



Camp Hoffman Informational Packet 2026



Welcome to Camp!

We are so glad that your camper will be joining us at camp this summer! Today, kids live in a world of screens—and sometimes they just want to get away from it all. That’s why camp is such a unique experience...an opportunity to truly focus on building courage, confidence, and character.

At camp, campers can explore the outdoors, try new things, learn new skills, & more! Girl Scout Camp allows campers to grow, explore, make new friends and memories, and most importantly, have FUN!

This informational packet is a resource to help prepare your family for camp and make your camper’s experience safe, fun, and fulfilling!

Table of Contents

Welcome to camp.....	2
About Camp.....	3
Contacts Us	
About the Director	
Camper Drop Off & Pick Up	
Getting Ready for Camp.....	4
2 Weeks before Camp on Ultra Camp	
Registration and Balance of Camp Fee	
Cancellations, Refunds and Transfers	
Prepare for camp with your Girl Scout	
Missing Home “homesickness”	
Camper Mail at Overnight Camp	
Letter Writing at Overnight Camp	
Photos at Camp	
Program Overview.....	6
Possible Activities	
Waterfront Closures	
Example Schedules	
Swim Checks	
Extreme/Inclement Weather	
Group Placement/ Buddy Requests	
Lost & Found	
Food at Camp.....	8
Day Camp Packing List.....	9
Thursday Overnight Packing List	
Mini Camp Packing List.....	10
Overnight Camp Packing List.....	11

Wellness at Camp.....	12
Medications	
Injury/Illness & Communication	
Behavioral, Medical, and Dietary Concerns and Restrictions	
Behavior Agreement	
Programs with off Property Experiences	
Phones and Calling Your Camper	
Day Camp Bus Information.....	14
Trading Post, Care Packages & Badges....	15
Shared Responsibilities at Camp.....	16



About Camp Hoffman

Founded in 1921, Camp Hoffman is one of the oldest Girl Scout camps in the country and sits on 173 acres on Larkin Pond. 2026 will be Camp Hoffman's 105th summer of camp!

Camp Hoffman is accredited by the American Camp Association® (ACA). This means that our camp complies with more than 300 industry-established standards in health, safety, and program. We follow ACA guidelines and state laws, in addition to Girl Scouts of the USAs guidelines.

CONTACT US

GSSNE Headquarters & Leadership Center

500 Greenwich Ave, Warwick, RI 02886
customer@care@gssne.org
401-331-4500
GSSNE Main Crisis Line: 212-903-4472

Camp Hoffman

2850 Ministerial Rd., West Kingston, RI 02892
camphoffman@gssne.org (June 8-Aug. 11 only)
401-352-6688

Please note that this phone number is not staffed 24/7. Please leave a voicemail and a staff member will get back to you as soon as they can.

About the Director



Cassandra "Ax" Simpson (she/her) can't wait for summer camp! Ax is a lifetime member of Girl Scouts and a Gold Awardee. This will be her 17th summer at camp and 3rd year as Camp Director. Ax has also been a Camper, C.I.T, counselor, Adventure Specialist, and Assistant Director at camp. She holds a BS in Adventure Education and BS in Business Administration from Plymouth State University. Ax is excited to see campers new & old and believes camp is a place where campers can grow in their independence & skills, stretch their comfort zone trying new things, and make lifelong memories and friends.

Camper Drop off & Pick Up

Day Camp

Morning Drop-Off: 9am
Afternoon Pick-Up: 4pm
Extended Care (M-TH & \$20/session): 4-5:15pm
Bus (\$50/session): Please see schedule on page 14

Overnight Camp

Sunday Drop-Off: 3-4pm
Friday Pick-Up: 4:30pm
Mini Session 1A, 3A, & 5A:
Sunday Drop off: 3-4pm
Wednesday Pick Up: 4:30pm
Mini Session 1B:
Wednesday Drop off: 9am
Friday Pick Up: 4:30pm

Anyone picking up a camper **MUST** be listed as a Authorized Pick Up on UltraCamp. ALL adults picking-up will be required to show photo ID (even parents and guardians, this is for your child's protection!)

Additional authorized pick ups not on UltraCamp will only be accepted in writing.

If you have a special request for a late drop-off or early pick-up due to other family obligations or needs, please contact camphoffman@gssne.org

Getting Ready for Camp

2 Weeks before Camp on Ultra Camp

- Final Balance due
- Complete Camper questionnaire
- Update all Medications, emergency contacts & authorized pick ups

If you are unable to update your account please contact customercare@gssne.org with your registration updates.



Registration and Balance of Camp Fee:

Registration closes 2 weeks prior to the session starting. All payments must be paid in full 2 weeks prior to the start of camp. Balances due will already include various deductions (deposit, cookie credits, and financial assistance). Final payments should be made through UltraCamp, the platform used to register. Campers will not be permitted at camp without final payment.

Cancellations, Refunds and Transfers

Cancellation and refund requests must be submitted and received by the GSSNE Office by the program's registration deadline. Until the registration deadline, a full refund less the \$35 deposit per person will be granted.

In the event of GSSNE canceling a camp program, families will be contacted to discuss a transfer to another program, or to receive a refund.

In all other circumstances, any monies paid (less the nonrefundable deposit) will be refunded only if:

- The camper is placed on a waitlist or if the financial assistance amount requested is not fully granted
- The camper cannot attend due to illness or injury. A letter from a physician must accompany a written request for refund.
- The camper is sent home from camp due to illness or injury. Refunds are prorated in such cases and will be made only at the written request of the parent/guardian

Please note that a refund will not be given if the camper leaves early for any other reason (including homesickness). Refunds will also not be issued due to inclement weather.

A \$15 transfer fee will be applied to a camper's registration balance each time a change is made to a camper's session, program, or camp (unless the change is requested by GSSNE due to program cancellation).

Prepare for camp with your Girl Scout:

1. Thoroughly read and review this camp information packet with your Girl Scout. This packet will help both of you become familiarized with camp
2. Pack for camp TOGETHER
3. Start a dialogue with your Girl Scout about camp and what to expect.

Missing Home “homesickness”

It is common for first-time campers, and some returning campers, to experience some level of homesickness while away from home during Thursday Overnights or Overnight Camp.

Our staff is committed to supporting campers’ emerging independence & caregivers’ concerns about well-being and homesickness, while helping campers to accept the natural feeling of missing family and adjusting to life at camp in a caring and constructive way. Camp can be a different and new experience for most campers. It is very common for campers to feel homesick, as they are adapting to the new environment and meeting new people.

Homesickness Communication:

All camp staff are trained to work with campers who may develop homesickness. The Camp Leadership team will contact you directly if your camper is having a particularly hard time at camp.

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

- Try to avoid making deals (e.g., “If you don’t like camp after 1 days, we will come get you”). This will make it very difficult for campers to adjust. Instead share your concerns with the Camp Director and their counselors before camp starts or at drop off.
- Encourage your Girl Scout to speak to a counselor about what they are thinking about camp—both the good and the bad. Role-play at home so they will find it easier to talk about their feelings. Reassure them that feelings about missing home are normal.
- Make your camper aware of what camp life is like: woods, sounds of nature, bugs, platform tents, yurts, cabins, flushies, outdoor cooking, making new friends, learning new skills, stretching their comfort zone, rainy days, sunny days, hot days, and, most of all, fun times.
- Encouraging them to bring something familiar from home, such as a favorite stuffed animal, a favorite book, or stationery and stamps to write letters.
- Writing positive and encouraging letters and e-mails—don’t dwell on how much you or their pets miss them.
- Write frequent, short, encouraging letters. Focus on positive news and how excited you are to hear about new friends & adventures. Avoid over sharing about how much you miss them.

Camper Mail at Overnight Camp

Parents are welcome to send mail to their campers while at camp. We will also have a table at drop off where caregivers can drop off letter, packages, or write a small note. Please label all mail with the campers name and program. Any food brought by campers must be stored in the dining hall or counselor cabin, as food products left in camper spaces attract animals. Campers may access their food at designated times set by their counselors. Energy drinks or caffeinated drinks are not allowed.

Camper Name & Program
PO Box 359
West Kingston, RI 02892

Letter Writing at Overnight Camp

Campers can write letters home if they’d like to. There is not a designated time for letter-writing, but there is plenty of time during the time before bed or “me time” for them to write. All letters must be pre-stamped and addressed so we can send them out.

Photos at Camp

GSSNE will curate a photo gallery for each camp session located in the NEW SmugMug system in connection with Ultra Camp. Albums will be divided by session. Campers will no longer receive physical unit photos. We do not make any guarantees that your camper will be photographed as our priority is the health and safety of the campers and staff. Additionally, Camp Hoffman is challenge by choice, which includes photography. If a camper does not want their picture taken, they will not be forced to do so. Campers without a photo/media release will wear a wrist band and will not have their photo taken.

Program Overview

Activities that campers could participate in vary each day based on age, program, other groups, weather, and the number of campers and staff.

Possible Activities:

- Free Swim or Water Games
- Canoeing
- Kayaking*
- Corcling*
- Paddle Boarding*
- Sailing*
- Ga Ga Ball & Field Games
- Arts & Crafts
- Theatre
- Nature
- Outdoor Skills*
- Outdoor Cooking*
- Archery*
- Hatchet Throwing*
- Team Building
- Low Ropes*
- High Ropes/Zipline*
- Flying Squirrel*
- Swingshot*
- Climbing Wall
- & More!

* = not all age groups are permitted to participate in some activities or portions of activities (i.e. some outdoor skills) based on the Safety Activity Checkpoints set by GSUSA.

Waterfront Closures

Our waterfront is tested weekly by both our facilities team and RIDEM to ensure that bacteria levels are safe for swimming. Unfortunately, due to extreme weather conditions or high heat the bacteria levels in our swimming area may increase to unsafe levels for swimming and some types of boating.

If there is a waterfront closure, families will be notified via email and other designated lines of communication. We assure that all programs are adjusted so that campers receive the program they signed up for with boating, water-based games and activities, ponding, and all of our other favorite camp activities.

Example Schedules

Schedules are flexible during camp and are based on each groups program & theme. Schedules often change throughout the week based on weather, availability, staffing, and potential pond closures.

NOTE: High Adventure or Specialized programs schedules may vary.

Overnight Camp

6:45am - Road Runner & Polar Bear (optional)
7:30am - Flag then Breakfast
8:30-9:30am - Activity 1
9:30-10:30am - Activity 2
10:30-11:30am - Activity 3
11:30am-12:30pm - Lunch
12:30-1:30pm - Me Time
1:30-2:30pm - Activity 4
2:30-3:30pm - Activity 5
3:30-4:30pm - Showers
4:30-5:15pm - Unit Time
5:15pm - Flag then Dinner
After 6:30pm - All Camp Activity or Unit Activities
9:30pm - Bed Time

Day Camp

9-9:30am - check in /Morning Meeting
9:30-10:30am - Activity 1/snack time
10:30-11:30am - Activity 2
11:30am-12:30pm - Lunch
12:30-1:30pm - Activity 3
1:30-2:30pm - Activity 4
2:30-3:30pm - Activity 5
3:30-4pm end of day
4-5:15pm - Extended Day (M-TH registration Required)

Campers wake up roughly around 6:30am and head to bed around 9:30pm. Bed time may be later on Thursdays due to programming. They will be sleeping in platform tents, rustic cabins, or yurts.

Per GSSNE/GSUSA guidelines, camp counselors do not sleep in tents with campers, they will be in nearby cabins within the unit. Sleeping accommodations may differ on High Adventure trips.

Swim Checks

GSSNE and ACA policy requires that all persons, staff, and campers, prior to participating in deep-water swimming aquatic activities, be:

- Evaluated and classified as to swimming ability, and assigned to areas, equipment, facilities, and activities appropriate to their abilities

Participants and staff members must participate in a swim check at our waterfront prior to participating in any aquatic activities.

Participants receive a color-coded wrist band for easy ability identification.

- Red – beginner
 - Anyone who is not tall enough for yellow / won't put face in water/ does not take test
- Yellow – advanced beginner
 - Able to stand in yellow section and comfortable putting face in water
- Green– intermediate
 - Able to float on front/back, able to tread water for 10 seconds, proficient in freestyle and backstroke, able to stand in yellow/green
- Blue –advanced
 - Able to float on front/back, tread water for 20 seconds, proficient in freestyle, backstroke, and breaststroke, able to stand in yellow/green

There are always lifeguards on duty during waterfront activities. You do not need to provide any flotation devices. Campers will be given lifejackets at the caregiver's request or if they would like to go into deeper areas. All campers and staff are required to wear a lifejacket at all times while boating.

Extreme/Inclement Weather

Safety of our campers and staff is always our number one priority. In the event of extreme weather, programming will be adjusted for the safety of everyone on property.

- In the event of storms, including overnight, campers will be brought into buildings for safety
- During heat waves, we will have many breaks for water, have more relaxed programming in the shade, lots of water activities, and some programs may be moved indoors. It is our top priority to keep campers safe from the heat and well hydrated during high heat days.

When helping your camper pack for the day/week, please check the weather to make sure you've included everything that will help your camper have the best camp experience possible!

Group Placement/ Buddy Requests

The Camp Director and Assistant Director will place campers in groups (units) appropriate to their registered program and age. If you are interested in submitting a buddy request, please do so during the registration process. We may not be able to honor buddy requests if they are made within two weeks or less prior to the start of a camp session. We do not track troop numbers.

Lost & Found

GSSNE is not responsible for the loss of any personal belongings or equipment. Lost and found will be held at camp until August 10th, 2026. After August 10th, all lost and found will be disposed of or donated. Please write your camper's name or initials on ALL camp gear and clothing to make it easier to get it back to them!

Food at Camp

Meals at camp are well-balanced, tasty, and served by our professional food service provider. All lunches and Friday breakfast will be served cafeteria style. Dinners and most breakfasts (except Friday) are served family style. Camp also has cookouts on Thursday for dinner and potentially other times throughout the week based on program schedules. High adventure overnight programs may have cookouts and/or food served by our program partner on trips. High Adventure day programs receive a bagged lunch from our professional food service provider.

Camp serves a wide variety of kid-friendly food, and campers are usually able to find food they like. Fresh fruit and sun butter & jelly are always available as an alternate option at mealtimes.

Day Campers

All campers are provided with lunch each day. All meals are hearty and kid-friendly! Worried about a picky eater? It's ok to pack them safe foods from home for lunch just in case! Day campers are required to bring a water bottle and snacks each day. Please remember we are a **nut free** campus. Please do not pack nuts or nut products. If a camper does come to camp with nuts, they will still be able to eat but **MUST** sit at the nut table for the meal and wash their hands after eating.

Dietary Restrictions

With advanced notice (listed in Ultra Camp):

- Vegetarian diets can be accommodated and do not include beef, chicken, or pork.
- Gluten-free options can be provided
- Dairy free options can be accommodated

If there are any other dietary restrictions or allergies for your registered camper, a parent/guardian should contact the Camp Director at least 2 weeks prior to the camp session starting at customercare@gssne.org to see if this is a restriction we can accommodate.

If your camper has any dietary restrictions or is allergic to any food, it **MUST** also be noted on Ultra Camp.

All campers with dietary restrictions or allergies will receive a wristband noting this. This ensures that if a camper is going through our lunch or salad bar line or is sitting at a table without their counselor, all staff can easily ask or identify their restriction.

Food Brought to Camp by Overnight Campers

Any food brought by overnight campers must be stored in the dining hall or unit's counselor cabin in containers, as food products left in tents attract animals. Any food deemed an allergic risk will be held until the end of the session. Campers may access their food at designated times set by their counselors. However, energy drinks or highly caffeinated drinks are not allowed.

If overnight campers are hungry not at mealtimes, they can inform their counselor and ask for a snack. An example of a snack is fruit.

Day Camp Packing List

The following list is intended as a guide for families. Please note that camper equipment need not be new and remember to write your camper's name or initials on ALL camp gear and clothing!

Campers should be prepared to carry their backpack with them throughout the day.

In a backpack:

- ☐ Filled water bottle - A MUST!
- ☐ Snacks for snack time
- ☐ Swimsuit (one-piece or athletic-style two-piece)
- ☐ Towel
- ☐ Hat and/or bandanas
- ☐ Extra hair ties (if needed)
- ☐ Sunscreen
- ☐ Insect repellant (with 20% DEET recommended)
- ☐ An extra change of clothes is recommended for younger campers!

Dress for the weather everyday!

- ☐ Closed foot shoes (sneakers – no Crocs™ or flip flops)!!!
- ☐ Socks
- ☐ T-shirt
- ☐ Shorts or pants
- ☐ Rain Gear (if needed and no umbrellas)
- ☐ Warm jacket, sweater, or sweatshirt (if needed)

Medications (if applicable)

All prescribed or over the counter medications must be given to the Camp Director or medical team upon arrival to camp.

- Prescribed medications must be kept in the original container bearing pharmacy label, prescription number, date filled, physician's name, directions for use, and patient's name.
- All emergency medications (epi-pens, inhalers, Benadryl, etc.) will be carried by the camper at all times in their backpacks

Thursday Overnight Packing List

This list is IN ADDITION TO the normal day camp packing list.

Please Note: Campers should be prepared to carry their luggage to their units with minimal assistance from counselors and other campers.

- ☐ Sleeping bag or blanket
- ☐ Pillow & pillowcase
- ☐ Sheet (twin size)
- ☐ Change of clothes
- ☐ Pajamas
- ☐ Flashlight/lantern and extra batteries
- ☐ Deodorant
- ☐ Toothbrush & toothpaste
- ☐ Mess kit or unbreakable cup, plate, bowl, & utensils
- ☐ Bag for dirty or wet clothes
- ☐ Small stuffed animal
- ☐ Retainer (if worn)
- ☐ Brush or comb
- ☐ Extra Swimsuit (if desired)

The Thursday Overnight can be added until Tuesday at Noon of each session by emailing customercare@gssne.org

NOTE: The following items are prohibited at GSSNE camps: iPods, cell phones, electronic games, smartwatches, personal sports equipment, weapons, pets, illegal drugs, cigarettes/vapes, and alcoholic beverages. Electronics brought to camp will be collected and stored in the camp office. Campers bringing illegal drugs and/or alcohol to camp will be immediately dismissed.

Mini Camp Packing List

The following list is intended as a guide for families. Please note that camper equipment need not be new and remember to write your camper's name or initials on ALL camp gear and clothing!

Please pack in large, easy-to-carry backpacks, trunks, or duffel bags that are less than 14 inches in height when packed – this will allow the bag to slide under the cot!

Sleeping Gear

- ☐ Sleeping bag or blanket
- ☐ Pillow & pillowcase
- ☐ Sheet (twin size)

Clothing

- ☐ T-shirts for each day (plus 1)
 - (no belly, midriff or spaghetti strap shirts)
- ☐ Shorts (a pair for each day, plus 1)
- ☐ Long sleeve shirt
- ☐ Sweatshirt or jacket
- ☐ Long pants or jeans (1 pair)
- ☐ Hat and/or bandanas
- ☐ Underwear (a pair for each day, plus 2)
- ☐ Bras (if needed)
- ☐ Pajamas
- ☐ 2 Swimsuits (one-piece or athletic-style two-piece)
- ☐ Raincoat or poncho
- ☐ Socks (a pair for each day, plus 2)
- ☐ 1 pair of closed foot shoes (sneakers – no Crocs™ or flip flops)

Toiletries

- ☐ Towel(s) (swimming and showering) & washcloth
- ☐ Small carrying case/basket/caddy for all toiletries
- ☐ Soap & shampoo
- ☐ Deodorant
- ☐ Toothbrush & toothpaste
- ☐ Brush or comb
- ☐ Hair ties or scrunchies
- ☐ Sanitary supplies (if needed)
- ☐ Sunscreen
- ☐ Insect repellent (with 20% DEET recommended)
- ☐ Shower shoes (flip flops, Crocs, water shoes, etc. to be worn **ONLY** in the shower house)

Camp Gear/ Equipment

- ☐ Small daypack/backpack
- ☐ Water bottle
- ☐ Flashlight/lantern and extra batteries
- ☐ Mess kit or unbreakable cup, plate, bowl, & utensils
- ☐ Laundry bag

Optional

- ☐ Camera and extra batteries (or disposable camera)
- ☐ Tissues
- ☐ Small stuffed animal
- ☐ Sunglasses
- ☐ Glasses (if needed)
- ☐ Retainer (if worn)
- ☐ Book, journal, deck of cards, etc.
- ☐ Stationary (including pre-addressed envelopes) & stamps to write home!
- ☐ Pens/pencils
- ☐ Water Shoes
- ☐ Small amount of cash (\$5 - \$50) for purchases at the camp store aka Trading Post
 - This can be dropped at the store during check in
- ☐ Bug net (pop up style only)
 - [Click for an example](#)
 - [Click for another example](#)

Medications (if applicable)

All prescribed or over the counter medications must be given to the Camp Director or medical team upon arrival to camp.

- Prescribed medications must be kept in the original container bearing pharmacy label, prescription number, date filled, physician's name, directions for use, and patient's name.
- All emergency medications (epi-pens, inhalers, Benadryl, etc.) will be carried by the camper at all times in their backpacks

NOTE: The following items are prohibited at GSSNE camps: iPods, cell phones, electronic games, smartwatches, personal sports equipment, weapons, pets, illegal drugs, cigarettes/vapes, and alcoholic beverages. Electronics brought to camp will be collected and stored in the camp office. Campers bringing illegal drugs and/or alcohol to camp will be immediately dismissed.

Overnight Camp Packing List

The following list is intended as a guide for families. Please note that camper equipment need not be new and remember to write your camper's name or initials on ALL camp gear and clothing!

Please pack in large, easy-to-carry backpacks, trunks, or duffel bags that are less than 14 inches in height when packed – this will allow the bag to slide under the cot!

Note: High Adventure programs will have different packing lists due to travel and specialized activities. Please keep an eye out for an email from the Camp Director with details.

Sleeping Gear

- ☐ Sleeping bag or blanket
- ☐ Pillow & pillowcase
- ☐ Sheet (twin size)

Clothing

- ☐ T-shirts for each day (plus 2)
 - (no belly, midriff or spaghetti strap shirts)
- ☐ Shorts (a pair for each day, plus 2)
- ☐ Long sleeve shirts (1 or 2)
- ☐ Sweatshirt or jacket
- ☐ Long pants or jeans (1 or 2)
- ☐ Hat and/or bandanas
- ☐ Underwear (a pair for each day, plus 2)
- ☐ Bras (if needed)
- ☐ Pajamas
- ☐ 2 Swimsuits (one-piece or athletic-style two-piece)
- ☐ Raincoat or poncho
- ☐ Socks (a pair for each day, plus 2)
- ☐ 2 total pairs of closed foot shoes (sneakers – no Crocs™ or flip flops)

Toiletries

- ☐ Towel(s) (swimming and showering) & washcloth
- ☐ Small carrying case/basket/caddy for all toiletries
- ☐ Soap & shampoo
- ☐ Deodorant
- ☐ Toothbrush & toothpaste
- ☐ Brush or comb
- ☐ Hair ties or scrunchies
- ☐ Sanitary supplies (if needed)
- ☐ Sunscreen
- ☐ Insect repellent (with 20% DEET recommended)
- ☐ Shower shoes (flip flops, Crocs, water shoes, etc. to be worn ONLY in the shower house)

Camp Gear/ Equipment

- ☐ Small daypack/backpack
- ☐ Water bottle
- ☐ Flashlight/lantern and extra batteries
- ☐ Mess kit or unbreakable cup, plate, bowl, & utensils
- ☐ Laundry bag

Optional

- ☐ Camera and extra batteries (or disposable camera)
- ☐ Tissues
- ☐ Small stuffed animal
- ☐ Sunglasses
- ☐ Glasses (if needed)
- ☐ Retainer (if worn)
- ☐ Book, journal, deck of cards, etc.
- ☐ Stationary (including pre-addressed envelopes) & stamps to write home!
- ☐ Pens/pencils
- ☐ Water Shoes
- ☐ Small amount of cash (\$5 - \$50) for purchases at the camp store aka Trading Post
 - This can be dropped at the store during check in
- ☐ Bug net (pop up style only)
 - [Click for an example](#)
 - [Click for another example](#)

Medications (if applicable)

All prescribed or over the counter medications must be given to the Camp Director or medical team upon arrival to camp.

- Prescribed medications must be kept in the original container bearing pharmacy label, prescription number, date filled, physician's name, directions for use, and patient's name.
- All emergency medications (epi-pens, inhalers, Benadryl, etc.) will be carried by the camper at all times in their backpacks

NOTE: The following items are prohibited at GSSNE camps: iPods, cell phones, electronic games, smartwatches, personal sports equipment, weapons, pets, illegal drugs, cigarettes/vapes, and alcoholic beverages. Electronics brought to camp will be collected and stored in the camp office. Campers bringing illegal drugs and/or alcohol to camp will be immediately dismissed.

Wellness at Camp

Our Medical Team, Camp Director, and Assistant Directors oversee all medical concerns and at a minimum are First Aid/CPR/AED certified. Many camp staff also have First Aid and CPR certification so they can provide prompt care to campers. If the need arises, a local physician is available for consultation.

Medications

All medications (prescription, over-the-counter, and vitamins/supplements) must be given to the Camp Director or medical team upon arrival to camp.

- Prescribed medications must be kept in the original container bearing pharmacy label, prescription number, date filled, physician's name, directions for use, and patient's name.
- Non-prescription medications must be in original containers and written dosage instructions by a caregiver must be noted on the Camper Medication Form.
- All emergency medications (epi-pens, inhalers, Benadryl, etc.) will be carried by the camper at all times in their backpacks
- To ensure a smooth transition, we recommend that campers continue the medication they need during the school year at camp.

Tip! Pack medications in a Zip Lock bag labeled with the campers name, program, & bus.

Injury/Illness & Communication

Minor injuries and illness, such as bumps, bruises, scrapes, and routine stomach ache will be cared for and monitored by the medical and or director teams. Caregivers will be contacted as soon as possible if a camper's injury/illness is more severe and may require a visit to a physician, the emergency room, or if a camper needs to be in the Health Center for a prolonged stay. Caregivers will be contacted to pick up a camper if needed. Caregivers will be contacted to pick up a camper if a camper develops a contagious condition or illness while at camp to avoid its spread throughout camp.

Behavioral, Medical, and Dietary Concerns and Restrictions:

If there are any behavioral (ADHD/ADD, ASD, etc.), medical (including mental health), or dietary concerns for your registered camper, a parent/guardian should contact the Camp Director at least 2 weeks prior to the camp session starting. If your child requires support in school, special treatments, injections, is immune compromised, has mobility limitations (i.e. cast, crutches, or wheelchair) or any other special issues please contact customercare@gssne.org to discuss a potential support plan with a staff member. Some scenarios will require a doctor's note.

Behavior Agreement

At GSSNE, we strive to create a caring and supportive community. We want all participants to feel safe, welcomed, and accepted. Following and abiding by the rules and guidelines ensures a memorable experience for all. Campers are expected to respect themselves and others.

Inappropriate behavior negatively affects everyone and can compromise safety. Since the experience at camp passes quickly, we try to deal with behavior by setting clear expectations. Everyone will hear the rules which include: respect the staff and respect others in the group. In addition to these rules, many groups create their own group contract, which outlines the behavior expected by group members. The group creates this themselves and signs their name acknowledging that they will abide by their contract. If a participant breaks the rules, a staff member will speak with the participant and work with them to correct their behavior. We use a series of consequences for any behavior that has gone beyond acceptable limits. This consequence structure, combined with positive reinforcement, is designed to put behavior decisions in the child's hands. It is meant to give a camper plenty of chances to make good decisions. The goal is to change negative behavior in order to prevent anyone from not being able to participate in camp activities. If a camper is excused from camp based on behavior a parent/guardian or other authorized adult is required to pick up their camper within a 2-hour time frame.

Programs with Off Property Experiences

Several of our most challenging and exciting programs include a trip out of camp. Campers will be oriented to safety guidelines and transported to off-camp sites in 15-passenger vans or a school bus. Staff are equipped with a cell phone, camper records, first aid kits, and emergency medications. Staff are also First Aid/CPR/AED certified.

Campers must follow the behavior guidelines set by their counselors and program partners and act responsibly. Behavior that deviates from the set guidelines may result in immediate dismissal from the program—a parent/guardian will be required to meet the group where they are and return to camp to collect belongings.

Phones and Calling Your Camper

Campers are not permitted to have phones at camp. We encourage campers to disconnect and really immerse themselves in the camp experience.

Visits and calls to campers might disrupt their program and would be hard for those campers whose families are not calling. Parents are welcome to send mail to their campers while at camp.

Parents may call the camp office or email camp (camphoffman@gssne.org) to check on your camper. The staff will be happy to tell you how your camper is doing. Administrative staff works with counselors and campers during the day and may not be able to come to the phone or answer emails immediately. Please leave a detailed message and we will get back to you as soon as possible.

Parents will be contacted by the Director or Medical Team if there is an issue.

Day Camp Bus Information

Check out the [Day Camp page](#) on our website to access this year's day camp bus schedule. Registration is required for the bus!

If there is an emergency or change to bus pick-up or drop-off times or location, all parents/guardians will be notified by the Camp Director or other camp staff members.

Make sure to opt in to texts on Ultra Camp for easy access to delay information!

School Bus Rules & Safety Tips

We want to make sure your trip to and from camp is as enjoyable as possible. It is important to make you and your child familiar with the bus rules before traveling.

- Stay in your seat- no standing or walking around
- Keep noise level down
- Keep heads, hands, and feet inside of bus
- Don't throw things inside the bus or out the window
- Not eating or drinking on the bus
- Keep the bus clean
- No smoking, tobacco, or vaping on the bus
- Don't be destructive
- Be courteous. Cooperate with the driver and camp staff members
- Stay out of the "Danger Zone"- anywhere within 10 feet of the bus
- Don't ever try to get anything you left on the bus after you have already gotten off. We will do our best to ensure personal property is returned.
- Don't try to pick up anything dropped underneath the bus.
- Always follow the driver's directions about how to cross the street. Be alert to traffic, look both ways, and always walk in front of the bus.
- If there is an emergency let a staff member know right away
- Check for all of your belongings before leaving the bus



Trading Post, Care Packages & Badges

Camp Trading Post (store)

During their time at camp, campers will have the opportunity to visit the Camp Trading Post, the store at camp. Both Day & Overnight campers will have the opportunity to visit once during the week. It will also be open during overnight camper check-in on Sundays and day & overnight check-out on Fridays. If parents of overnight campers would like to provide their camper with funds to spend, it is recommended that they drop it off at the trading post during camper drop-off.

Campers can bring any amount of money they would like to spend, we have items ranging from \$2-\$20 per item. The trading post accepts cash and Visa/Master Card/American Express prepaid cards. There are a variety of things like patches, stuffed animals, t-shirts, and other "merch". It is very similar to the items available at the shop in the Council office.

Not sending your camper with money? No problem! During this time as campers take turns in the shop if they bring money, all campers in the group will be engaged in an activity, whether that is card or field games, a singalong, friendship bracelets, or something else fun!

Care Packages

If you purchased a care package for your camper during registration, these will be delivered to them on the Tuesday that they are at camp.

Badges

All of our camp programs are designed with Girl Scout badges in mind. All campers will have completed at least one badge by the end of each camp session. Check out the [Summer Camp page FAQs](#) on our website to access this year's badges! Badges vary by program and will be given out at the end of each week. If your camper did not receive their badge, please contact camphoffman@gssne.org with their name, session, and program.

If your Girl Scout has already earned the designated badge with their troop or individually, there are always camp fun patches for purchase in the camp trading post or at the GSSNE council shop.



Shared Responsibilities at Camp

Each unit of campers will be responsible for completing kapers (chores) within their group and around camp each week. Camp life is a balance of fun, friendship, and growth, and kapers are a

Girl Scout tradition that helps girls learn responsibility and teamwork skills in caring for our facilities. This is a great way for campers to learn life skills, clean up after themselves, and be a part of a bigger community. Kapers should take no more than 15 minutes.

Examples of group kapers: making sure their own sleeping quarters and unit flushies (bathrooms) are clean.

Examples of shared all camp kapers (each group takes turns for these): Setting up for a meal, sweeping the dining hall after a meal, leading songs, raising the flag at overnight camp, stocking and cleaning a flushie (bathroom), etc.

Counselors supervise and help with all kapers. Depending on age and ability, campers may handle non-toxic cleaners in spray bottles to clean counters and other surfaces with paper towels. A camper will never clean a toilet, this is handled by staff.

All campers are instructed to wash their hands after cleaning.

