



Idaho Bike Adventure Camp **Confirmation Packet**

Dear Camper and Parent/Guardian:

Welcome to Girl Scouts Summer Camp. We can't wait for you to take those mountain roads and join us in celebrating our camp community by creating friendships and adventures around every turn of the trail. Thank you for choosing Girl Scouts of Montana and Wyoming (GSMW) for your Girl Scout's summer adventures!

Please check your account to ensure you have paid the full camp fee two weeks before the start of your camp. You will receive emails reminding you to pay your balance and prepare for camp. If you need help with payment options, please contact customercare@gsmw.org.

To help you and your camper prepare for this experience, we have compiled a "Camp Readiness Packet". Please *READ THIS ENTIRE PACKET FROM BEGINNING TO END* and refer to it regularly as you prepare for camp.

This camp confirmation packet includes:

- **PACKING LIST & CAMPER PREPARATION**

Use a pencil to help you track everything as you pack to come to camp. Bring a copy of the list to camp to keep track of everything you should take home. Label everything you bring with the camper's name! Check this section for hints on how to prepare yourself and your camper for a successful week at camp.

- **CHECK-IN AND CHECK-OUT PROCEDURES**

GSMW has defined procedures for checking in and out of camp. Directions to each camp location are also included.

- **PERMISSION/RELEASE/HEALTH FORMS**

Health forms that are incomplete may prevent your child from attending camp. **You are required to report all health concerns including mental health conditions.** We ask you to include your camper's mental health status in her health form so we can work together to ensure her success at camp.

If you have any questions or concerns prior to your arrival at camp, please contact Girl Scouts of Montana and Wyoming Headquarters at (406)-252-0488 or customercare@gsmw.org.

From around the campfire,
Your 2024 GSMW Resident Camp Team

Idaho Bike Adventure **PACKING LIST**

At GSMW Camps, we dress to be comfortable and safe, and we prepare for being outdoors in all sorts of conditions. Do not bring anything to camp that cannot get dirty, messy or broken. Rugged, comfortable clothes work best! But please leave the tank tops at home. Label all belongings clearly. **The less stuff you bring the better to fit into your packs!**

ABSOLUTELY MANDATORY:

- Bicycle
- Bicycle Helmet
- Sleeping Bag (nights may be below 30°F)
- Sleeping Pad
- Small Pillow
- Small daypack or Camelbak with some storage (will be worn while biking and should have room for 2 water bottles, snacks, and a small amount of clothing)
- Main pack no bigger than carry-on luggage (this does not include the sleeping gear and daypack).

NECESSITIES/TOILETRIES/PERSONAL ITEMS:

- Travel toothbrush & toothpaste
- Brush/comb and hair ties
- Deodorant
- Glasses or contact lenses
- Sunscreen & protective lip balm
- Travel non-aerosol insect repellent
- Feminine hygiene products (even if unexpected)
- Water bottle(s) - check for leaks
- Flashlight or headlamp & extra batteries
- Medications (in original containers, marked with dosage & campers name. Collected at check-in.)

LEAVE these items at HOME:

- Electronic devices such as cell phones, tablets, headphones, smart watches, etc.
- Candy, food, drinks
- Curling iron, blow dryer, makeup & hairspray
- Jewelry, valuables and clothing that can't get dirty
- Tank-tops, crop-tops (clothes that don't protect us from the elements) or not school appropriate logos.

CLOTHING:

- Pack light and plan to re-wear clothes, plan for 5 days of clothing
- Short-sleeved shirts (must cover shoulders/stomach; no suggestive logos)
- Shorts (padded bike shorts suggested)
- Warm pajamas
- Socks
- Underwear
- Rain Jacket
- Sweatshirt
- Long Pants
- Closed-toe shoes for biking
- Sports sandals
- Swimsuit

OPTIONAL:

- Sunglasses with case
- Camera (inexpensive)
- Journal & pen/pencil
- Money for Silverwood for additional snacks and souvenirs

CAMPER AND CAREGIVER PREPARATION

Before your camper comes to camp, it's important to prepare her for being on her own:

- With support and advice, let your camper pack her own bag, and teach her how to roll her own sleeping bag so she gains independence.
- Have her practice being away from home by having a sleepover at a friend's house.
- Before camp starts, have regular talks about what to do if she misses home while away.
- Listen to the camper's concerns, and provide answers to their questions. If they have questions about camp that you can't answer, feel free to ask customercare@gsmw.org.

Prepare your camper to use coping strategies, like these, at camp:

- Try to play every game, and try every offered activity at least once.
- Talk with a Camp Counselor or other trusted camp staff.
- Write letters home (or keep a journal) to tell your family about all the fun activities and your new friends.
- Look forward to the new skills and adventures each day at camp.
- Introduce yourself to at least one new friend every day!

Missing Home

While at camp, girls do not have access to the phone to call home, and parents will not be able to call their campers unless it's an emergency. Girls can write letters and receive letters given to staff at check-in. Send your girl with addressed, stamped envelopes, stationary, and a pen so she is ready to write home.

For more hints on preparing for camp, check out GSUSA's "Camp Hacks" videos at:

www.youtube.com/user/girlscoutvideos/playlists

CHECK-IN AND CHECK-OUT | SCHEDULE

Theme	Check in Date/Time	Check out Date/Time
Idaho Bike Adventure	Sunday , July 7 (TBD)	Thursday , July 12 (TBD)

DROP OFF INFORMATION

Sunday, July 7 - Helena, MT & Missoula, MT (more details to come from camp staff)

PICK UP INFORMATION

Friday, July 12 - Helena, MT & Missoula, MT (more details to come from camp staff)

CONTACT INFORMATION:

If you need to get in touch with the staff running the camp, please use the following information.

Tolly Patten - 406-422-9931 - blaackraam@gmail.com

Vicki Hentz - 406-439-9162

CHECK-IN AND CHECK-OUT PROCEDURES

CHECK-IN DAY: Campers must be checked in & out on the date & within the time period assigned to your session.

- **Late arrivals will not accepted** Please notify the camp staff (contact above) as soon as circumstances arise.
- Staff will meet you in the parking lot and direct you to the check-in tables. Please have any updated address/phone/health history information, and medications ready and available for the Camp Director.
- During check-in, your camper will have her picture taken for identification.
- Please leave all non-human family members at home or in the car.
- We do not allow campers to have visitors, and campers are not permitted to call home during the camp session. Prepare yourself and your camper for this. Should an emergency arise, camp staff will contact you.

CHECK-OUT DAY: Parents/ guardians are asked to pick-up their campers within the assigned check-out time range specific to your camp location and theme. Refer to the table for the correct pick-up time. Check-out times are firm and cannot be negotiated.

- **Please be prompt in picking up your camper.** Upon arrival at pickup, parents will be met in the parking lot and given directions.
- For your camper's safety, **a photo ID is required and the pick-up person MUST be listed as an authorized "Camper Pick-Up"**. Please list nearby family & close friends in case of an emergency.
- If you are picking up a camper other than your own child, you **will need to have a photo identification** and be on their "Camper Pick-Up" list. Campers WILL NOT be released from camp without an authorized "Camper Pick-Up" with a photo ID.
- All campers will be signed out with the "Camper Pick-Up" at the check-out tables before leaving camp. At this time, any medication will be released to the "Camper Pick-Up".

FREQUENTLY ASKED QUESTIONS

Head over to our website for the most update FAQ's. Found at: www.gsmw.org/camp