based and just like our other camper choice themes the possibilities are endless! Friday Theme Examples:

- Twin Day-find your twin at camp and dress up together
- Session Color-each session can choose their color and wear as much of that color as possible
- Favorite Camp Activity-tell us what your favorite part of camp is without telling us what your favorite part of camp is!

Campers are not required to participate dress up theme days. It's just for additional fun that we want to bring to camp. We encourage you to be creative with your camper at home, before going to purchase additional clothing for theme days.

Trading Post

The Trading Post is a unique opportunity for all campers who attend camp. What is the Trading Post? The best way to describe the Trading Post is as the camp souvenir shop. Campers can purchase jewelry, stuffed animals, bags, cameras, stamps, flashlights, water bottles and a myriad of other items. The Trading Post is set up not only for the convenience of the girls, but also as a learning experience in money management.

A \$10 Trading Post allowance is included in your registration fee. Your camper will be allowed to spend this amount in the Trading Post. Campers cannot bring additional money to spend in the Trading Post. Food and drinks are not sold in the Trading Post.

Camp Names

This is a nickname used in Girl Scout camping by Girl Scout counselors for several reasons. A camp counselor is a person to be respected. She is not a buddy or close friend to individual campers. She is not a classroom teacher or instructor. The special category of a counselor is protected using a camp name instead of a first or

last name. It also keeps us from the confusion of having multiple staff members with the same name. Only campers in the CIT/WIT, SPARK, and Sail Aide sessions get to go by camp names, all other campers will be called by their first name or their nickname.

Specialized Activities at Camp

Swimming

All campers will be given a swim test on the first day of camp. Campers will be checked by the Lifeguards and assigned a colored wristband based on ability. The swim test that will be administered will be based on a modified version of our GSSJC Proficient Swimmer tests. Campers can retake the swim test during their week at camp by requesting a retest from the Head Lifeguard.

GSSJC Proficient Swimmer test

- Jump feet first entry into deep water
- Tread water for 5 minutes. The first 2 minutes must be vertical, head above water using arm and leg movements
- Put on a life jacket that will be tossed. Must be put on correctly.
- Swim a minimum of 20 yards or more with a life jacket on, without stopping.
- Remove lifejacket, swim Front Crawl (Freestyle) a minimum of 20-yard face in water.

A modified version will be offered to all campers that will not include the life jacket portion. An advanced portion for sailing will be given at the time of arrival. In addition, sailing sessions such as Basic Sailing and Intro to Sailing require the Advanced Swimmer Test prior to camp.

There are three swim levels campers may be assigned to:

- Non-swimmer-swimmer will always wear a PFD in the pool
- Shallow End Only-swimmer will only swim in the shallow end of the pool
- Shallow and Deep End-swimmer will swim in any of the pool areas and be able to jump off the diving board

All swimmers are required to wear a PFD in Shadow Lake at Camp Arnold regardless of their swim level.



Horseback Riding at Misty Meadows Ranch



All Misty Meadows campers have an opportunity to enjoy barn activities, regardless of their session. Campers who sign up for a progressive horseback riding or vaulting session will spend either their morning or afternoon activity time in the barn every full camp day. Campers who sign up for a session that does one horseback ride will come to the barn to ride one time. If your camper's session description does not state they will ride, they will not participate in a horseback ride during their time at camp, but they will get to come to the barn to hang out with the horses!

Campers are welcome to bring their own boots—boots must be smooth-soled and have at least a 1-inch heel. If your camper does not own her own boots, please do not worry! Your camper can borrow a pair from the barn. Check with the Camp Director to ensure we have their size.

Riding helmets are provided for each camper, and everyone is required to wear a helmet when riding the horses. If your camper wishes to bring her own helmet, it must be S.E.I. approved. (Please do not bring bike helmets.) Please keep helmets in mind when choosing your camper's hairstyle for camp. Helmets need to fit as close to the head as possible and hair cannot be in a ponytail or bun under the helmet. Work with your campers to ensure she can put her hair in a low ponytail or braids when wearing a helmet.

Riding times are dependent upon the rider's ability and weather. Inclement weather will cut into campers' riding time. Some sessions require that a camper be able to control her horse at a walk. If the camper cannot control her horse at a walk or has never ridden before, camp staff will work with her on her skills as much as possible, but please be aware that she may not be able to participate fully in all planned activities. *Refunds are NOT given if a girl cannot fully participate in session activities due to failure to meet published prerequisites. Please contact the camp director with questions about your camper's riding ability at mistydirector@sjgs.org.



Counselor/Wrangler in Training 2026 Change

Starting in the summer of 2026, Counselor and Wrangler in Training will change to an Ambassador only session. Girls entering 11th grade will be eligible for CIT/WIT I. In 2026 girls who have completed CIT/WIT I and are entering 11th grade will be eligible for CIT/WIT II. Starting in 2027 girls who have completed CIT/WIT I and are entering 12th grade will be eligible for CIT/WIT II.

Camp Buddies

Campers are welcome to sign up for camp with a friend who is in the same Girl Scout level and is attending the same session of camp. We can only guarantee placement with one buddy. A group of three or more friends is often a challenge. For example, if three buddies are living in a platform tent, one girl would be placed with the group of three who already know each other.



Patrols

When registering your camper with their buddy this summer, check to make sure you are registering them for the same patrol. A patrol is a camp word that means “group”. When you register for these sessions, you’ll see the session name with either “Patrol A” or “Patrol B” as two different sessions. We do this so it’s easier to keep campers with their buddy or someone they may have registered for the session with but is not listed as a buddy since campers only get one buddy. Most sessions do not have patrols, sessions that have patrols have programming that is more fun or easier with bigger groups of campers, but for most activities we want a smaller groups of campers.

Camper Pictures

Pictures of the girls having fun at camp are posted periodically throughout the week! Please allow until Monday at lunch to start viewing pictures of your camper. To access the pictures, go here: [SmugMug](#). Navigate to the camp and week that your camper is attending and click on the galley. Our galleries are password protected, and the password is **Camp2025**. Remember, if you did not opt your camper into photos, you will not see pictures of your camper in the gallery. (To opt in, log in to your UltraCamp account and update your Photo Release form.)

Keep in Touch

Mail is very important to all campers. Mail is distributed to the girls once a day, after lunch. Mail is not handed out on check-in or check-out days. The mailing address at camp is:

Your camper's name, session name, and camp name (i.e. Suzie Camper, Firelight and Fairytales, Camp Agnes Arnold).

Camp Agnes Arnold	Casa Mare	Misty Meadows Ranch
4920 N. Frazier Conroe, TX 77303	4810 Todville Rd. Seabrook, TX 77586	4416 N. Frazier Conroe, TX 77303

Please keep the news in letters light and cheerful. Telling her about the number of fun trips she's missed or how much the family pet is missing her may add to any feelings of homesickness.

Parents might want to mail a letter a couple of days before camp so that a letter will be waiting when she arrives. Packages of games, books or cards are fine, but please do not send candy, food, sodas, or gum. It is unfair to other campers and attracts critters. (Campers' birthdays will be celebrated by the unit.)

You may also bring mail to check-in to be handed out during the week. Please write your Girl Scout's name, and the day of week on the letter or package, reflecting when you would like your Girl Scout to receive the mail. **Please note that mail is not delivered on Sundays. Any mail marked for Sunday will be delivered on Monday.**

Thank you for choosing GSSJC overnight camp.

We are looking forward to the BEST SUMMER EVER!

Visit gssjc.org/summercamp for more information on all of our summer camp opportunities!