

# Troop Core Camp Information

## Before summer camp:

- Talk to your child about summer camp. Let them know what to expect.  
<https://www.acacamps.org/resource-library/parents/preparing-children-summer-camp-experience>
- Make sure all forms are completed and all questions are answered honestly. The questions are a tool for the summer camp staff to be best prepared for your child. The information is confidential and is only shared with staff members who really need to know.

## Packing for camp

Packing for camp may seem very challenging. Start early. When purchasing summer clothes, keep camp in mind. Things at camp will get dirty, they may get damaged, and unfortunately occasionally lost. Please keep this in mind and do not send anything to camp that you would be devastated if it returned ruined, or did not return at all. In an effort to reduce lost items, we have partnered with Mable's Labels. This company creates high quality labels that are made for camp life. Girl Scouts of North Central Alabama also receives a percentage of the proceeds of your purchase. We recommend <https://mabelslabels.com/us/index.php/when/camp/sleep-away-camp-label-pack.html>. If you choose to not purchase labels, please write your child's name (not initials) on EVERYTHING!

Your child's belongings will be stored in the container that you pack in on the floor. Younger girls can benefit by having outfits packed in zip lock bags for each day and extra clothes in additional bags. A list of what you actually pack is helpful in making sure that everything leaves camp with your child. Make the list descriptive enough so they know not only that they are missing a pair of shorts, but that they are missing a pair of red and black running shorts.

## Packing List:

3 T shirts	Bath towel/ wash cloth/ body poof	Book bag/ back pack
3 pairs of shorts	Swim/ beach towel	Refillable water bottle that fully closes
3 pair of underwear	Sunscreen and insect repellant	Hat/ sunglasses (optional)
3 pair of socks	Shower tote with toiletries shampoo, conditioner, body soap toothbrush, toothpaste, deodorant, hair brush, flip flops to wear in the shower	Rain jacket/ poncho
2-3 bras	Feminine Hygiene products please give daughter instructions on how to properly dispose of them.	Long sleeved shirt/ sweatshirt/ long pants
Tennis shoes	Twin sized sheets and blanket or sleeping bag (Mattress protector optional)	Stationary/ pens/ stamps (pre addressed envelopes are helpful)
Water shoes (Chaco/ Keen type- NO FLIP FLOPS)	Pillow/ camp friendly stuffed animal	Dirty laundry bag
2modest bathing suits	Flashlight with new batteries	Cards, book, puzzle games, etc

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.*

Pack separately: medications (prescription, over the counter, topical, vitamins/ supplements) and bedding

## **Camp Store**

Each day, campers will have the opportunity to visit the camp store to purchase a snack and drink. Soft drinks, water, juice, candy, ice cream, and, crackers and fresh fruit cups will be available. We limit purchases to 1 item per day from each of the non-healthy categories. Each food item is \$1. Campers will also have the opportunity to purchase camp souvenirs like T shirts, patches, and trinkets. Prices range from \$1- \$25. The Camp Store will be open during check in and check out so parents and families can make purchases then.

## **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 your child has special food preferences or dietary needs, please contact [acanterbury@girlscoutsnca.org](mailto:acanterbury@girlscoutsnca.org) to discuss how we can best meet these requests. Requests not received at least 2 weeks in advance, cannot be guaranteed.

## **Daily Schedule**

The camp day begins at 8:00 a.m. with breakfast. Activities start at 9:00 a.m. and run until supper at 6:00 p.m. with lunch at noon. All campers are able to swim each day (weather permitting.) Evening activities are songs, games, and lots of fun with a campfire on the last night. By 10:00 p.m., no one is complaining about going to bed. Girls have brief periods of cabin time while they are changing clothes and during shower time. There is no scheduled rest time at camp.

## **Camp Staff**

Camp is led by an administrative team with a combined 50 years of camp leadership experience. Summer camp staff consist of young adults. All staff must undergo an application and interview process complete with reference checks, background check and drug screening. Staff also participate in an intensive training period that includes sessions on child development, being a good mentor, recognizing and reporting possible child abuse, preventing bullying, conflict resolution, positive discipline, camp procedures, emergency procedures, leading activities, inclusion, and many other sessions to ensure your child has a positive, safe camp experience. All summer camp staff have been trained in first aid and CPR as well as specific camp activities that they will be assigned to lead. A health care manager with level 2 medical training, a maintenance team, and a group of dedicated volunteers keep everything at camp working and help keep everyone safe.

## **Camp Activities**

You will receive a written schedule for your group upon arrival at camp. Activities may include swimming, crafts, boating, archery, hiking, nature activities, STEM, games, and/ or outdoor skills.

## **Health Care at Camp**

All summer 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, wound care supplies, and general health care essentials.

### **Medication**

It is the responsibility of the adult in charge of your group to store medications in a secure, locked area so children do not have access to the drugs. Medications should be dispensed as directed by the child's parent. Emergency inhalers and epi pens will be with the camper in the care of an adult with the group. Please label the actual inhaler/ epi pen in the event that 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. Girl Scouts of North Central Alabama will not be responsible to damage to, loss or theft of any electronic devices.

### **Pictures at Camp**

Camp staff will take pictures and videos of campers that will be posted on the photo sharing page. These photos may be downloaded for a small fee. We will attempt to do a "Facebook Live" video each day. You are welcome to send cameras with your daughter if you desire.

### **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 a counselor.
- Let counselors know if you need help.
- 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.
- Do not bring food, candy, or drinks into the cabins. The smell of these items attracts insects, animals, and worse. Chewing/ bubble gum is strictly prohibited at camp.
- Parents will be contacted to pick up any camper who exhibits behavior that is dangerous, disruptive, destructive, endangers other participants, or disrupts the program to such an extent that it negatively impacts the experience for other campers. If a camper is dismissed for these reasons, there will be no refund or reduction in camp fee.
- 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.

### **When will we call you?**

The summer camp staff will notify parents/ guardians in the event of:

- Medical emergencies- in true emergencies, EMS will be called then the parent notified. Unless specifically requested otherwise, the child will be transported to the hospital via ambulance accompanied by a summer camp staff member.
- Non-emergent, serious, medical situations (potential broken bone/ cut requiring sutures) The camp staff will notify the parent who will have the option to pick the child up from camp, meet camp staff at a medical facility, or request transportation via ambulance.
- Illness/ significant injury- The camp staff will notify you in the event of your child being seen by the first aider for an injury requiring more than a band aid, or illness with fever or vomiting.
- If the child is reported to exhibit abnormal behavior believed to be caused by a medical/ mental health condition.
- If the child violates a camp rule repeatedly or breaks multiple camp rules.
- If the child's behavior is dangerous to themselves or disruptive to the general camp population.
- If the child is homesick to the point that the camp staff feel that parental consultation will be beneficial.

### **Sleeping Arrangements**

While at camp, troops will sleep in cabins. Cabins are rustic structures that sleep 4-10 people in bunk beds. The group of cabins (unit) are arranged in close proximity to each other that allows good sight and hearing of everyone in the unit. Cabin walls have a good amount of screen to allow for good air flow. Cabins have lights, fans, and an outlet. Each cabin unit has a dusk to dawn light in the middle to allow for more comfortable. Adults should ensure that each girl is in their bed after at and after lights out.

### **Leaving Camp early/ for appointment**

If your daughter needs to leave camp for any reason, please let the camp director know as soon as possible. Come to the camp office to sign your daughter out and pick up any belongings that she will be taking with her. If she is to return to camp after the appointment, return to the office to sign her back in.

### **Authorized Pick Up**

Campers will only be allowed to leave camp property with the persons listed as "Authorized Pick-Up." Parents should be listed as authorized pick-ups. If the authorized pick-up list needs to be changed while your child is at camp, please notify the camp director via email. [acanterbury@girlscoutsnca.org](mailto:acanterbury@girlscoutsnca.org)

### **Arrival at Camp:**

- Camp Trico is located at 315 Trico Drive; Guntersville, AL 35987
- Check in begins at 2:00 PM

### **Pick Up from Camp**

- Camp ends at 1:00
- The camp store will be open to purchase souvenirs.
- Remember to drive carefully out of camp as campers use the road as a sidewalk.