

2019 Camp Orientation Guide





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Questions about camp or the camp registration process?

Our Member Support Team is always happy to help!
email: info@gsutah.org or call: (801) 265-8472

Meet the Outdoor Program Team

At Girl Scouts of Utah, we believe you want your camper to have a chance for personal development in a safe environment. We also know girls want to have a fun adventure. We work to provide both by hiring and training qualified staff and offering a quality outdoor experience.

Girl Scouts of Utah's full-time outdoor program team is in place to ensure an exceptional experience for your Girl Scout – and peace of mind for you. We look forward to meeting all of you, and can't wait for your adventure to begin!

Cloud Rim Director - Candice Olsen

I became a Camp Director so I could influence the character growth in the girls we serve, resulting in confident and brave go-getters. My hope is that Camp Cloud Rim becomes a place where all girls feel a sense of family and belonging. Born and raised in Nebraska, I graduated from the University of Nebraska-Lincoln with a Bachelor of Journalism. I have been a Camp Director for 13 summers, and I am super excited to spend the 14th summer at Camp Cloud Rim. I can't wait for your campers to join our camp family this summer!

Trefoil Ranch Director - Lauren Raivan

My favorite thing about camp is seeing the pure joy a girl experiences when she completes a new challenge – that grin on her face that says she can do anything she puts her mind to. I graduated from the University of Northern Iowa with a B.A. in Leisure, Youth and Human Services. In total, I have been a member of camp staff at various Girl Scout camps for 10 summers, including Camp Cloud Rim and Trefoil Ranch. In addition to my camp experience, I also completed a semester with the National Outdoor Leadership School's Outdoor Education program. I have loved directing Trefoil Ranch for the past three summers, and can't wait for your girl to join us at camp in 2019!

Camp Counselors

Our counselors are energetic and caring role models selected based on talents, skills, and experience. Counselors receive intensive training on risk management, program development, Girl Scout program and philosophy, age level characteristics, environmental education, behavior management, and outdoor skills. Additional training is given for adventure programs. All staff are CPR and First Aid certified. Male staff supports horses, ropes course, archery, waterfront, and rock climbing; as well as kitchen and administration. Male staff has separate sleeping quarters.

Camp Philosophy and Camp Life

Camping provides girls a rich experience away from home. Camp is a great place for a girl to unlock her potential and discover the world and the great outdoor adventures that await her! This unique environment helps her develop positive self-esteem, leadership skills, and social skills, all while having the time of her life. The summer camp experience is truly a building block in the development of girls into successful and resourceful young women. In this outdoor setting, girls develop a strong sense of self, gain practical life skills, become resourceful problem solvers, and cultivate healthy relationships by living and working together.

What is Resident Camp?

Girls can have a three-day to three-week camp experience at Camp Cloud Rim or Trefoil Ranch during June, July, and August. Girls attend camp by themselves or with girls from within their troops or families. Girls register for specific programs based on their interests (art, horses, water, rock climbing, etc.) and age groups. There is a set group of camp staff who stay with the girls during their time at camp. Campers participate in a wide variety of activities while at camp. Resident Camp program details can be found in the current Summer Camp Catalog.



Camp Locations and Facilities

Trefoil Ranch is located on 123 acres of beautiful ranch country tucked away in Provo Canyon. Trefoil Ranch features a lodge, ranch house, bunk house, showers, electricity, hot water and flush toilets. Trefoil Ranch is home to about 20 horses, offering unique opportunities to experience equestrian programs. Girls live in cabins or platform tents with staff located nearby. Girls can enjoy horseback riding instruction, high and low ropes courses, archery, biking, hiking, and other camp activities.

Camp Cloud Rim sits at an elevation of 9,200 feet near Park City, nestled among aspen and pine on the shores of Lake Brimhall. Camp Cloud Rim has beautiful facilities including a lodge and shower house, electricity, hot water and flush toilets. Girls live in cabins or platform tents with staff located nearby. A highlight of Camp Cloud Rim is beautiful Lake Brimhall where campers can canoe, sail, kayak, and swim. Other activities include photography, pottery, rock climbing, hiking, and backpacking.



Accreditation

Accreditation means that the camp undergoes a thorough review process by outside camping professionals every five years (last on site visit was in 2016). Trefoil Ranch and Camp Cloud Rim are proud to be accredited by the American Camp Association (ACA) and meet its high standards for program design and activities, site and food service, transportation, health and wellness, operation management, and human resources. In addition, both camps follow all guidelines recommended by GSUSA in Safety Activity Checkpoints and Girl Scouts Sites and Facilities.

Girl Scout Camp Open House

Girl Scouts of Utah welcomes families to visit one or both of our camp properties during our open house day. For first-time campers and their families, this is a great opportunity to see where girls might sleep, meet the Camp Director and counselors, check out the dining hall, and explore the program areas. Register by May 31 to attend one of the sessions below at www.gsutah.org/camp

Trefoil Ranch	Saturday, June 15	2:00-5:00 p.m.
Camp Cloud Rim	Saturday, June 22	2:00-5:00 p.m.

“You and Me” Introduction to Camp

Join us for a camping adventure with your favorite male or female adult. Get a taste of what camp life is all about. From arts and crafts to campfires and cookouts and so much more! Trefoil Ranch offers horseback riding, archery, and the ropes course. Cloud Rim provides paddling on the lake and rock climbing. For girls in grades 1-12 in fall 2019. Girls must attend with an adult. Age restrictions apply to certain activities.

Cloud Rim	June 21, 6:00 p.m. – June 23, 6:00 p.m.	Registration Deadline: June 10	\$120/person
Trefoil Ranch	June 13, 6:00 p.m. – June 15, 6:00 p.m.	Registration Deadline: June 3	\$120/person

Camp Program Information

Girl Scout Mission Statement

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

Girl Scout Leadership Experience

At Girl Scouts, guided by supportive adults and peers, girls develop their leadership potential through age-appropriate activities that enable them to discover their values, skills, and the world around them; connect with others in a multicultural environment; and take action to make a difference in their world. These activities are designed to be girl led, cooperative, and hands-on-processes that create high-quality experiences conducive to learning.



Research shows that Girl Scouts is linked to success! Girl Scouts shine above their peers in leadership, academics, career aspirations and hope for the future. Girl Scouts are more likely than non-Girl Scouts to:

-  Have a strong sense of self (80% vs. 68%)
-  Develop and maintain healthy relationships (60% vs. 43%)
-  Have positive values (75% vs. 59%)
-  Exhibit community problem-solving skills (57% vs. 28%)
-  Seek challenges and learn from setbacks (62% vs. 42%)

When girls exhibit these attitudes and skills, they become responsible, productive, caring, and engaged citizens. But don't take our word for it! Studies show that the development of attitudes, behaviors, and skills like confidence, conflict resolution, and problem solving are critical to wellbeing and rival academic and technical skills in their capacity to predict long-term positive life outcomes.

All programs at Trefoil Ranch and Cloud Rim meet the Girl Scouts of the USA (GSUSA) standards of program excellence by focusing on core activities that develop new skills, following the National Girl Scout Leadership Experience and embracing the traditional Girl Scout camp experience.

Summer Camp Program Focus Areas

Connecting girls to the outdoors has never been easier. We offer everything from classic camp activities like roasting s'mores over a fire to more specific camp program, from art to horseback riding to water activities to learning about animals – we have it all and so much more! Girls experience camp life while engaging in activities that are of interest to them. Programs are designed using Girl Scouts of USA curriculum and Girl Scouts of Utah's patch program curriculum. Programs are progressive in nature, building on skill sets year after year, engaging girls' interests, and expanding their knowledge in the activity. Below is a listing of camp programs by focus areas:

- | | | | |
|---|----------------|--|------------------|
|  | Aquatics |  | Horseback Riding |
|  | Art |  | Leadership |
|  | Classic Camp |  | Night |
|  | Cooking |  | Sister |
|  | High Adventure |  | STEM |

Sample Daily Schedule

*Daily schedules vary according to program theme and content.

- 7:00 a.m. Wake up
- 7:45 a.m. Flag Ceremony
- 8:00 a.m. Breakfast and Kapers (camp chores)
- 9:00 a.m. Unit Program Activities
- Noon Lunch
- 1:00 p.m. Me Time (quiet time for campers to rest)
- 2:00 p.m. Unit Program Activities
- 5:45 p.m. Flag Ceremony
- 6:00 p.m. Dinner
- 7:00 p.m. Evening Program
- 9:30 p.m. Lights Out



Regardless of what program a girl attends, all campers will:

- Learn some outdoor skills such as knots, fire building, navigation, trail etiquette, and outdoor cooking.
- Work towards earning badges and patches related to outdoor living and their program content. Campers may or may not complete an entire badge.
- Play games, sing songs, visit the art room, participate in nature awareness activities, go on a hike, participate in a flag ceremony, go to the Trading Post, attend campfire programs, have a cookout, and help take care of camp by doing “kapers” (chores).
- Make choices about what they would like to do, in addition to activities specifically mentioned in program description.

Program Area Specific Information

Camp Cloud Rim and Trefoil Ranch have numerous program areas for the campers to experience during their stay at camp.

- All program areas have staff who are specifically trained for that activity.
- Campers will receive a safety orientation and will be monitored until competency is demonstrated.
- Campers will use the equipment provided by camp; no personal sports equipment is allowed.
- All program areas are progressive in nature by grade level.
- Girl Scouts of Utah’s camps follow the safety guidelines outlined by GSUSA and the American Camp Association.
- All program areas and activities are subject to weather conditions.

Archery at Trefoil Ranch

Girls Entering Grades 1-12

Campers can experience Trefoil Ranch’s archery range which uses Genesis Compound Bows (official bow of the National Archery in Schools Program) and basic archery targets connected to hay bales. Campers can also try out field archery where they have a pre-determined course with targets throughout camp. Camp staff are trained for the camp’s specific archery range through a Level 2 USA Archery Instructor. Some programs may include archery as an optional activity for campers.

Backpacking Experience at Cloud Rim

Girls Entering Grades 6-12

Backpacking trips differ in location varying from Big Cottonwood Canyon to the Uinta National Forest depending on the group’s grade level and experience. All campers should be able to carry a hiking backpack 3-5 miles a day for three days. Individual and group gear is distributed among the campers and staff in order to ensure campers are only carrying up to 1/4 of their body weight. Campers will be emailed a separate packing list specific to backpacking. Camp staff will have gear for the campers to borrow if needed. Camp staff leading backpacking trips have documented experience leading similar trips and have Wilderness First Aid or higher certification.

Bike Riding Experience at Trefoil Ranch

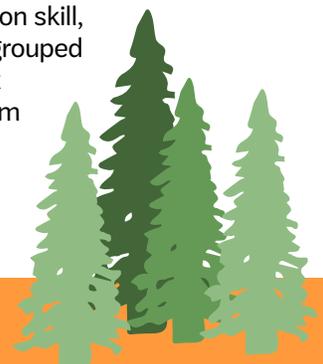
Girls Entering Grades 4-12

Campers participating in rafting programs at Trefoil Ranch will ride bicycles from Trefoil Ranch to Vivian Park (five miles one way). Camp staff will provide the bicycles and helmets which will be fitted for the individual camper. Camp staff will lead the campers at the front and back of the group. The group will stop several times along the way to regroup. Camp staff are trained by the Camp Director. Some programs may include bike riding as an optional activity for campers.

Horseback Riding at Trefoil Ranch

Girls Entering Grades 1-12

If your camper is in a Horseback Riding specific program, during check-in you will meet with the equestrian staff and they will gather information about your camper including thier boot size, helmet size, and any previous riding experience. During your camper’s first visit to the stables, girls will be assessed during their ride based on skill, comfort level, and ability to give commands to their horse. Campers in any equestrian program will be grouped according to experience level and lessons will be geared towards the least experienced rider. Four to six equestrian staff, with extensive Western horseback riding and teaching experience, manage this program with the Camp Director.



Overnight Campouts at Both Camps

Girls Entering Grades 4-12

Campers participating in high adventure focused programs may go on an overnight hike during the week (hiking equipment is provided). Overnight locations are determined by camp staff and campers in each program. Girls will pack their gear for the night, hike to a location, set up pop-up tents, cook dinner on camp stoves, enjoy the evening together, fall asleep under the stars, wake-up and make breakfast, pack up their gear, and hike back to camp. Some programs may include overnight camp outs as an optional activity for campers.

Rafting Experience at Both Camps

Girls Entering Grades 4-12

Rafting trips take place on the Provo River near Vivian Park. Campers in rafting programs should be comfortable in moving water and should have the ability to swim unassisted. All campers will wear lifejackets and have camp staff near them. A camp staff lifeguard will be on each rafting trip as well. Trained and experienced camp staff will lead the rafting trip or the camp staff will contract out services with an outfitter. Campers will either bike from Trefoil Ranch to Vivian Park or will be driven to Vivian Park from Camp Cloud Rim.

Rock Climbing at Camp Cloud Rim

Girls Entering Grades 1-12 (Girls Entering Grades 1-3 Bouldering Only)

Camp Cloud Rim has a rock face chimney attached to the lodge where campers can learn the basics of bouldering and rock climbing. Camp Cloud Rim also has a rock face outcrop on property where 6th-12th graders can experience more climbing. Programs that include an off-site rock climbing trip go climbing in Big Cottonwood Canyon with either trained, experienced camp staff. In addition to climbing, some 6th-12th grade programs begin teaching the campers the basics of belaying. When campers are belaying one another, there is always a trained camp staff as the second belayer, ensuring the safety of both the climber and belayer.

Ropes Course at Trefoil Ranch

Girls Low Ropes Course: Girls Entering Grades 1-12

High Ropes Course: Girls Entering Grades 4-12 (Girls Entering Grades 4-5 High Adventure Programs Only)

Trefoil Ranch has a low and high ropes course. The low ropes course includes several elements for campers to work as a team while working on problem-solving and communication skills. All campers can participate in the low ropes course. The high ropes course provides campers the opportunity to climb up a pole while being belayed then traverse across numerous elements with lobster claws. Each summer the course is inspected and camp staff are trained by Synergo, an Association of Challenge Course Technology approved vendor.

Waterfront at Cloud Rim

Girls Entering Grades 1-12

At Camp Cloud Rim all campers will have the opportunity to experience the waterfront, regardless of their chosen program. The waterfront is staffed by lifeguards with training in watercraft activities. All campers are required to wear lifejackets while operating canoes, kayaks, sailboats, and other watercrafts. Those campers in waterfront specific programs will have the option of doing a swim test. The swim check consists of a 25-yard swim (any stroke), a tread, and a float. Upon successful completion of the swim test, the camper may be in the designated swim area without a lifejacket. All campers can canoe and swim. Campers entering grades 4-12 can kayak and paddle board. Campers entering grades 6-12 can sail and windsurf.

Transporting Campers

Some camp programs require campers to be transported by vehicle for off-site activities such as backpacking, rock climbing or rafting, or from one camp to the other. Both camps have Girl Scout owned vehicles and rental vehicles to transport campers. Drivers are camp staff who have passed a driving test, are 21+ years old, and have passed a driving background check. Campers in leadership programs may go into Park City one weekend during their program. Campers may also be transported to and from a hospital or clinic in the event of a medical situation.



Paying for Camp

There are many options available to help you get your girl to Girl Scout camp: Activity Credits, Tiered Pricing, and Activity Scholarship Program.

To review your order or make payments

1. Log back in to your MyGS account (Username=Email Address).
2. Select the My Activities tab.
3. You'll see all of the programs your household is registered for.
4. Click on the  to see more information about an individual program.
5. Select Balance Due on the right side of the screen to make a payment.
 - You can pay the entire balance or you can make multiple payments over a period of time.
6. **Camp payments are due in full by Wednesday, May 22, 2019.**

Activity Credits

Girl Scout programming is powered by the Girl Scout Cookie Program through Activity Credits. Girls receive Activity Credits to help pay for summer camps, day camps, program activities, Girl Scout membership fees, and items in the Girl Scout Shop.

 For every 50 packages of cookies (from 50-349 boxes), girls earn \$12.50.

 For every 50 packages of cookies (starting at 350+ boxes), girls earn \$15.00.

DID YOU KNOW?

If a girl sells 1,350 packages of cookies, she can go to a week of horse camp using Activity Credits!

Each camp or activity indicates the number of packages of cookies a girl needs to sell in order to attend that program using Activity Credits. Girls can work with a supportive adult to use these quantities to help set their cookie selling goals.

Each camp requires a \$50 non-refundable, non-transferable deposit in addition to the number of packages sold.

To apply Activity Credits to a camp balance, simply bring in or mail the credits to any Girl Scout office with a note indicating to which girl and which program the credits should be applied. You will receive an email confirmation once the payment has been applied.

Tiered Pricing

Tiered pricing makes it possible for all campers to have the same experience regardless of what their caregiver can afford. Tiered prices are listed with each camp session description and should be selected based on what the camper's caregiver can afford. Girl Scouts of Utah strives to ensure all girls have the opportunity to experience camp. No financial documentation is required. Activity Scholarships are available if assistance is needed to pay for tier three.

Tier One (T1): The actual cost to run camps: staffing, program supplies, food, and maintenance costs.

Tier Two (T2): Partially subsidized cost for families that can pay a little more, but not the actual cost of camp.

Tier Three (T3): The standard fee that all families are asked to pay. Girl Scouts of Utah subsidizes the entire remainder of the cost.

Activity Scholarship Program

This program provides assistance for individual girl members who are registered Girl Scouts and wish to attend Girl Scouts of Utah-sponsored camps or programs, but are unable, due to financial restraints. This program is not a reward, nor is it a way to repay volunteer work a caregiver might have done in Girl Scouting. The decision to grant an activity scholarship, and the amount, is based on information provided on the application form. All information is confidential and discussed only by those responsible for allocating money.



Applications for an activity scholarship may be submitted after the completion of the initial registration and a \$50 non-refundable, non-transferable deposit is paid. Scholarship applications are due April 1, 2019. Scholarship awards will be applied to camp balances no later than May 1, 2019. All applications received after April 1, 2019, will be awarded based on funding available at that time. Apply for activity scholarships at www.gsu.org/camp

Registration Information

Registration opens January 21, 2019 beginning at 8:00 a.m.

1. Go to www.gsutah.org/activities and select your desired program.
2. Click **Register Now**.
 - Already a member? Log in! (Username=email address)
 - Follow prompts to complete check out.
 - Not a current member?
 - Renew your membership by logging in, clicking on the **Membership** tab, and choosing Renew in the drop-down box next to the camper's name.
 - Click **Continue** and complete payment.
 - Click on the **Activities** tab, choose your camp session, and follow the prompts to complete check out.
 - Not a member? Click on **Create an Account**.
 - Follow prompts to enter information and complete check out.
 - Want to become a member?
 - Follow prompts to enter information, purchase membership, and complete check out.
 - Click on the **Activities** tab, choose your camp session and follow the prompts to complete check out.
3. Select your camper's name to register the correct girl(s) for the program.
4. Under the **Program Name**, you'll see the tiered pricing options.
 - Select the tier that your family is able to pay.
 - Families do not need to provide financial information in order to qualify for Tier 2 or 3. Families select which tier they are able to afford. Activity Scholarships (page 10) are also available for families. The initial registration must be completed with a \$50 deposit prior to receiving an Activity Scholarship.
 - If you wish to only pay the \$50 deposit at this time, select that box as well.
 - Click **Finish Selection**.
 - If you'd like to apply 2018 Activity Credits to your balance, please mail in or drop off the Activity Credits to any of our offices with a note indicating to which girl and which camp program the Activity Credits should be applied.
 - If there are Activity Credits remaining after paying the camp balance, Girl Scouts of Utah will mail them to you.
5. Review your selections and click **Continue** at the bottom of the screen.
 - An order summary will appear.
 - If your order is correct, click **Continue**. If not, click on the **X** next to the title of the program and it will allow you to start over.
 - Complete the payment information and check out.
 - IMPORTANT! Watch your email for information on completing the health documents for camp.

Camp registration is on a first-come, first-served basis. Each program requires a \$50 non-refundable, non-transferable deposit by credit card, due at the time of registration. Unpaid balances are due on or before Wednesday, May 22, 2019, and an unpaid balance will result in cancellation. Registrations completed after Wednesday, May 22, 2019 require full payment at the time of registration.

Other Registration Information

Camp Buddy

Your camper may request one buddy online, but the system does not automatically place them together. If your camper wants to go to camp with a buddy, make sure to register for the same session. When registering, there is an opportunity to list the name of your girl's camp buddy.



Confirmation Email

You will receive an email that your registration has been accepted for the camp program(s). Beginning in April, you will also receive a confirmation email with more information about your Girl Scout's camp program.

Health Forms

Girl Scouts of Utah uses *UltraCamp* for all resident camp programs. This is only for camps between June and August, when girls come by themselves for three or more days. After registering for a resident camp program, you will receive an email with information about how to complete your camper's health information.

Cancellations and Refunds

The \$50 deposit is non-refundable and non-transferable to other girls or other camp programs for the same girl.

The remainder of the camp fee (\$50 deposit excluded) will be refunded if:

- GSU receives a written (email) notification of the cancellation at least five weeks prior to the camp program.
- A camper leaves a camp program due to illness or injury and GSU receives a written (email) request for a refund within two weeks after the camper returns home. Refunds are pro-rated on a per diem basis.
- A camper cannot attend a camp program because she becomes ill or injured and GSU receives a written (email) request for a refund, with a physician's note, within one week after scheduled camp program.
- GSU cancels the camp program and alternative programs were offered, but you choose not to select an alternative program.

No refunds will be issued if a girl returns home due to homesickness, misconduct, parent/guardian request, and/or any other circumstance.

Disclaimer

Girl Scouts of Utah plans quality programs for camp with the health, safety and well-being of campers as our first priority. Some sessions may be altered or cancelled due to weather, fire, natural disaster, staffing concerns, or low registration numbers. The Camp Director may determine whether a girl is competent to participate in any activity and if necessary, transfer her to another program. When necessary, campers will participate in alternate activities. No refunds will be issued if changes are made to activities due to weather, fire, or natural disaster. If a session is canceled due to low registration numbers, campers will be given the opportunity to select another program.

Check-in and Check-out Day

Before Camp

1. Read over all the information in this document. If you have questions or concerns, please contact Camp Staff.
2. Make an appointment for a physical exam if your camper's program requires one.
3. By May 22, 2019, complete all of your camper's forms in your UltraCamp account. This allows Camp Directors and health staff time to review prior to camp season beginning. If you registered after May 22, please complete your forms ASAP.
4. Go over the camp guidelines and expectations with your camper (see Camp Guidelines below).
5. Make sure your camper has had success sleeping away from home.
6. Attend Camp Open House Days if you or your camper would like to tour the camp prior to her camp program.

Check-In Day

Allow up to two hours for the check-in process once you and your camper arrive at camp.

If your camper is of driving age and will drive to camp on her own, contact the Camp Director to discuss this process.

Before leaving home, check your arrival time.

- Due to limited parking areas at both camps, Girl Scouts of Utah uses a staggered check-in time for opening day. Arriving at your assigned staggered check-in time helps lessen your wait time and the wait time of others.
- If you are checking in more than one camper, please arrive at the earliest assigned check-in time.
- If you are checking campers in at both camps, please contact the Camp Directors to make arrangements.



Before leaving home, make sure you having the following:

- Sleeping bag, pillow, backpack, water bottle, and duffle bag or suitcase.
- Directions/map to the camp property (attachment in confirmation email).
- Have any medications/vitamins and paperwork easily accessible for check in, this includes over-the-counter medications. All medications must be in their original containers. Due to American Camp Association (ACA) requirements, medication not in its original container will not be accepted under any circumstances. Prescription medication must be labeled with the child's name.

When you arrive at camp, at your scheduled check in time:

- Camp staff will direct you from the camp gate to a parking space.
- You and your camper will rotate through various check-in stations including:
 - Visiting with the Camp Director and turning in any needed forms.
 - Dropping off mail for your camper.
 - Checking-in any medication with the Health Supervisor. Completing a brief health screening (check temperature, head lice, etc.).
 - Stopping by the Trading Post (camp store) to set up your camper's account and/or to purchase items.
 - Meeting one of your camper's camp counselors.
 - Dropping off luggage.
 - Visiting your camper's sleeping area.
- Camp staff will help direct you back out of the parking lot to the gate.

Please Note:

- Leave your dogs/cats at home. Pets are not allowed in camp – no exceptions.
- Wear closed-toed shoes while on camp property.
- Refrain from smoking while on camp property. Camp is a smoke-free environment.

Check In Times:

*If you have multiple campers, come to the earliest check-in time please.

*If you have campers checking in the same day at both camps, please contact camp@gсутah.org to make arrangements.

Camp Cloud Rim

10:00 a.m.	10:20 a.m.	10:40 a.m.	11:00 a.m.	11:20 a.m.	11:40 a.m.
Junior Counselor	Campapalooza	Camper Sampler Mini	Try It! You'll Like It! Mini	Just for Daisies Mini	All Stars
Artrageous	Night Owls	Camper Sampler	Splish, Splash	Boating Bonanza	Backpacker
CIT 2		Big Sis, Lil Sis		Moonlight Mania	LIT
Experiments and Explosions				Aquatic Sailors	
Sister, Sister					

Programs with Thursday Check-Ins

9:00 a.m.
Try It! You'll Like It! Mini
Camper Sampler Mini
Just for Daisies Mini



Trefoil Ranch

10:00 a.m.	10:20 a.m.	10:40 a.m.	11:00 a.m.	11:20 a.m.	11:40 a.m.
Little Chef	Campapalooza	Camp Chef	Horse Lover	Adrenaline Rush	All Stars
Range Riders	CIT 1	Into the Woods	LEAP	Branch Out	Pony Tails
Smoke Jumpers	Hard Hats & Horse Sense	Kickin' It Camp Style		Chopped Junior	
Take the Reins		Ultimate Camp Challenge		Junior Survivor	
WIT 1		Up in the Trees			
WIT 2					

Programs with Thursday Check-Ins

9:00 a.m.
Flashlight & Fairy Tales
Just for Daisies
Little Chef

Check-Out Day

Allow up to one hour for the check-out process once you arrive at camp. You will be asked to present a photo I.D. when checking out your camper.

Check-out time is 9am

- For all programs ending on Saturdays, breakfast is served prior to check-out.

Check-out time is 6pm

- For all programs ending during the week, a sack dinner is served prior to check-out for campers wishing to have one.

When you arrive at camp for check-out:

- Camp staff will direct you from the gate to a parking space.
- Pick up your camper by the lodge. Girls will be finishing breakfast and singing songs or with their group during this time.
- Sign your camper out with her counselors.
- If your camper brought medications with her to camp, pick up medications from Health Supervisor.
- Pick up all luggage from the luggage area. Be sure you have all of your camper's items, including: sleeping bags, pillows, stuffed animals, dirty clothes bags, etc. Many times campers go home with more luggage than they brought with them.
- Camp staff will help direct you back out of the parking lot to the gate.

If your camper needs to check-out early

- Please notify the Camp Director when you sign your camper in on check-in day. The Camp Director may limit the time of day early check out is available in order to minimize disruption to camp programs.



Lost and Found

Girl Scouts of Utah is not responsible for lost or stolen items.

- “Found” items are returned to the GSU Salt Lake City office (445 East 4500 South) every two weeks.
- Craft projects, personal hygiene items, socks, underwear, and other such items will not be sent to GSU.
- Please do not contact the camp about lost and found items. Call (801) 265-8472 for lost items.
- All items not claimed by Labor Day will be sent to a local charity.

Packing List

This packing list is for a week-long session. Please adjust accordingly for shorter or longer sessions. Pack enough clothes to last your camper’s entire stay at camp. Laundry facilities are only available for those campers in programs lasting two weeks or longer.

Label your camper’s belongings! Many campers bring similar looking items. Labeling items reduces conflict over ownership and reduces unclaimed lost and found.

Do not bring Girl Scout Uniform pieces, Journey books or badge books. They are not required at camp and more often than not get misplaced and lost.

Clothing

- 2 pairs of closed-toes, closed-heeled shoes (1 pair lace-up tennis shoes; 1 pair sturdy boots or shoes for hiking)
- Warm sweater and/or sweatshirt (2)
- Pants and shorts (2-3 pair each)
- T-shirts (5-6) (note: no tank tops; need sleeves for sun protection)
- Long sleeved shirt (2)
- Underwear (5-6)
- Socks (5-6; at least one pair of heavier socks)
- Hat with brim
- Bandana
- Knit hat
- Rain gear (waterproof jacket or poncho)
- Warm pajamas (2)
- Warm coat
- Swimsuit (modest in nature; no string bikinis)
- Shower shoes (to wear only while in the shower)

Camp Gear

- Sleeping bag (rated to 20 degrees or cooler)
- Sheet (to cover mattress)
- Pillow
- Warm blanket or fleece liner
- Bath towel
- 24-32 ounce durable water bottle
- Dishes or mess kit (durable cup, bowl, and spoon)
- Sunglasses
- Backpack or daypack (used for hiking and carrying daily items: water bottle, sweatshirt, camera, etc.)
- Flashlight with extra batteries

Toiletries

It is helpful to campers if toiletries are in a little bag that is easy to carry to the restroom.

- | | |
|---------------------------|-----------------------|
| • Toothbrush & toothpaste | • Lip Balm (SPF 15+) |
| • Hairbrush/comb | • Sunscreen (SPF 30+) |
| • Body soap & lotion | • Insect repellent |
| • Shampoo/conditioner | • Sanitary supplies |
| • Deodorant | |



Optional Equipment

- Camera (a cell phone will not work as a camera)
- Stationery (addressed and stamped)
- Pen/pencil
- Laundry bag
- Stuffed animal
- Book

Theme Weeks Items (Optional) - See page 15 for theme week information.

Camp Cloud Rim – Additional Items

- Water shoes (Must be closed-toed and have heel strap; extra water shoes are available for campers to borrow)
- Beach towel (2, if in water-based program)
- Extra swimming suit (if in water-based program)

Trefoil Ranch- additional items to pack for horse programs

- Campers participating in horseback riding must wear long pants, a helmet (provided), and boots with at least 1/2 inch heel while riding. For safety, riding boots must have a smooth bottom and be designed for horseback riding. Tennis shoes, loafers, fashion boots, or wedge bottom footwear such as hiking shoes/boots are not appropriate. Extra boots are available for campers to borrow while riding; families do not need to purchase boots.
- Extra jeans
- Boots with a 1/2 inch heel

Items to leave at home

- Candy, gum, food, or soda
- Curling irons, blow dryers, straighteners, etc.
- Items packaged in glass containers
- Personal sports equipment (archery equipment, climbing gear, lifejackets, riding helmets, etc.)
- Animals (your pets will do much better at your home than in the camp environment)
- No drugs, weapons, alcohol, or contraband of any kind
- iPods, MP3 players, CD players, etc.
- iPads, Kindles, Nooks, and other electronic devices
- Cell phones (cannot be used in place of a camera; camper can be sent home for possession of cell phone)
- Electronic items can easily be damaged in the camp environment. If the campers bring these items to camp, they will be labeled and put in the Camp Director's possession until the camper checks out

Dress Code

Girl Scouts of Utah's camp dress code is similar to a public school dress code.

- Clothes must be modest in nature and protect your camper from the elements.
- Closed-toed and closed-heeled shoes and socks are required.
- Your camper may wear sandals or water shoes while showering.
- Shorts must be modest in length (to tips of fingertips).
- Clothes/appearance should not promote drugs, alcohol, or be gang related.

Weather and Special Packing Considerations

At Trefoil Ranch, the days are hot and the nights are cooler. At the beginning and end of the summer it may be quite a bit cooler at camp than in the Salt Lake Valley.

Camp Cloud Rim will on average, be 10-20 degrees cooler than the Salt Lake Valley. Afternoon rain showers are common. Mornings and evenings are cool, days are moderate and the nights are cold. The camp often has patches of snow on the ground through June. It is possible for camp to reach freezing temperatures at nighttime in June and August.



Theme Weeks

We are excited to have theme weeks at both of our camps. Each week brings a different theme that campers get to experience through campfires, theme meals, all-camps, dress up days, and more! Themes do not interfere with the camp you signed up for, but will enhance the fantastic camp experience! Themes were decided by your Camper Council.

All Troop Camping Sessions: Oh the Places You'll Go!

Dr. Seuss is taking over troop camping this year! Join us for a breakfast of Green Eggs and Ham, help us team up with the Lorax to save all the truffula trees, and more! We're off to great places! Today is our day! The mountains are waiting! So let's get on our way!

June 17-22 Medieval

Calling all Knights and Princesses! We'll be riding into medieval times this week to take on a journey like no other. Practice your jousting skills with pool noodles, build a catapult, and enjoy a meal fit for Kings and Queens!

June 24-29 Out of this World

3...2...1...Blastoff! We're launching camp into outer space! Who knows what we'll find on our journey... we may meet a new alien race, or navigate our spaceship to avoid running into UFOs, or be stuck on our space craft and have to eat an astronaut inspired snack!

July 1-6 Harry Potter

All Wizards and Muggles are welcome to join us as we experience camp at Hogwarts for this wizarding week! Make your own wand, play Quiddich, and enjoy a dinner in the Great Hall, complete with poly juice potion!

July 8-13 Camp's Got Talent

Find your inner superstar at Camp's Got Talent week! This week will be full of red carpet events, karaoke competitions, and a runway fashion show. We'll finish off the week with a camp wide talent show!

July 15-20 Wild Wild West

Yee-Haw! We're taking a trip back in time this week when the west was wild and cowgirl boots and bandanas were all the fashion! Hunt for gold during all-camp, enjoy a western-themed meal, and improve your skills at the rodeo!

July 22-27 Under the Big Top

Are you ready for the greatest show on camp? Join us as camp turns into a wild circus for the week. Learn how to juggle, dress in your wackiest outfit, and enjoy a carnival complete with popcorn and face painting!

July 29-August 3 Pirate

Arrrrggggg! The pirates have taken over ye camp. Prove yerselves worthy by spending the week talking like pirates, wearing eye patches, enjoying a ship-wrecked meal, and having crazy water battles!

Aug 5-10 Halloween

Halloween is so much fun, why only celebrate once a year? Wear a costume every day, make a spooky snack, and create Halloween crafts. We'll top of the week with a camp wide trick or treat event!

Camp Health Information

Health Supervisor

All camps have a qualified Health Supervisor on site with a Level 2 First Aid certification or higher. Camp administers basic first aid only. A doctor is on-call and medical facilities are readily available. In the event of an emergency, the camp staff will transport the camper to emergency services. You will be notified in the event of a serious illness or injury.

Medications

Your child will be assisted in taking prescribed medication provided the medication is in its original container and is prescribed specifically for her. Both camps carry over-the-counter medication such as: Tylenol, Ibuprofen, Tums, Benadryl, and cough drops, which you can authorize the camp to administer.



Asthma: A child with asthma needs to be able to carry her inhaler, take her medication when needed, and report to camp staff if she needs additional assistance.

Diabetes: A child with diabetes needs to be able to test her own blood, communicate when she needs rest or a snack, and manage her own medication. Camp staff cannot administer shots.

Anaphylactic Allergies: A camper who has been prescribed an Epi-pen must fill out an additional form stating how the family would like the Epi-pen handled while their camper is at camp. Epi-pen Authorization form found at www.gsutah.org under **Forms** or in **Ultradocs** profile.

Health Insurance

Camperers are covered by health and accident insurance while at camp. Pre-existing illnesses or conditions are not covered.

Health Screen

All girls staying at camp will go through a brief health screening upon arrival. Girls found to have a temperature of 101° or contagious disease may be sent home. All camperers are checked for head lice and, if found, will be sent home for treatment before being allowed back at camp.

Physical Examinations

GSU, in accordance with American Camp Association and GSUSA, requires all girls and adults attending programs that go off-site, have intense high adventure programming, or are 2 weeks or longer in length, to have a physical examination by a licensed health care professional within 12 months of camp attendance. The Physical Examination Form can be found at www.gsutah.org under the **Forms** section.

Programs requiring a Physical Exam: Adrenaline Rush, All Stars, Backpacker, Counselor-in-Training, Counselor-in-Training 2, Junior Counselor, Junior Survivor, Kickin' It Camp-Style, Leader-in-Training, Range Riders, Smoke Jumpers, Ultimate Camp Challenge, Wrangler-in-Training 1, and Wrangler-in-Training 2.

Physical Requirements

Programs at both Camp Cloud Rim and Trefoil Ranch require that participants are able to walk up and down hills on uneven trails, climb stairs, hike up to a mile, and carry daily necessities in a backpack (flashlight, jacket, water bottle, sunscreen, etc.). Some programs may have additional physical requirements. To participate in any program, girls must be able to listen to and follow directions, wear required safety equipment, and perform the physical requirements of the activity.

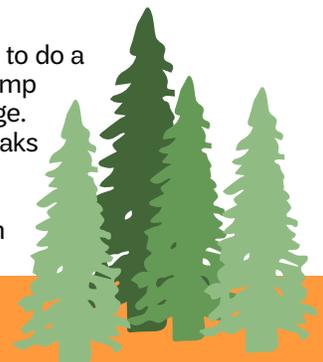
Camp Cloud Rim is at a high elevation (9,200 feet). It is not recommended for people with heart conditions or breathing problems. Please consult your doctor before enrolling in a program at Camp Cloud Rim if your girl has any such condition. a

Self-Care

To be successful at camp, your child needs to be independent with self-care and be able to function in a 1:8 counselor-to-camper ratio. Girls must be able to manage their own basic health and hygiene such as carrying and drinking water from their water bottles throughout the day, eating a variety of food, putting on sunscreen when asked, wearing appropriate clothing for the weather, brushing their own hair and teeth each day, walking to and using camp restrooms, showering twice during the week, and changing clothing each day. Counselors will cue girls with basic needs.

Bed Wetting

Each morning as the girls leave to go to breakfast, one of the camp staff stays back in the sleeping area to do a bed check. The camp staff checks sleeping bags and blankets for dampness due to bed wetting. If a damp sleeping bag or blanket is found, the camp staff look for pajamas and underwear in the camper's luggage. The camp staff will wash the items for the camper discreetly and return the items. Camp staff also speaks with the camper to see if they would like to shower or clean up with baby wipes. Please talk with your camper about bed wetting so she feels comfortable telling camp staff if it happens. Remember bed wetting happens at camp with girls who don't typically wet the bed – camp is a new environment which may trigger it for some girls.



Menstrual Cycles

Please have campers pack pads and/or tampons if they are close to their menstrual cycle while at camp. With the change in environment, sometimes periods begin a few days before they should. If a camper gets her period and does not have supplies, camp has some available. If a camper experiences their period for the first time, families will be contacted and the camper will be able to talk with her family.

Special Dietary Needs

The camps can facilitate basic special diets including: lactose-intolerance, vegetarian, gluten-free, and simple allergies. Children with severe food allergies must be fully able to manage their allergies at camp and know not to eat any food that she is allergic to. We do our best to accommodate but cannot guarantee that a child will not come into contact with a specific type of food or allergen during her stay. When you register your child for camp, you will be asked about your camper's dietary needs and the severity of any food allergies to ensure that we can plan meals accordingly. Campers are asked to help supplement their diet by bringing food from home. Food will be checked-in with the Kitchen Director and/or Health Supervisor upon your arrival at camp. If your child has severe dietary restrictions and food allergies, please consult the Camp Director before enrolling her in a camp program.

Girls with Special Needs

If your child has a serious medical condition such as a heart condition, seizure disorder, severe allergies, diabetes, etc. or has a mental or behavioral disorder that may require more support for her to be successful, please contact the Camp Directors so they can work with you to find the most appropriate program for her abilities. In addition, Girl Scouts of Utah has a partnership with Camp Kostopulos, located near Salt Lake City, which specializes in serving children with special needs.

Insect Related Diseases

With girls spending a majority of their time outside while at camp, girls are subject to the potential exposure of diseases associated with insect bites such as West Nile Virus, Zika Virus, lice, bed bugs, and Lyme disease among others. Girls can take precautions against insect bites by wearing long sleeves, long pants, and mosquito repellent containing DEET – especially in the early morning and evening hours when insect activity is higher.

Sun Safety

At camp we have two common and completely preventable problems, sunburn and dehydration. Counselors will remind campers many times a day, but it is up to the girls to be responsible for applying their own sunscreen and drinking water throughout the day.

Sunburn

- Campers should have sunscreen of SPF 30 or greater.
- Campers should put on sunscreen ten minutes before going outside so that it can be effective.
- Campers should also bring and use lip balm with SPF 15 or greater.

Dehydration

- Water is critical to our body's health.
- Girls need to drink at least three water bottles a day.
- A water bottle with a strap for carrying is recommended.
- Girls will drink one glass of water at meals before other beverages.
- Encourage your camper to get used to drinking water before she comes to camp.

Showers at Camp

Both Camp Cloud Rim and Trefoil Ranch have hot & cold running showers. All campers are encouraged to shower during their stay. In consideration of Utah's water supply, showers will be limited to twice a week and girls are asked to keep their shower time to a minimum. Your camper may want to practice taking 5 minute showers before arriving at camp. Thank you for supporting our effort to use resources wisely.



Camp Life Information

Cell Phones and Phone Calls

Sending your child to camp with a cell phone may interfere with her ability (and yours) to build a trusting and independent relationship. Any cell phone brought to camp will be secured in the camp office until your child returns home. Campers are not allowed to use the camp phone, but you are welcome to contact the Camp Director at any time to check on how your child is doing. Campers may be sent home for having a cell phone with them.

Camp Cloud Rim

(435) 649-8641
camp@gsutah.org

Trefoil Ranch

(801) 224-2735
camp@gsutah.org

Girl Scouts of Utah 24 Hour Emergency Hotline

(801) 483-3413

Camp is the perfect time to unplug and connect with nature. During your child's stay at camp, she will not have access to computers or email. We encourage you to write letters to your child prior to her program and either pack them with her luggage or leave them with camp staff on check-in day. Camp staff will try to deliver mail daily, but it is not guaranteed.

For best results, label the outside of each letter with your child's name, the name of her camp program and session dates, and the date or day of the week you would like each letter delivered. If you choose to use the U.S. Postal Service, allow five days for mail to arrive.

Make sure your letters are cheerful and positive. Ask questions about what she is doing at camp but please don't tell her about all the great things she is missing or how much you miss her. This can lead to homesickness. If you want to send a care package, we recommend that you send stationery, puzzles, books, comics, pens, stickers, etc. Please do not send candy, gum, food, or soda to your camper.

Send mail to:

Camp Cloud Rim

Your Camper's Name
Her Program Name and Dates
Camp Cloud Rim
PO Box 1740
Park City, UT 84060

Trefoil Ranch

Your Camper's Name
Her Program Name and Dates
Trefoil Ranch
Rural Route 3 Box 658
Provo, UT 84604

Visitors

Due to the full schedule of activities, having family and friends visit while resident camp is in session may be disruptive for campers. Therefore, we do not have a camp visitation day while resident camp is in session. We encourage you to visit and tour camp during the open house dates. When your camper checks in for her camp session, you will be able to see where your camper will be living.

Weather

Camp Cloud Rim is located at 9,200 feet elevation which lends itself to high snow loads over the winter months. Depending on snow amounts and temperatures during spring months, Camp Cloud Rim may not be able to open for resident camp as scheduled. If Camp Cloud Rim is unable to open on time, the Camp Directors and camp staff work together to offer Camp Cloud Rim programs at Trefoil Ranch (making modifications to camp program as needed due to the change of location). If this occurs, families are notified of the situation and will be given options, including receiving a full refund, transferring their camper to a different camp program, or keeping their camper in their current program (going to Trefoil Ranch instead of Cloud Rim).



At both camps, campers live together in groups called “units.” Based on their grades and chosen programs. Whether they sleep in cabins or platform tents is determined based on the number of girls in camp that week and the age levels of those girls. Sleeping assignments are made after your Girl Scout arrives at camp. She may share living quarters with friends in the same program or have a chance to meet new friends on the first day and may want to share living quarters with them. Each tent or cabin has one metal bed frame and cot per camper with bathroom facilities nearby.

GSUSA requires that counselors have separate sleeping accommodations from campers. Counselors live in a tent or room in close proximity to the girls.

Camp Kapers (camp chores)

Girls do kapers to help keep the camp and their living unit clean. Kapers include sweeping, cleaning bathrooms, setting and wiping down tables during meal time, and picking up litter. When girls assist with kapers, they gain a sense of pride in ownership of our Girl Scout facilities.

Meals and Snacks

Girls will be provided tasty, nutritious, kid-friendly meals served family style in the lodge. Two snacks are also provided throughout the day. Campers are given an opportunity to cook outdoors or have a picnic at least once during their stay.

Possible Menu Items*

Breakfast: Pancakes, eggs, bacon, hash browns, cereal, yogurt, fruit, toast

Lunch: Pizza, sandwiches, soup, tacos, salad bar

Dinner: Spaghetti, baked chicken, steamed vegetables, fajitas, salad bar

Two snacks are also provided daily to campers.

*These are just some of the meal options – different meals may be served while your camper is at camp.

Please do not send any candy, gum, food, or soda to camp with your camper.

Camp Guidelines

Girl Scout camp is a safe environment. Therefore campers who come to camp are expected to adhere to the following guidelines. Please discuss these guidelines with your camper prior to check-in day.

- Follow the Girl Scout Promise and Law.
- Socks and closed-toed/closed-heeled shoes must be worn at camp.
- Walk in camp, no running.
- Use the buddy system.
- Stay with the group.
- Listen and follow the directions of camp counselors.
- Treat others with dignity and respect.
- Refrain from telling ghost stories, talking about death, and so forth.
- Help with daily kapers (camp chores) like cleaning the tables after meals, cleaning the bathrooms, or picking up litter around camp.
- Ask permission to enter other campers’ living areas or to touch or use other campers’ personal belongings.
- Report any problems or concerns to a counselor, the Health Supervisor, or the Camp Director.
- No drugs, weapons, alcohol, or contraband of any kind.



Misconduct

Camper are expected to follow the Girl Scout Promise and Law. If a camper is unable to follow camp guidelines, damages property or becomes a danger to herself or others, the Camp Director will work one-on-one with her and/or may choose to send the camper home.

For the safety of everyone at camp, campers may be sent home for the following:

- Running away or talk of running away.
- Violence towards another person like biting, hitting, kicking, or threatening to hurt another person.
- Vandalism of any camper, staff, or camp property.
- Possession or use of any weapons, drugs, alcohol, or cigarettes.
- Talk or gestures pertaining to sex.
- Bullying, ridicule, or name calling.
- Refusal to follow camp rules, communicate with camp staff, or participate in activities.
- Possession of a cell phone
- Refusal or inability to eat meals or sleep at nighttime.
- Any self-harm or talk of self-harm such as cutting or suicide.
- Excessive homesickness or crying.

Please note:

No refund will be given if a child is sent home due to misconduct. If it is determined that a camper needs to go home, her parents/guardians are expected to come get her within a four hour time period. A camper may be asked to stay in the camp office or Health Center until her parents/guardians are able to come and get her.

Trading Post (camp store)

There are many exciting things for sale at the Trading Post (camp store) including flashlights, water bottles, stuffed animals, patches and jewelry. Items range from \$1 to \$40. The Trading Post accepts cash, check, Activity Credits, and credit cards.

You will have the opportunity to set up a Trading Post when you and your camper visit the Trading Post on check-in day.

Girls are free to choose any items they would like to purchase in the Trading Post. Camp staff will not question campers' purchases. If you would like to guide your camper's purchase, you should plan to shop with her at check in.

The Trading Post will be open on check in day. Your camper will also visit the Trading Post once during her time at camp.

At the end of the week if your camper's Trading Post balance is \$20 or less, a gift certificate for the remaining balance will be given to your camper when they leave camp. This gift certificate can be redeemed at the Girl Scouts of Utah shop, for program registration, merchandise, or a cash refund. If your camper's remaining trading post balance exceeds \$20, the balance will be refunded by the Girl Scout Council. Activity Credit refunds will also be issued by the Girl Scout Council.

Buddies (friends at camp)

Girls may choose to attend camp with one buddy who is a friend in their same age level. Girls need to sign up for the same camp session, at relatively the same time, to ensure availability for both girls in the program. Girls attending camp as buddies will sleep in the same quarters and participate in the camp program together.

Some girls choose to come to camp with friends, troop members, or sisters while other girls choose to attend camp on their own. Day one of any camp program focuses a lot of attention on community building within the individual programs, with camp staff paying attention to social groupings that naturally take place. Camp staff works with girls to help all of them feel included in the group. So whether girls come with a friend or not, there will be plenty of time for each girl to develop new friendships.



If girls come with a buddy, it is important for the girls to know that they may not always be together for every single aspect of camp. They will share a living area (the same tent or cabin), but they might be asked to partner up with a new friend as they line up to walk from a program area to dinner. Or they might be asked to sit at a table with people they don't know, as well during an art activity. We encourage the girls to develop healthy relationships with one another, and to get to know everyone in their program group.

We ask that girls only request one buddy when they register for camp instead of multiple buddies. Accommodating numerous buddy requests (groups of 3, 4, 5, 6, or more girls in one program from the same school or troop) isn't always feasible and limits the girls' ability to develop relationships with other campers in their program.

If multiple buddy requests are made, please note that girls may only be paired with one buddy for their living areas. For example a group of five girls will be split into a group of two and three.

Homesickness

Whether this is your child's first time at camp or she has been to camp before, most campers experience "homesickness" to some degree – it is a normal part of growing up and learning how to be okay without their family right there beside them. Our staff is trained in techniques for helping campers through feelings of homesickness and is taught that homesickness is not so much about missing home as it is about making sure this unfamiliar environment is safe. This adjustment period usually lasts 2-3 days. By Wednesday, when you have just received your first "please come and get me" letter, know that she is feeling better and having fun! At this point, you may decide to call the Camp Director to see how she is doing or you may wait a day or two for the next letter. If your camper is not adjusting to camp life, the Camp Director will call you to discuss the situation.

Sometimes homesickness occurs due to changes at home such as marriage, divorce, new sibling, death of a loved one, parents traveling, etc. If your camper is in any of these situations, please talk about it before she comes to camp. This helps her process the changes so she won't have to worry at camp. You can also include this information in your camper's "All About Me" form so camp staff are aware of the issue in case your camper addresses it with them while at camp.

You may be tempted to say, "If you are really homesick, then I will come and get you." What you are really saying is, "I expect you to get homesick." Instead try, "Being at camp is going to be different. You may even be nervous sometimes, but I know you will make it. Your counselors will be there to help you."

Please don't promise your camper that you will come and get her if she is homesick – this doesn't allow her to process and cope with her homesickness. Instead, it allows her to continue to build on her homesickness because her family told her they would come and get her and they wouldn't lie about that. It makes your camper confused and more upset.

If you feel your camper might be struggling with homesickness when she is at camp, please contact the Camp Director and they'll be more than happy to check on your camper and call you back. Please remember, we want all of our campers to be successful at camp – we will contact families if the camper's homesickness is outside the norm for her age level.

All parents/guardians are encouraged to visit the American Camp Association's (ACA) website for parents at www.campparents.org for more information on how to make your camper's stay at camp successful.

Register for Summer Camp!

