

Dear Campers and Parents,

We are thrilled that you will be joining us at Camp Hoover this summer! Camping is a vital part of the Girl Scout Leadership Experience and spending time outdoors provides opportunities to try new things, meet forever friends, and learn more about the environment. Through camping, not only are campers able to develop important outdoor skills like building a campfire and pitching a tent, they have the ability to unplug and explore the world around them.

Since 1953, Camp Hoover has been providing distinctive and unique Girl Scout inspired camping experiences for campers of all ages. For the last 70 years, we have been able to serve multiple generations of families where the well-being of your camper is our top priority. Inspired by our rich history, we have every intention of continuing to care for your camper with the same concern, interest, and energy in the 21st century.

The success of our program is based, in part on:

- High standards of care for your camper
- High expectations of ourselves and our staff
- A value system explained to staff, campers, and families
- Boundaries clearly defined for campers and staff
- Living by the Girl Scout Law and Promise

Our camp attempts to teach campers:

- To recognize that they have responsibility for themselves and those around them.
- To learn to make smart choices, which are good for themselves and others, and to take responsibility for the choices they make.
- To respect oneself and others in spite of differences.
- To accept that they are accountable for their actions and the consequences for inappropriate behaviors.

This packet will provide you with important information about Camp Hoover. Please read all of the information carefully and refer to the information in UltraCamp, our registration system, Rallyhood(our communication app) and our website. We ask that you check your email regularly and please visit [Summer Camp Page](#) for the most up to date information or contact me directly with questions or concerns.

We can't wait to see you at camp!

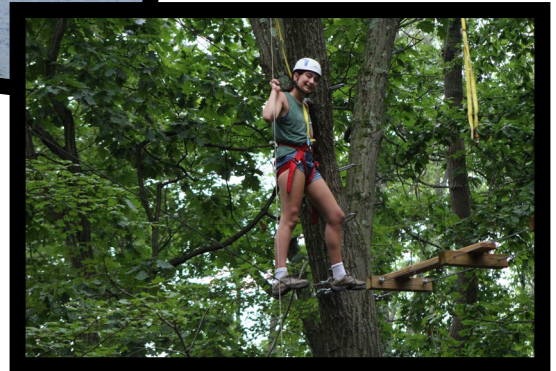
Hook

Deborah L. Hooker (Hook)
She/her/hers
Camp Director and Property Manager



Camp Lou Henry Hoover Summer Camp Guide 2023

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Welcome to Camp Hoover!

GETTING TO KNOW US

OUR CAMP – Camp Lou Henry Hoover has been helping campers learn and grow since 1953. Located in Middletown, NJ with access to Swartswood Lake, Camp Hoover operates as a sleepaway camp that provides general camp programs (grades 1 to 12) and specialty programs (grades 3 to 12) such as horseback riding, gymnastics, and performing arts in addition to general camp activities. We are excited to have your camper join us for our 73rd year!

OPEN REGISTRATION – Girl Scouts is proud to be the premiere leadership organization for girls in the country. Though we identify as a Girl Scout camp, our camps are open to all who identify as girls. Placement of transgender youth is handled on a case-by-case basis, with the welfare and best interests of the child and the members of the troop/group in question as a top priority. That said, if the camper is recognized by the family and school/community as a girl and lives culturally as a girl, then Girl Scouts is an organization that can serve them in a setting that is both emotionally and physically safe.

Our rules for acceptance and participation in camp programs are the same for everyone without regard to race, religion, physical ability, economic status, or national origin. We have accepted your application based upon your choice of dates and programs and the availability of space in camp. If during the summer, we are concerned about your camper's readiness for a program, where safety is a concern, we reserve the right to transfer your camper to another activity of our choice and we will call you to discuss alternatives.

CAMP DIRECTOR – Deborah (Deb) Hooker has been actively involved in the camping industry for over 35 years. The administrative team has been working over the past year to make this the best summer ever. As a member of American Camp Association, she works to uphold the strictest standards at Camp Lou Henry Hoover. Deb and the rest of the administrative team work with the resident camp staff to design and implement fun and safe programs. We, at the Council office and the resident camp staff, are looking forward to a successful and fun summer at Camp Lou Henry Hoover.

A NOTE ON COMMUNICABLE DISEASE -Girl Scouts Heart of New Jersey camps are licensed by the New Jersey Department of Health. We employ non-pharmaceutical interventions to promote the health and wellness of our staff and our campers and their families.

- Regular handwashing and good hygiene will be strongly encouraged. Handwashing or sanitizing breaks will occur throughout the day.
 1. We ask that families engage in healthy hygiene practices and follow guidance from all governing bodies when it comes to minimizing the risk of exposure.
 2. **Families are, as always, asked to self-screen prior to attending camp, keeping campers who have symptoms or are unwell home.**
 3. Staff and campers who are sick or have recently had a close contact with a person with someone who is ill are required to stay home as advised by a medical professional or as outlined by the Centers for Disease Control and Prevention. We ask that you please inform us immediately of an exposure so we can determine what course of action must be taken at camp.
 4. No matter someone's status, policies and protocols exist when a staff member or camper receives a diagnosis of communicable disease. If necessary, appropriate staff will activate our communicable disease plan.

STAFF – Leadership is the key to a happy stay at camp. Our enthusiastic staff is comprised of college students and adults, some from other countries, who are experienced in working with young people in a camp setting. Our waterfront activities are supervised by American Red Cross Certified Lifeguards and Small Craft Instructors. Waterfront Staff and Unit Leaders, as well as most other staff, are certified in First Aid and CPR. Our staff come from diverse backgrounds, and we strive to have an inclusive environment that includes hiring of staff of all abilities. Our staff are involved in a weeklong training period that takes place prior to your camper’s arrival. During training, the staff live like the campers do in the tent units, are trained in their roles in the various program areas, how to handle emergencies, how to manage homesickness and campers with different abilities and so much more! Our training focuses on being empathetic, showing compassion and caring, and developing the leadership skills needed. And of course we have fun; singing songs, playing games and doing all things camp!

STAFFING RATIOS – In our commitment to ensure the safety of all campers, we strive to meet or exceed all established safety standards for staffing. Our staffing ratios are as follows:

OVERNIGHT

1 adult to every 5 campers 5 years and younger
1 adult to every 6 campers 6–8 years
1 adult to every 8 campers 9–14 years
1 adult to every 10 campers 15–18 years

OUT TRIPS

1 adult to every 4 campers

GIRL SCOUT FOUNDATION AND GOALS

Camp Hoover is licensed by the State of New Jersey under the Youth Camp Safety Act, adheres to the strict standards of the Girl Scouts of the USA, and are accredited by the American Camp Association. The Girl Scout Camp program experiences and activities meet the needs and interest of our campers, enables them to grow and develop, and are based on the values of the Girl Scout Promise and Law.

GIRL SCOUT PROMISE

On my honor, I will try:
To serve God and my country,
To help people at all times,
and to live by the Girl Scout Law.

GIRL SCOUT LAW

I will do my best to be
honest and fair,
friendly and caring,
courageous and strong, and
responsible for what I say and do.
And to
respect myself and others,
respect authority,
use resources wisely,
make the world a better place, and
be a sister to every Girl Scout.

Camp Hoover Goal and Mission Statement

Camp Hoover is dedicated to inspiring our campers with the highest ideals of character, conduct, patriotism, and service. As a Girl Scout sleepaway camp, Hoover is further dedicated to being the premier value-based organization that provides contemporary program opportunities to enable every camper to become the best person they can possibly be. The camp is committed to serving the diverse needs of all its constituencies in order to ensure that every camper, staff member, volunteer and guest participates fully and at all levels.

Achievement of the following objectives and outcomes will be measured via myriad assessments, including surveys for campers and guardians.

Camp Hoover Objectives and Outcomes

- 1. The camper will respect, care for, and protect the environment while living safely in the out-of-doors.**
 - The camper will demonstrate increased knowledge of techniques for protecting the environment, through such things as walking on established trails, conserving water, recycling, refraining from picking live plants, and use of non-phosphate-based soaps and shampoos.
 - The camper will demonstrate increased awareness of and appreciation of the natural world, by sharing their observations with others, and asking questions about things in the natural world which interest them.
 - The camper will demonstrate increased awareness of and appreciate the wildlife found in the area.
 - The camper will demonstrate an increased awareness of conservation including the areas of water, electricity, and recycling.
- 2. The camper will learn or improve skills in their program focus area (e.g., aquatics, camp craft, theatre, sailing, crafts, hiking).**
 - The camper will demonstrate increased technical skills in their area of program focus, according to the skill progression outlined for that program activity.
 - The camper will be able to describe at least one new program or activity/skill learned while at camp.
 - The camper will develop or improve upon at least one activity/skill to a level such that it can be confidently repeated and demonstrated to others once they have returned home.
- 3. The camper will develop interpersonal-relationship skills while living in a diverse community.**
 - The camper will make the acquaintance of and develop friendship ties with at least one other camper who comes from a different community or cultural/ethnic background, or whose life experience is different from their own.
 - The camper will be able to articulate at least one thing (skill, concept, or point of view) learned at camp from a person who comes from a different community.
 - The camper will demonstrate positive listening skills and respect for different points of view, by listening to the ideas of others without putdowns and giving careful consideration to others' input prior to making judgments or evaluative comments.
 - The camper will demonstrate an increased ability to work out cooperative solutions within a group and will be able to describe at least one instance where they came to a compromise with fellow campers or staff for the good of the group.
- 4. The camper will develop a more increased self-confidence level by participating in their new surroundings and engaging in conversation with others.**
 - The camper will attempt at least one skill, activity, or food which they never experienced before coming to camp.
 - The camper will make at least one new friend and will express confidence about meeting new people.

- Upon returning home, the camper will demonstrate increased willingness to attempt new things and increased ease in new or unfamiliar situations.
- The camper will be able to describe at least one instance where they volunteered to participate in a camp activity or project.
- Upon returning home the camper will be willing to share their feelings about the camp experience.

Achievement of these goals are measured using a series of tools and assessments including observation, evaluation of content-area skill progression, and direct surveys of campers, guardians, and staff. **To help us continually meet our high standards in providing fun, safe, and relevant experiences at Camp Hoover, please complete the electronic survey(s) you'll receive by email following your camp program.** These surveys are your chance to tell us how it went, what you loved, what needs work, and what your camper learned. They directly affect our programming selections for the next summer.

CONTACT INFORMATION – Camp Lou Henry Hoover

Camp Telephone	973-383-3220 – 24/7 for the months of July and August
Best GPS Address	1 Camp Lou Henry Hoover Road, Newton NJ 07860
Address – Physical for Fed Ex – UPS - Amazon	Camp Lou Henry Hoover Camper Name, Session, Program 961 County Road 521 Newton, NJ 07860
Address for Mailing USPS – Letters and Packages – Mail 4 to 5 days prior to their arrival	Camp Hoover Camper Name, Session, Program PO Box 52 Middleville, NJ 07855
GPS Coordinates	N41.0692, W74.8509
Camp Director – Deb Hooker	973-383-3220 Camp phone 908-403-8086 Cell for emergencies dhooker@gshnj.org
General Camp Support	908-947-1708 Summercamp@gshnj.org
Website	www.gshnj.org
Emergency Line	908-518-4400 option 8

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TRANSPORTATION

ARRIVAL AT CAMP: Eat lunch before you arrive at camp and please **have in hand:**

- Labeled medicine (in original container(s), camper's name, and directions) in a zip lock bag.
 - This is for all prescribed and over-the-counter medications that they take daily or as needed regularly.
 - If possible, avoid sending daily vitamins, unless the camper has a specific deficiency, campers likely can miss a daily kids multivitamin for a week or two, they are getting great food and lots of exercise here!!
 - Please avoid gummies and liquid if possible. There are other options for almost all medications. This includes chewable and ready tabs. Melatonin also comes in chewable and ready tab form in all strengths. We understand there may be situations where liquid or gummies are needed.
- Be sure to have put all prescription and over-the-counter meds into the Medical Section of UltraCamp before arriving at camp.
- Campers should be wearing rubber-soled closed-toe shoes with socks – no flip flops, crocs, slides, etc.
- Backpack and water bottle with name on them. A small hand sanitizer and a small package of disinfectant wipes should be available in the backpack as well.

CHECK-IN: During the check-in process, you will have the opportunity to:

- Meet your camper's counselors, unit leader, Camp Director, Health Supervisor, and administrative staff.
- Visit the Trading Post and make a purchase – or add money to your camper's Ultracamp account.
- Please note that tours of the facilities or visiting the campsites are not encouraged at this time. When you pick your camper up at the end of their stay, you may tour the camp with them as a guide. Parents do not need to deliver gear to the site, as it is moved in the camp truck.
- A check of the camper's general health will take place including a temperature check and how they have been feeling prior to their arrival at camp.

CAR TO CAMP – Arrive at Camp Hoover between 2:00 – 3:15 p.m. on Sunday.

A Little Camp Fun – arrive between 9:00 a.m. – 10:00 a.m. on Thursday

CAR FROM CAMP – Join us at 9:00 a.m. for the closing Scout's Own on the Commons.

A Scout's Own is a chance for campers to share about their experiences during their stay at camp.

Pick up your camper between 9:00 a.m. – 10:00 a.m. on Saturday.

Mini Campers may be picked up between 3:30 p.m. – 4:30 p.m. on Wednesday.

TRANSPORTATION CHANGES

- The earliest that a camper can be picked up on Saturday morning is 8:00 am and the latest that they can be picked up on Friday is 8:00 pm.
- The latest that campers may be dropped off on Sunday is 8:00 pm.
- [Change In Camper Pick Up/Drop off Form](#) – complete if changes in Pick Up/Drop Off (dates and times) or change in Adult picking the camper up is not the guardian listed in UltraCamp. Please add any additional information as needed

HEALTH AND SAFETY PROCEDURES

MEDICAL INFORMATION FORMS

- The Camp Hoover Health History and Insurance Information are found in the dashboard on UltraCamp. Please login to UltraCamp [HERE](#) (click register/login button) and scroll down to Online Forms. Please fill in the required *Open Camper Medical Information Form, Open Camper Insurance Form, Open Parent/Guardian Information Form and Open Medication and Emergency Care* fields to provide us with a complete look at your camper.
- Parents NO longer need to provide a copy of the camper's immunization record and insurance cards. Please make sure all of this information is correct in the UltraCamp system.
- If you are having any issues logging in or with the forms, please contact summercamp@gshnj.org.

MEDICATIONS

- Camper medications are tracked in UltraCamp. Login [HERE](#) (click register/login button) to add medications and medical information.
- We can administer prescription and over-the-counter drugs with written permission from the parent/guardian and if they are logged into the UltraCamp system.
- Requirements for all medication, prescription or otherwise brought to camp:
 - Medication must be in the **original container with the camper's name on it**.
 - Medication directions should match those in UltraCamp.
 - Please place all medication in a gallon-size zip-top plastic bag with your camper's name on it.
- All medications, including over-the-counter medicine and prescriptions, except asthma inhalers and Epi-pens, will be collected and stored in the Health Center on the first day of camp. All medications **MUST** be kept in the Health Center and will be administered under the supervision of the Health Supervisor.
- What is stated on the label is **EXACTLY** how camp personnel will administer the medication to the camper unless the prescription bottle is accompanied by a doctor's order stating a change.
- Instructions for medication need to be noted in the UltraCamp Open Medication and Emergency Care fields on the dashboard. All medications including over-the-counter items, except asthma inhalers and bee sting kits, **MUST** be kept in the infirmary and will be administered under the supervision of the Health Supervisor.
- If you are having any issues logging in or with the forms, please contact summercamp@gshnj.org.

NURSE'S EXAM

- Upon arrival at camp, your camper will be seen by the Health Supervisor for a health screening. At this time your camper's general health will be checked, including their temperature for a fever, overall appearance, head for lice, feet for athlete's foot, bites, etc.
- If your camper is sick and presents with symptoms that may be a sign of communicable disease, such as fever, we ask that you keep them out of camp till they feel better.
- If a camper is found to have head lice, the parent will be called, and the camper will either be picked up or treated at camp. All the belongings of the camper will be heated treated.
- If you have any questions about this check-in procedure, please contact the Camp Director. Please allow your camper to recover at home if they have a cold or are ill and then bring them to camp.
- We will also check prescription and non-prescription drugs and medicines for directions and permission to administer them upon arrival.

HEALTH CENTER

- A camp Health Supervisor is always on duty.
- The standing orders, written by Sparta Medical Associates, allow the Health Supervisor to administer over-the-counter medications such as Tylenol, Pepto Bismol, cough drops, Benadryl, etc. Please do not send these items with your camper unless they are taken daily by them.
- Should your camper require medical treatment, they will be taken to the local doctor or to Newton Memorial Hospital. We believe that our first responsibility is to ensure prompt medical treatment for your camper, and then we will notify you as promptly as possible.
- Campers using inhalers, bee sting kits and epi pens must have a physician's written instructions. Campers must have two inhalers, one for the infirmary and one to be carried on their person.
 - Campers who have rescue inhalers and epi pens will be given a fanny pack that they will keep on their persons at all times so that they have their necessary medication when needed. The fanny packs allow all staff to be able to help when and if it is needed.
- The Health Supervisor will communicate with families directly and as needed. If you need so speak to someone in the Health Center, please call 973-383-3220.

COMMUNICABLE DISEASE

All camp families are expected to abide by any screening requirements and adhere to protocols related to communicable disease, which may include, but is not limited to coronavirus, influenza, measles, etc. All health procedures and protocols are reviewed annually and as needed when new information or restrictions from our governing bodies are released. Updates will be shared with families as soon as possible to ensure adequate preparation for the camp program.

Families are the first line of defense when it comes to preventing communicable disease. We ask that you encourage healthy practices, such as handwashing, in your homes. Should the local/state Departments of Health; local, state, or federal governing bodies; or the Centers for Disease Control have restrictions at the time of camp attendance, campers and families are asked to abide by them completely. Additionally, if your camper is sick and presents with symptoms that may be a sign of communicable disease, such as fever, we ask that you keep your camper out of camp. Please notify the camp if your camper has had a fever. Depending on symptoms, you may be asked to keep your camper home or provide a doctor's note. Any camper with concerning symptoms or symptoms that come directly from any screening questions, will not be able to remain at camp.

We want you to know that we are being proactive by:

- Hand sanitizer stations will be available as needed.
- All campers and staff will wash or sanitize their hands before all meals and when preparing for cooking out.
- Staff monitor the health of all campers daily and report any concerns to the Health Supervisor.
- High use areas will be sanitized daily this will include doorknobs, handles, tables, etc
- Campers will sleep head to foot in all units and beds will be kept apart.
- We will follow the GSHNJ Communicable Disease plan when needed.
- Staff training will include information on communicable diseases, prevention, observing campers and the steps to follow if they feel the camper is ill.
- Steps for health and safety will be reviewed with all campers during their stay.

HEAD LICE

- Head lice are tiny insects that live in, and lay eggs (nits) on human hair. Head lice are highly contagious and often spread throughout a classroom before being discovered. The sharing of a comb or a hat or putting a child's head on someone else's pillowcase is all it takes to spread head lice from one person to another. The presence of lice has nothing to do with cleanliness and does not reflect poorly on you as a parent.
- Check your camper for head lice before they come to camp, especially if there has been an outbreak in their school. It is advisable to check your camper several weeks before camp because successful treatment can take several weeks. Head lice themselves are not easily visible, but the nits (eggs) can be. Nits look much like spots of dandruff, but cannot be easily removed from the base of the hair they are attached to.
- If a camper is found to have head lice, the parent will be called and the camper will either be picked up or treated at camp. All the belongings of the camper will be heat treated.
- All campers and staff in the affected unit will be checked for head lice by the Health Supervisor.
- Parents of campers in the affected unit will be notified via e-mail of the head lice outbreak.
- If your child has head lice, treatment needs to be performed at least two times a few days apart. Once to kill the living lice and again a few days later to kill lice that may have hatched since the first treatment. Ask your pharmacist, or physician for a treatment recommendation. There are nontoxic treatments available for head lice.
- In addition to treating your child, wash bedding and clothing in hot water and dry on high heat for at least 20 minutes to kill possible "hitchhikers."
- To prevent the re-infestation or spread of head lice you also need to check the rest of your household and alert anyone else your child might have had close contact with.

TICKS

- Our camp contains wooded areas where deer are present, so we recommend checking your camper daily for ticks.
- Items like peppermint spray, cedarwood and lemongrass are known to help with ticks. This year the tick population is quite active.
- If we find a tick on a camper, the Health Supervisor will remove it and wash the area. We will document when and where the tick was found on the camper and notify the parents.

MOSQUITOES

- Recently a number of mosquito-transmitted infections including Zika virus have been in the news. Zika is caused by a virus that is spread to people primarily through the bite of an infected Aedes species mosquito.
- While Zika is currently not active in the United States, we are proactive in our mosquito control at camp. We are committed to eliminating all standing water on our camp properties.
- Mosquito bite prevention protocols include the use of an insect repellent registered with the EPA <https://www.epa.gov/insect-repellents/find-insect-repellent-right-you> and wearing protective clothing including long pants and long sleeve shirts.

BED BUGS AND CAMP FACILITIES

Girl Scouts Heart of New Jersey's highest concern is always for the health, safety and well-being of our members and families. With the increased media attention that the pest known as a "bed bug" has been receiving, plus its increase in population in the state of New Jersey, Girl Scouts of Heart of New Jersey would like to share our bed bug procedures in order to alleviate any concerns you might have.

Currently, all Girl Scouts Heart of New Jersey properties are inspected weekly by property staff, who have been trained to identify bed bugs.

We want you to know that we are being proactive by:

- Working with the industry's leading bed bug specialists in order to train staff, as well as adhering to evolving best practices in bed bug prevention, detection, and treatment.
- Taking the strongest actions that are reasonable to reduce the likelihood of having bed bugs at camp or having them transferred back to the campers' homes. We recognize that bed bugs know no bounds; they don't discriminate according to socioeconomic status, race, religion or any other factors.
- We educate all staff on what to look for, monitor daily and immediately report any suspected sightings. Our licensed pest control company will come to camp to confirm or dismiss any bed bug sighting.

BED BUG PROCEDURES FOR HOME AND CAMP

We are asking that you do your part in bed bug prevention not only for our facilities, but for your homes and our communities. We are asking you to follow these universal precautions:

- If you suspect you've been in contact with bed bugs, dry all clothing and bedding in a dryer at high heat for 30 minutes prior to coming to camp. This would kill any bed bugs that may be present.
- **When packing for camp, place clothes and bedding directly into a duffel bag with zipper. NO suitcases or trunks will be allowed. By using a duffel bag, it will allow us to easily treat the necessary belongings in with high heat.**
- While at camp, campers will keep their belongings in the duffel bag to minimize the possibility of hitchhiker bed bugs.
- If a bed bug is confirmed during your campers' stay at camp, the campers will be moved to another location and cabins will be treated. Before moving, clothing and bedding from the entire unit will be dried on high heat for 30 minutes to eliminate any hitchhiker bed bugs.
- Learn more about bed bugs at the following link: <https://www.youtube.com/watch?v=iPkkJ-po3Wc>
- Upon your camper's return from camp, dry all clothing and bedding in a dryer at high heat for 30 minutes prior to putting away. This would kill any bed bugs that may be present.

NOTIFICATION OF BED BUG EXPOSURE

- Even with the most aggressive prevention and detection, a possibility for bed bug exposure exists in all shared public spaces. Girl Scouts Heart of New Jersey is committed to transparency if and when we have a confirmed case of bed bugs. Our notification policy is as follows:
- All staff and camp parents whose children are on-site during a time of exposure will be notified immediately. You will receive this information via e-mail or phone from the Girl Scouts Heart of New Jersey. We will keep you informed and share with you all information we have available, including impacted sites, programs and treatment plans.
- All camp parents whose children were housed at the impacted site immediately prior to the verified exposure will be notified via e-mail or phone immediately.
- Once treatment is completed by our certified pest management company, and a follow-up inspection clears the cabin for use, the next incoming group of camp parents whose campers are to use the site will be notified of the exposure and treatment.

IMMUNIZATIONS

The New Jersey Department of Health's regulation of NJ's youth camp industry has specific requirements as it relates to vaccinations and record keeping. Please note:

- All campers in attendance at a NJ youth camp SHALL be immunized according to state requirements or have a medical or religious exemption provided to the camp. Camps are required to recognize the exemptions under state law.
- COVID-19 vaccine does not fall under the above standard. COVID-19 vaccine is not required for camp, although recommended, we are asking that you provide vaccine dates if your camper has had it.
- A physician's note that vaccinations are in progress can be sent as well.
- Campers that are not immunized and do NOT have a medical or religious exemption cannot participate in camp in NJ.
- In the case of an outbreak at camp, those without immunizations (with exemptions) shall be excluded from attending camp and in the case of a resident camp isolated until they are able to be excused from camp.
- In the case of a statewide outbreak declared by the state, campers who are not immunized (with exemptions) shall be excluded from attending camp.
- NJDOH does not address vaccination requirements for adults and only requires camps require health histories.

Please be sure your child's immunizations are up to date and are marked as so in Health History. If you require an exemption (medical or religious), please reach out for the necessary form.

EMERGENCIES

EMERGENCY PROCEDURES

- It is imperative that the camp be able to reach a camper's family in the event of an emergency.
- If your phone number should change or a family emergency should arise, please contact the camp to provide a reliable alternative emergency contact. Also, please login to your UltraCamp account [HERE](#) (click register/login button) and make any updates necessary prior to your camper's arrival at camp.
 - Please contact summercamp@gshnj.org if you are having difficulty logging in or updating information.
- You will be notified directly by the Camp Director or senior council staff in the event of an emergency regarding your camper.
- In all serious emergencies, communications of a public nature must go through the Camp Director or senior council staff. We ask that other camp staff and campers not make public statements.

GIRL SCOUT INSURANCE

- Your camp fees include insurance coverage for medical expenses incurred while your camper is in camp; however, this is **secondary insurance**. Individual Insurance is always primary.
- Our insurance does not cover pre-existing conditions such as, but not limited to, asthma, or an illness currently being treated by medication.
- Treatment received at camp for pre-existing medical or dental conditions will not be covered by camp insurance and must be paid for by the camper's parent or guardian. **All prescription medication will be billed to the family.**

CAMP TELEPHONE

- Should you need to contact your camper, in case of an emergency, we will make arrangements as the situation warrants.
- Please call us at (973) 383-3220. Camp Director's cell phone numbers is (908) 403-8086 (for emergencies only) or e-mail dhooker@gshnj.org.
- In case of your camper's injury, illness, or severe homesickness, you will be contacted by the Administrative Staff.
- We will call you in the event that your camper is not feeling well from vomiting, fever, injuries, and other situations as they warrant. Please take a moment to verify your emergency contact phone and cell phone number in your Ultracamp account.
- Under usual circumstances, we do not permit children to use the telephone.
- If you feel that your camper will need to call home, arrangements can be made, but are not encouraged.
- Campers are not allowed to keep cell phones, tablets, smart watches, or other devices with them during their stay at camp.
- Please leave the cell phone and other devices at home and talk to the Camp Director if you have any concerns about your camper's stay at camp.

EXPECTATIONS AT CAMP

PROCEDURES

- **ALL CAMPERS MUST WEAR RUBBER SOLED CLOSED TOE SHOES AND SOCKS.** Flip flops, sandals, jelly shoes, crocs and open toed shoes are not allowed.
- Socks should cover the ankle to prevent scrapes and ticks.
- We also do not allow gum on the camp property.
- Campers are not permitted to leave the camp property except as a part of the camp program with their counselors.
- Parents are requested not to offer gratuities to our Camp Staff.
- Parents are responsible for what their camper brings to camp. Personal sports equipment is only allowed with permission by the director.
- We urge parents to pack their camper's belongings with them in an effort to ensure that you are aware of what your camper is bringing to camp. In an effort to ensure the safety of all children, the camp reserves the right to search your child's belongings. Please label all your child's belongings – check out [Mabel's Labels](#) and choose Camp Hoover from the Support a Fundraiser tab in the upper right corner.

HARASSMENT, BULLYING, AND FIGHTING

- Harassment of any form, including insults, disrespectful behavior, or forms of intimidation, has no place at camp. Words which demean another person because of race, ethnic origin, religion, gender, sexual orientation, economic status, or physical condition are unacceptable.
- Campers are subject to expulsion from camp for physical assault or threats of violence directed toward or upon another camper, staff, or any other employee of Girl Scouts Heart of New Jersey.
- In an effort to create a kind, caring, empathic camp community we will work to implement learning experiences that focus on social, emotional, group dynamics and understanding differences.
- We will work with camper groups to understand the difference between conflict and bullying. We will work on conflict resolution strategies to help us all become better people.

CAMPER CONDUCT

All campers are expected to adhere to the following guidelines to ensure that they and their fellow campers have a safe, fun, and meaningful experience at camp.

- Participate to the best of their abilities in all camp activities both on and off camp property.
- Understand that safety is the highest priority, and some activities may be changed to ensure the safety and welfare of all campers.
- Respect all camp property and the personal property of staff and other campers.
- Respect the differences and boundaries, physical and otherwise, of staff and other campers.
- Follow the Leave No Trace principles, refrain from littering and chewing gum, and help to keep camp beautiful.
- Use kind words and actions when interacting with others. Refrain from harassment of any form, including bullying, disrespectful behavior, discriminatory behavior, or physical violence.

To ensure the safety and quality experience of all campers, GSHNJ reserves the right to dismiss a camper from camp, without return of fees, for any camper who consistently exhibits unsuitable behavior or willfully disobeys camp rules, policies, or procedures. Any behavior that is deemed to violate the safety of the camper, other campers, or staff is grounds for dismissal without return of fees. Any camper who defaces or damages camp property or another person's personal property may be dismissed from camp and their parent/guardian shall be liable for damages.

INCLUSIVE ENVIRONMENT

We work to provide an inclusive environment for our campers and staff but know that everyone has different abilities. With this in mind, if your camper has accommodations that would help in their participation in the camp program, please reach out to Deb Hooker at dhooker@gshnj.org. These accommodations might include:

- Noise cancelling headphones for the dining hall
- Fidget devices
- Books to read before bedtime
- Bringing a favorite lovie for bedtime
- Small battery-operated fan for white noise to go to sleep to
- Providing information to the staff on how best to work with your camper

This inclusivity follows through to our staff as well. We work to make sure that all who are at camp are comfortable and have the tools they need to have a wonderful time at camp. With this in mind, we will be creating a space for campers to decompress in if needed.

LEAVE NO TRACE

Girl Scouts always leaves an area better than they found it. By following the Leave No Trace principles, campers will ensure they help to keep camp and the environment beautiful.

- | | |
|--|--|
| <ol style="list-style-type: none">1. Plan ahead and prepare.2. Travel and camp on durable surfaces.3. Dispose of waste properly.4. Leave what you find. | <ol style="list-style-type: none">5. Minimize campfire impacts.6. Respect wildlife.7. Be considerate of other visitors |
|--|--|

SOCIAL MEDIA

For the safety and privacy of GSHNJ campers and staff, please do not post, and advise your camper not to post, any identifying information about our camps (photos of campers or staff, location information, addresses, etc.) to social media.

Staff are discouraged from allowing campers to follow or following campers on any social media platform, unless a prior relationship exists. Additionally, there should be no exchange of personal information between campers and staff including contact information

TECH-FREE CAMP ENVIRONMENT

GSHNJ believes in a tech-free camp environment to give campers the best outdoor experience possible. Electronic devices are not to be in use or visible for any reason during camp hours or during an Overnight Program. Any electronic devices seen during camp hours will be help in the Camp Office and returned at the end of the days. Parents/guardians will be notified. Electronic devices include, but are not limited to:

- | | |
|---|---|
| <ul style="list-style-type: none">• Cell phones• Tablets/Smart watches/Fitbits/etc | <ul style="list-style-type: none">• Portable personal music devices• Portable game systems |
|---|---|

If your camper needs a device to help them cope or go to sleep or for other reasons, please reach out to the director to discuss the best way to go about this. Accommodation can be made when needed.

ALCOHOL, DRUGS, WEAPONS, AND OTTHEIR CONTRABAND

To ensure the safety and welfare of GSHNJ campers and staff, possession or use of alcohol, drugs, weapons, and other contraband is strictly prohibited on GSHNJ properties, at GSHNJ camps, and in GSHNJ vehicles. Any incident where a camper is found in possession or use of alcohol, drugs, weapons, or other contraband according to GSHNJ policies and legal guidelines. This may include dismissal from camp and/or police involvement.

matches, lighters, candles, or personal sports equipment.

The following items and contraband are strictly prohibited on GSHNJ camp property:

- Aerosol cans
- Alcohol
- Drugs
- Fireworks
- Guns
- Knives
- Matches, lighters or candles
- Tobacco, vaping products, CBD products, cannabis, etc

LIFE AT CAMP – WHAT YOU NEED TO KNOW

HOUSING AND BUNK MATES

- Most campers sleep in a platform tent on cots with mattresses. There are 4-5 campers living in each tent.
- Eight tents make up a “Unit,” which also includes a counselor cabin which is in nearby to the tents, program shelter, and a bathroom complex. The “cindy” contains flush toilets, sinks, and showers with hot and cold water and electricity. Unit assignments are made based on the ages and program choices of the girls.
- Participants in programs such as A Little Camp Fun, Mini Camp, Every Night Live, Super Summer Baskets, Chill’ Out, Let’s Celebrate and Hoover Pioneers sleep on bunk beds in our buildings at Camp Hoover. Their counselors bunk with the girls in the same building, but in a separate room. These buildings have electricity, kitchens, and their own indoor bathrooms.
- We can only guarantee one bunk mate per camper. The campers must be registered for the same program and session and be of the same age/grade and must request each other if they would like to be bunk mates.
- Please be sure to indicate bunk mate choice during the registration process in UltraCamp. This means the campers will be placed in the same unit for the week at camp. Campers are given the choice to choose their tent/bunk mates – please make sure your camper knows your wishes for them during the week at camp.

KAPERS

- Kapers are camper-sized responsibilities necessary for comfortable living in a camp situation. As part of daily routine, campers keep their unit sites and general camp area clean. Kapers may include sweeping, mopping, cleaning the cabin kitchen/bathroom, picking up trash, and helping to clean the main camp areas such as weeding the garden, hopping at meals, raising the flag daily and more.
- Kapers help maintain the camp facilities, teach responsibility and create community.

BIRTHDAYS AT CAMP

Celebrating a camper's birthday at camp is a special time for all. One of our traditions is for the camper to be sung to by the whole camp and then for them to be taken around the tables in the dining hall while everyone sings. The celebration will continue back in the unit as well.

- Parents are welcome to send decorations for the unit.
- A gift can be given to the administration at drop off to be given to your camper on their special day
- A cake can be purchased from town (Dairy Queen or Shoprite) for \$50. Please place this in an envelope labeled with our camper's name, the date of their birthday and title cake money and give to the administrative team at check-in.
- A phone call home can be arranged if you and your camper would like one.

CAMP/GIRL SCOUTS TRADITIONS

Traditions are an important part of the camp experience, and each camp has their own traditions that enhance the experience. At times, these traditions are similar from camp to camp or different and some are based on the type of camp. Camp Hoover is a Girl Scout Camp and many of our traditions come from the foundation of our Girl Scout program including the Girl Scout Promise and The Law. No one at camp is required to participate in these traditions but are asked to show respect during these times. An example of this is during Flag each morning, our international staff do not say the pledge but do stand and pay attention.

- Grace before meals – some use the word God and others are fun
- Flag and Girl Scout Promise each morning
- Songs and campfire traditions including a closing saying.
- Scouts Own – a chance to share your feelings good and not so good about your experience
- Buddies and Truddies -walking in two's and three's
- Nicknames for staff- too formal to call Ms/Mrs so and so, but too informal to call their first name
- Calling juice – Bug juice, eating GORP (Good Old Raisins and Peanuts- we don't do peanuts anymore), s'mores, the bathhouse is called a Cindy because it is made of cinder blocks and so on.

If you have any questions about where our traditions come from or have questions, please reach out to the director at dhooker@gshnj.org.

MEALS AND SNACKS FROM HOME

- Campers and Counselors dine together for most meals in our Dining Hall. Meals are served family style and then there are other options as well.
- Campers will sit by unit at Sunday dinner, Monday all meals, Friday dinner and Saturday breakfast. The rest of the meals, campers will be able to choose where they sit and have the opportunity to meet other campers and see friends from other units.
- A breakfast bar, cereals and fruit, and a salad bar are available to campers at mealtimes.
- There is always the option of a Peanut Butter and Jelly sandwich to any camper who does not enjoy the menu item. (We are not Nut free – sunbutter is available as well)
- Sometimes campers cookout a meal, enjoy a picnic or floating lunch.
- If your camper has food allergies, please indicate this on your ***Parent Information and Medical Information*** form. We are able to provide vegetarian, nut-free, dairy-free and gluten-free options at all meals as needed. We can accommodate certain other dietary needs, if they are not severe, where simple substitutions are required. Camp Hoover is **not** nut or peanut-free. We are nut aware and able to provide nut free options to our campers and staff. If your child has a severe food allergy, please e-mail the Camp Director, Deb Hooker, at dhooker@gshnj.org.

- Campers are **NOT** permitted to bring snacks from home to camp. Please do not send snacks or candy to your camper as the packages will not be delivered.
- Campers who require special food items based on dietary or medical reasons will need to have this noted on their ***Medical Information in UltraCamp – log in [HERE](#)*** (click register/login button) to add any of this information.. These food items will be stored in the dining hall kitchen.

LAUNDRY

- There are no laundry facilities available to campers during their week stay. If your camper is staying for more than one week, please pack enough clothes to last.
- Laundry for stayovers can be done at camp on the Saturday of the stayover.
- During the stayover weekend, parents can come to Camp Hoover and take their camper(s) to the local Laundromat or arrangements can be made for your camper's laundry to be done using the staff laundry facilities.
- Your camper will need to bring their laundry with them to stayovers and at the time it will be done by the Weekend Site Director. Please include funds of **\$20.00** to cover the cost in their Trading Post account per occurrence
- Directions to the Laundromat will be included online. In emergency situations, the camp will make arrangements to do your camper's laundry.

LOST AND FOUND

- PLEASE LABEL CAMPER'S BELONGINGS TO HELP ENSURE A MINIMUM OF LOST AND FOUND.
- Lost and found items are transferred throughout the summer to the Service Center in North Branch and can be picked up until Sept. 15, 2023.
- After that time, all remaining items that haven't been picked up will be donated to charity.
- Avoid losing your items by purchasing personalized labels through Mabel's Labels! Visit [Mabel's Labels](#) and choose Camp Hoover from the Support a Fundraiser tab in the upper right corner. From there shop all of Mabel's Label's durable, waterproof name labels that you can put on your child's belongings. A portion of your purchase supports our camps!

STAYOVER

- Campers may remain at camp between all sessions for an additional \$200.00. This option needs to be added at the time of final payment or by July 1st. For planning purposes this cannot be added during the summer sessions.
- If your child is staying over, please be sure to fill out the Stayover Form in the Dashboard under forms in UltraCamp. Visits can take place on Saturday after 11:00 am.
- You may visit your camper during Stayover weekends. If you are interested in something to do while visiting your camper, e-mail the Camp Director prior to your stay to find out what there is to do in the area.
- You are welcome to stay on site and visit with them or take them off site for a bit into the town of Newton and the surrounding area.

PHOTOS

- Unit and staff photos can be purchased for \$12.00 each thru your Ultracamp account [HERE](#)– please log in and make the purchase there.
- Pictures of camp will be available for viewing thru your Ultracamp account.
 - Logging into their UltraCamp account
 - Clicking on the hamburger menu on the upper left-hand corner
 - Clicking on “Photo Gallery”
- Throughout the week, our camp staff will photograph the campers engaged in the camp program and camp life to share with the families of our campers. Keep in mind there are times when the program activities of the campers takes precedence over photography.
- We strive to capture the essence of camp life through our photos. While we attempt to photograph every camper, we cannot guarantee it.

- If campers wish to take their own photos while at camp, we strongly suggest using a disposable camera with their name on it rather than a digital camera. Please note that cell phones, tablets, and other picture-taking smart devices are not to be used at camp and are not permitted for photo-taking. GSHNJ is not responsible for any broken, lost, or stolen personal property.

MAIL

- Mail from home is an important part of the camp experience; please write to your camper often.
- If you mail your first letter 4 to 5 days before your camper leaves, it will be at camp when they arrive.
- Since Camp Hoover is located in a rural area, mail and packages take a few days to get through. Often, packages arrive after the camper has left for home.
- Please note that our Post Office is only open in the afternoons, so the sooner you mail the letter(s) the better the chance of them being received.
- Please label letters as you see below and feel free to add the day/date you would like it given to your camper. We will try our best to deliver it on that day.
- Please send all mail by Tuesday of your camper's last week at camp to ensure it arrives in time.
- Campers are encouraged to write home. Please help your camper by sending self-addressed envelopes or postcards with the postage attached. This will ensure that your camper has the correct information for writing and mailing their letters.

Send Mail/Packages from Post Office to:

Camper's Name, Session/Program
Camp Lou Henry Hoover
PO Box 52, County Route 521
Middletown, NJ 07855

UPS/FedEx/Amazon, etc.:

Camper's Name, Session/Program
Camp Lou Henry Hoover
961 County Road 521,,
Newton, NJ 07860

CARE PACKAGES

- Care packages are a wonderful way to show your camper how proud you are of them for attending a week or more at camp.
- Please be sure that your camper's name, program and session attending are on the packages sent.
- Remember care packages should contain **NO FOOD OR CANDY**. Packages containing food or candy will not be delivered. Due to various reasons food cannot be sent to campers.
- Companies like www.camppacs.com offer care packages that you can customize.

TRADING POST

- The Trading Post is Camp Hoover's store complete with Hoover apparel and even stamps and batteries.
- Each unit will get to go to the Trading Post once every week. The Trading Post will also be open on Sunday when campers check in and on Saturday when they leave.
- On Sunday drop off, it is a good idea to go with your camper in the trading post and make suggestions on what she should purchase.
- We can use your Trading Post money to buy the necessary supplies in town if they are not available in our store.
- Campers should not bring any money with them when they come to camp. Any money your camper brings to camp will be collected and put into a special Trading Post account with your camper's name.
- This year you will be able to view your camper's account thru Ultracamp and add money as needed.
- At the end of the session, anything less than \$5 remaining in the account will be considered a donation.
- Refunds will be made back on the original payment method at the end of camp.
- By keeping your camper's money in the Trading Post account, you can be sure that it will not be lost or stolen. Spending money between \$40.00 - \$80.00 is sufficient for Trading Post purchases and trips.

- The list below will show you the type of things that are available and their approximate costs.

8-10 styles of Tshirts	\$15 - \$40	1-8 styles of sweatshirts	\$40 - \$55
Notebooks	\$10	Pens/Pencils	\$1 - \$3
Jewelry	\$5 - \$10	Patches	\$3
Pillow Pets	\$20 - \$22	Bandanas	\$5
Mugs	\$10	Stuffed Animals	\$10 - \$15
S'more Key	\$9	PJ/Sweat Pants	\$25- \$35
		Nalgene	\$20
Decal	\$4	Sunglasses	\$7
Keychain/Magnet	\$8		

SPECIALTY UNIT OR PROGRAM ACTIVITIES

- Campers in the Horseback Riding Program will be allowed to spend their Trading Post money at the stable gift store.
- Campers who are in Middies, Pack and Paddle, Hoover Pioneers, Escapades, and Adventurer may spend their Trading Post money while on an out of camp trip.
- Camp Photos(\$12 per picture) and laundry(\$20 per occurrence) fees are also taken from your camper's trading post account.

EARNED BADGES AT CAMP

Many of our programs are designed for campers to earn a full badge. The final badge list will be posted in Rallyhood as some groups may earn additional badges

SPECIALTY PROGRAMS

Adventurer – Campers in this program will be taking day trips for rock climbing, hiking, high ropes course and white-water rafting. They will be taking \$10 from their trading post account to purchase snacks on several of their outings. Required forms will be emailed to you to fill out prior to your camper's arrival at camp.

Hoover Escapades – During this weeklong adventure, this group will be going on daily trips outside of camp. The trips may include a trip to Bushkill Falls, a minor league baseball game, a water park, tubing on the Delaware and more. On several of these trips the campers will be taking \$5 to \$10 from their trading post account to buy snacks or souvenirs. Required forms will be emailed to you to fill out prior to your camper's arrival at camp.

Hoover Pioneers – The trip to the New Jersey State Fair show will be a full day. During their time at the State Fair, the campers will be spending their time visiting the petting zoo, the animal pens, craft tents, etc. The campers will not be allowed on rides or to play games of chance. The campers will be bringing \$5 with them to buy souvenirs.

Outdoor Survival - This group of campers will spend one day at Rick's Rocks learning the ins and outs of rock climbing by trained instructors. Required forms will be emailed to you to fill out prior to your camper's arrival at camp.

Horseback Riding and Boats, Bows and Boats! – Campers will be off site go Horseback Riding at Spring Valley Farms. Required forms will be emailed to you to fill out prior to your campers arrival at camp.

Summer Get Away – Campers in this program will spend two days off site hiking adventure. The hikers will spend their two days on the Appalachian Trail hiking from Millbrook/Flatbrook Road to Route 206. Prior to going on their trip, the campers will spend time at camp preparing by hiking, learning outdoor skills including campsite preparation, outdoor cooking and learning about out of camp safety.

Programs may go off site if it fits into their program. If you have any questions, please contact the Camp Director.

CAMP FORMS - Forms should be scanned and e-mailed to dhooker@gshnj.org

FINANCIAL MATTERS

CAMP FEES

- To pay pending camp tuition, return to UltraCamp at any time, but no later than June 10, 2025. Click on the "Access Your UltraCamp Account" button. You can return more than once to make payments. Access your account [HERE](#).
- All accounts must be paid in full by June 11, 2026.
- Any order not paid by June 11, 2026 will be canceled and the \$125 per session, non-refundable, non-transferrable, camp registration fee will be held.
- All registrations submitted after June 11, 2026 must be paid in full at the time of registration.
- After June 11, 2026 all enrolled/not confirmed campers will be removed.

CHANGES & TRANSFERS

- A \$50 transfer fee will be charged to change a program or session.
- Changes must be sent by email to summercamp@gshnj.org. Please indicate the camp, program/session, and camper's full name in the subject line. If you do not receive a confirmation that the change in registration was received, please call Member Support at 908-947-1708.
- Please note that some sessions and programs may fill so changes will be made if the requested session or program is still available.

REFUNDS

- In anticipation of a camper's attendance at camp, various expenses are being incurred on their behalf. Among others these include supplies, equipment, registration costs, and camp staffing costs.
- GSHNJ may cancel a program due to insufficient registrations or other circumstances. In the event that a replacement program is not available or is not suited to the camper's needs, a full refund will be given for any program cancelled by GSHNJ.
- Refund requests received prior to June 11, 2026 will be honored less the \$125 per session, non-refundable, non-transferrable, camp registration fee.
- Send refund requests to summercamp@gshnj.org. Indicate the camp, program/session and camper's full name in the subject line.
- No refunds will be issued after June 11, 2026 except for requests due to a death in the immediate family or medical necessity (written note from physician must accompany request). These refunds will be processed less the \$125 per session, non-refundable, non-transferrable, camp registration fee. Refunds requested after the start of a camp session will be pro-rated.
- Weather-related refunds are not given unless the camp is closed. If the camp is closed due to weather, pro-rated refunds will be issued to registered campers. Communicable disease exposure related cancellations and refunds are approved on a case by case basis.
- There will be no refunds or credits for no-show, partial sessions, early departures, late arrivals, schedule conflicts, or if the camper is dismissed from camp due to behavioral issues.
- Any approved refunds will be processed within four weeks of receiving. Refunds will be returned in the same manner as your payment was received. Please be sure to complete the ***Refund and Cancellation Policy*** found in ***UltraCamp*** in the dashboard under Online Forms.

GIRL SCOUT MEMBERSHIP INFO

All campers must be Girl Scouts, either with GSHNJ or another Girl Scout Council

- Have a current membership for the 2026 Girl Scout year, then you are set.
- Had a GSHNJ membership for 2025, but haven't renewed for 2026? Go to www.gshnj.org and click on MYGS. Starting in May you can renew for an extended membership for the 2026 and the 2027 season.
 - Use your email address as your username.
 - Click on the green "Purchase Membership" link
 - Complete your purchase
 - When you are registering your camper for a Girl Scout membership on our website, please put in the zip code 08876 for Camp Hoover (**not your own zip code**) and your Troop number should be 'Camp Hoover Registration.' This will allow you to register your camper, but not choose a troop.
 - Need assistance? Call Member Support at 908-947-1708 to get started or email summercamp@gshnj.org
- If campers do not complete their Girl Scout membership registration by June 11, 2026, their camp order will be canceled and the \$125 per session, non-refundable, non-transferrable, camp registration fee will be held.