TWO SENTINELS GIRL SCOUT CAMP
P.O. Box 10906 Pleasanton, CA 94588 • twosentinels@gmail.com • (925) 289-9469

Tags Confirmation Packet 2026

Welcome to Two Sentinels! Read through this entire packet--it includes lots of information and advice and answers to many of the questions you may have about Two Sentinels and attending a resident camp. All paperwork must be scanned and uploaded to Ultracamp or mailed--we can't accept faxes. Contact us if you have any questions!

Important 2026 Dates

Physician form and fees due	May 15
Session 1	July 6-15
Session 2	July 15-24
Session 3	July 24-Aug 2

Important Documents

- Included Tips for Tags document
- Attached physician clearance form
- Attached packing lists for camp
- Packing Guide

Countdown to Camp

❑	Now	Schedule physical exam. Every camper must submit a physician clearance form signed by their doctor by May 15. Schedule your appointment now and ensure the health history (in Ultracamp's document center) is up to date.
❑	May 15	Physician clearance form and fees due. Pay and submit forms in Ultracamp (easiest way!) or mail them to: Two Sentinels Girl Scout Camp P.O. Box 10906, Pleasanton, CA 94588
❑	June	You'll receive transportation details by email. Start packing and practice stuffing your own sleeping bag at home!
❑	July	Depart for camp! Usually Tags come up to camp early with their staff parent and other staff kids. Leave all other food, candy, money, and electronics at home!

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Tips for Tags

Packing for Tags
The packing list attached for Tags is different than the regular camper packing list--and for good reason! We've watched hundreds of Tags go through camp and we've found the needs of Tags are different from staff or other campers. Feel free to bring more than the recommended number of an item on this list, but we don't recommend bringing less than what's listed--Tags get very dirty!

Day Pack
Remember daypacks need to store all the items your child needs for a day out. We suggest testing your child's pack. It should fit a lunch bag, a towel, a swimsuit, swim shoes, a sweatshirt, a flashlight, and a large water bottle.

Medication
All medication is given to the nurse before camp begins; medication does not belong in your child's duffel bag or backpack. Pack your Tag's medication in your own gear.

Sleeping Gear
It can be cold at night and some children find it more difficult to get out of bed when nature calls. Bedwetting is common. If you think it's possible your child may wet the bed, please bring pull- ups! An extra sleeping bag is a must for all children who might wet the bed or leak out of their pull-ups. Bring the extra bag to your child's unit when you set them up at camp and let staff know where the extra bag is located. 3AM runs across camp for a dry sleeping bag are not fun for anyone!

Best Ways to Pack
Tags have a lot of stuff, so packing can be tricky. We recommend one of these methods:

1. 3 small duffels
    a. Tops/sweatshirts in one bag
    b. Bottoms/undies/socks in a second bag
    c. Jackets/toiletries/all other supplies in a third bag
2. By day with clothes packed in individual ziplocks or grocery bags and labeled
    a. Each day = two shirts, two pairs of pants/shorts, two pairs of socks, and two pairs of underwear
    b. Plus a small duffel of miscellaneous items and extras

Managing the Mess
Tags occasionally need help keeping track of their stuff. We recommend packing together with your Tag so they know where everything is stored. At camp, you will get to tuck in your Tag at night. During Tag Tuck In, it often makes the next morning smooth to place tomorrow's clothes by their sleeping bag or on top of their duffel. Also taking dirty clothes out of the unit after Tag Tuck In makes it easier to find what's clean.
Note: Do not try to share supplies or clothing with your Tag. It doesn't work.

Stuffed Animals
Sometimes Tags sleep better with a familiar friend at their side, so stuffed animals or blankies are welcome. But remember: everything at camp gets dirty! Quiet books are great for rest time, which the Tags will get nearly every afternoon.

Toys, Electronics, and Video Games
Don't bring other games or toys unless they can be shared with all the Tags. No video or handheld electronic games – this includes Kindle and Nook devices.

Fishing
We try to take Tags fishing, but due to weather, schedules, and availability of a licensed adult, it's sometimes not feasible. No need to bring a fishing pole or supplies for your Tag--we have them at camp already!

Preparing Tags for Camp
Lastly, please remember that your child picks up on your attitude. If you are excited and optimistic, they will be too! Use positive language to discuss new adventures like hikes, new friends, and sleeping outside. This can be a great learning experience for both you and your child.

If you have any questions, email us!

Your Tag will have a blast at camp and we love watching them grow over the session!

How do I upload my physician clearance form in Ultracamp?
See our website for instructions

Can I get mail at camp?
Yes! Your family can send postcards and letters to you at this address:

Your Name, Session, Unit
Two Sentinels Girl Scout Camp
P.O. Box 4
Kirkwood, CA 95646

Have your family write early! Mail takes 5-7 days to reach us. Letters sent to the Pleasanton P.O. box will not reach you at camp.

NO PACKAGES. These may seem like a good idea, but we are remote and our post office is very small. Our mail is driven over an hour to our location and is carried into camp by hand so we are not equipped to handle anything bigger than letters. Care packages will be returned to sender.

What if I forget something?
Call us at the camp number (925-289-9469). We can usually find a replacement at camp right away. For things like prescription medications left at home, do not just send them in the mail (they won't reach us before you go home)--we'll work out a solution with you right away!