Girl Scouts of North-Central Alabama

Mom & Me

Camp Coleman May 13-14 7717 Northlake Drive; Trussville, AL 35173

Thank you for registering for Mom & Me

Please arrive at camp at 5:00. You will be given your cabin assignment at check in. Supper will be served at 6:00. Evening activities will include activity selection and campfire. If you know you will be arriving after 6:00 pm, don’t worry! Email acanterbury@girlscoutsnca.org so we can create the best plan for your arrival.

Saturday’s schedule will start with Breakfast at 8:00 am. Activities will be scheduled from 9-12, break for lunch and resume at 1 pm. Activities will end at 3:00 pm to allow for closing ceremony, pack up and clean up for a 4:00 departure time.

Activities will be weather dependent but will focus on quality mother/ daughter time.

**Packing List:** links provided for clarification and are not intended to support any company. Make purchases from the location of your choice.

Clothing

* 3 T-shirts
* 3 pairs of shorts
* 3 pair of underwear and bras for the week
* 3 pair of socks
* Tennis shoes
* Water [shoes](https://www.dickssportinggoods.com/p/dsg-womens-water-shoes-16dbxwdbxwsblcktlfot/16dbxwdbxwsblcktlfot?sku=16444273&camp=CSE:DSG_92700052916751622_lia_aud-1040333680752:pla-841210395784&gclid=Cj0KCQiApY6BBhCsARIsAOI_GjYh8mEwIrWXtfxytfZqZDtLgUOda4mvxEsT6HOn68LCkzE1bw6BJvwaAiApEALw_wcB&gclsrc=aw.ds) ([Chaco](https://www.belk.com/p/madden-girl-sun-river-sandals/0438653098165.html?feed=shopping&cm_mmc=PLA-GOOGLE-Medium_Priority_Brand_Terms_Belk_PLA-Shoes-0438653098165&s_kwcid=AL!5203!3!340069375889!!!g!318474451679!!92700055930068989&gclid=Cj0KCQiApY6BBhCsARIsAOI_GjaLFriJ26oAuSBYypCR_D40RS1Vpia5zsI4J43ZF85d92_Oej38CvMaApudEALw_wcB&gclsrc=aw.ds)/ [Keen type](https://www.basspro.com/shop/en/world-wide-sportsman-oasis-iii-water-shoes-for-ladies-grey-turquoise?hvarAID=shopping_googleproductextensions&ds_e=GOOGLE&ds_c=Shop%7CGeneric%7CAllProducts%7CHigh%7CSSCCatchAll&gclid=Cj0KCQiApY6BBhCsARIsAOI_GjbibbzatC1WfIByo3ekyUwv8VOVLGCgNpoBKgsFFZvulBl138cYNPoaAo6QEALw_wcB&gclsrc=aw.ds)- NO FLIP FLOPS)
* 2 [modest](https://www.google.com/search?q=modest+bathing+suit&tbm=isch&ved=2ahUKEwiWtaPG7d_uAhUZQUIHHTm-C3gQ2-cCegQIABAA&oq=modest+bathing+suit&gs_lcp=CgNpbWcQAzICCAAyAggAMgIIADICCAAyAggAMgIIADICCAA6BAgjECc6BQgAELEDOggIABCxAxCDAToECAAQQzoHCAAQsQMQQzoECAAQHjoGCAAQBRAeOgYIABAIEB5Q0b0LWInWC2DG2QtoAHAAeACAAfUBiAG2G5IBBjAuMTQuNZgBAKABAaoBC2d3cy13aXotaW1nwAEB&sclient=img&ei=rRkkYNaqA5mCieoPufyuwAc&bih=722&biw=1536&rlz=1C1EJFC_enUS909US909&safe=active) bathing suits separate swim attire is needed for pool and river/ lake
* Long pants(optional, but it does get cool at camp)
* Rain jacket/ poncho
* Long sleeved shirt/ sweatshirt (optional, but it does get cool at camp)

Shower/Bathroom (Packed in [Shower Tote](https://www.walmart.com/ip/Mainstays-Mesh-Shower-Tote-Bleached-Teal/317605423?wmlspartner=wlpa&selectedSellerId=0&&adid=22222222227333009212&wl0=&wl1=g&wl2=c&wl3=418071418697&wl4=aud-430887228898:pla-871661017573&wl5=9012556&wl6=&wl7=&wl8=&wl9=pla&wl10=8175035&wl11=online&wl12=317605423&veh=sem&gclid=Cj0KCQiApY6BBhCsARIsAOI_GjaWJqYx2DftBiBnSRlJHJaCLQUxUPGQD3mNe9N9NgbBpmbyaEJTCdQaAtC0EALw_wcB)):

* Bath towel/ wash cloth/ body poof
* Shower tote
* toiletries (shampoo, conditioner, body soap, toothbrush, toothpaste, deodorant, hairbrush, etc.)
* Flip Flops to wear in the shower
* Feminine Hygiene products (Please provide the camper with instructions on proper disposal.)

Bedding

Camp beds have a plastic covering so they are easy to clean. A mattress protector and fitted sheet make the beds much more comfortable.

* Twin sized sheets
* blanket or sleeping bag
* mattress protector optional
* Pillow/ camp friendly stuffed animal

General Camp Supplies

* Beach/ swim towel
* Refillable water bottle that fully closes
* Hat/ sunglasses (optional)
* Bookbag type back pack or drawstring bag
* Flashlight (with new batteries)
* Sunscreen
* Insect repellant

Do not bring: pets, alcohol, tobacco, e-cigarettes, firearms, fireworks, explosives. *Any Camper found to be in possession of these items will be sent home from camp. No refund will be given.*

**Food at Camp**

Food at camp is very important. The average camper walks 20, 000 steps or more each day and is expending a great deal of energy doing camp activities. Meals are prepared in a commercial kitchen that is inspected by the local health department. The menu consists of popular food items that most campers enjoy. Fresh, whole fruit is available at all times. A salad bar is available each day with lunch and supper. Cereal, pop tarts, bagels, and yogurt is available each morning at breakfast. Portion sizes are not controlled, and there is always enough food for a second serving. *If you or your child has special food preferences or dietary needs, please contact* *acanterbury@girlscoutsnca.org* *to discuss how we can best meet these requests. Requests not received at least 5 days in advance, cannot be guaranteed.*

**Health Care at Camp**

**All Mom & Me participants must bring a completed** [**Health Form**](https://www.ultracamp.com/forms.aspx?idCamp=862&campCode=tG0&idF=11882)**.** The health form may be completed online or submitted in a sealed envelope with the participants names on the outside. The envelope will only be opened in the event of a health crisis that leaves the adult unable to communicate.

All camp staff are trained in first aid and CPR. A designated first aider is onsite at all times. Emergency Medical Services will be notified of the summer camp schedule and are familiar with the camp’s location. Medical professionals are also on call and are only a phone call away.

The first aid area is well stocked with common over the counter medications, and general health care essentials.

**Medication**

It is the responsibility of the adult with the group to keep all medications in a safe, locked place out of access of children. Emergency inhalers and epi pens will be with the camper in the care of an adult with their group. Please label the actual inhaler/ epi pen in the event it is accidentally separated from the original box.

**Technology at Camp**

We understand that everyone is connected through technology in today’s world. Camp is a place to unplug from technology and make memories. Cell service is somewhat reliable at Camp Coleman, but no internet is available. Girl Scouts of North Central Alabama will not be responsible to damage to, loss or theft of any electronic devices.

**Pictures at Camp**

Please take pictures at camp! Share them with Camp Coleman and Girl Scouts of North Central Alabama on social Media.

**Camp Rules**

* Absolutely no tobacco/ e-cigarettes, alcoholic beverages, illegal drugs, fireworks, explosives or pets are allowed at camp.
* Use the buddy system and use a flashlight at night. Do not leave the group/ area without notifying another adult.
* Wear the appropriate shoes and clothes to each activity. Campers who arrive at an activity not wearing the appropriate shoes or clothes will not be allowed to participate.
* Bullying, hazing, physical/ emotional torment, initiation practices, forced rituals and the like are strictly prohibited.
* Help keep camp clean! Pick up trash when you see it.
* Chewing/ bubble gum is strictly prohibited at camp.
* Parents will be required to reimburse Girl Scouts of North Central Alabama for any damages caused by a participant to property including graffiti, torn or cut screen, damaged beds, buildings, program equipment, etc.

**Sleeping Arrangements**

For Mom & Me, each family unit will sleep together in a small cabin with 4-6 beds. Multiple family groups may be in the same cabin. Most cabins are very open and the climate is much like sleeping on a screened porch. All cabins have electricity.

**Departing Camp**

* Camp ends at 4:00 PM on Saturday.
* Please clean your sleeping area and bathrooms.
* Remember to drive carefully out of camp as campers use the road as a sidewalk.

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