

2019 Parent Handbook For Resident Campers



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Area Offices

***THESE ARE NOT CAMP ADDRESSES.**

Amarillo Area Office

6011 W. 45th
Amarillo, TX 79109
806-356-0096
Customer Care 800-582-7272

Camp Kiwanis

Camp phone: 806-352-7121
Camp email: ckiwanis@gs-top.org
Camp Director: Nicky Huguley "Delta"

Fort Worth Area Office

4901 Briarhaven Road
Fort Worth, TX 76109
817-737-7272
Customer Care 800-582-7272

Stevens Ranch

Camp phone: 254-897-2515
Camp email: stevensranch@gs-top.org
Camp Director: Kate Lewis "Braids"

High Adventure Trip contact

Outdoor Experience Coordinator: Heidi Vose
817-869-0736
hvose@gs-top.org



ACCREDITATION

In addition to Girl Scouts of Texas Oklahoma Plains, Inc. Council policies and standards, resident camps are governed by the Texas Youth Camp Safety and Health Act. Our camps are accredited by the American Camp Association (ACA). The ACA is a nationally recognized standard of quality for program, health and safety.

In Partnership With:

800.582.7272 | gs-top.org
customer care@gs-top.org





KEEP IN TOUCH WITH BUNK1!

Be the first to know what's happening this summer with the **Girl Scouts of Texas Oklahoma Plains** private photo gallery, then send messages using Bunk Notes. Your note will be delivered to the camp within 24 hours. No need to wait for snail mail: Bunk1 makes it easy to communicate with your child. Follow Bunk1 on [Facebook](#) and [Twitter](#) for the latest updates and deals!

GET STARTED TODAY!

- Go to www.Bunk1.com
 - **RETURNING PARENTS** will login using their email address and password.
 - **NEW PARENTS** will click "[New Here? Get Started](#)" button and complete the basic form.
 - The invitation Code for **Camp Kiwanis** is: **KIWANIS19**
 - The invitation Code for **Camp Stevens Ranch** is: **GSCSR19**
- You will be prompted to select a bundle for access to your Parent Portal. Bundles include credits for you to send Bunk Notes and enhance your notes with borders, photos, sports scores, and puzzles.

PHOTO GALLERY WITH FACIAL RECOGNITION

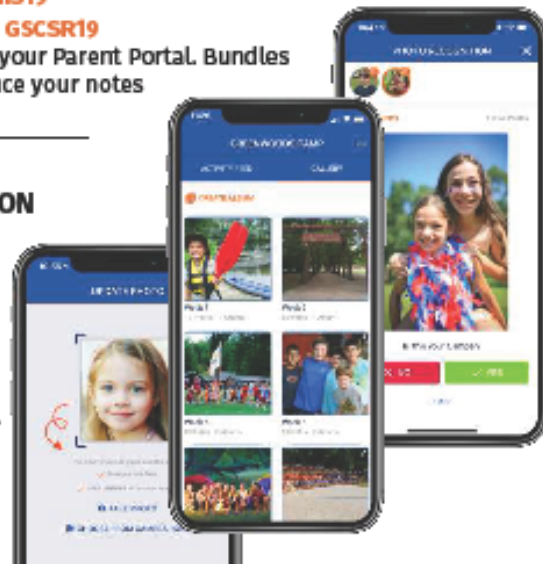
Save Favorite Photos for easy access to pictures of your camper all year-round.

Upload a profile photo of your camper. Our facial recognition will scan all the uploaded photos and notify you when we detect photos of your camper

Share Photos to social media or email a photo to family.

Customize Unique Photo Gifts such as mugs, calendars, phone cases and more.

Order high resolution digital downloads or prints.

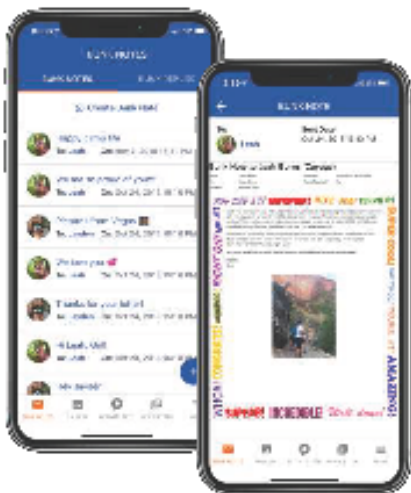


SENDING BUNK NOTES

Send Bunk Notes day or night! Your camp receives a PDF at **4am CST** each day containing all Bunk Notes received in the last 24 hours.

Use credits to create **Fun Notes** that include borders, photos, Sudoku puzzles or baseball box scores.

Purchase **Bunk Note Express** and receive a unique email address for your camper. You can customize your camper email address and share with grandparents or other relatives so that they can send Bunk Notes too.



The Bunk1 team is available to support you 7 days a week during peak season. They guarantee a response within 24 hours and it's usually much quicker than that. Please call Bunk1 at **212-974-9112** or email support@bunk1.com. For FAQ's related to the services above, visit www.bunk1family.com/faqs

TRADING POST

A Trading Post is operated at each camp. Times of operation vary. At Stevens Ranch, the Trading Post will be open during check-in for campers to purchase t-shirts, camp supplies and fun items, while supplies last. Credit Cards are accepted at Stevens Ranch Trading Post. Camp Kiwanis campers will have access to the Trading Post during the week. Money for your camper will be deposited into her account during check-in. This is the only time a camper will have use for spending money. ***Cookie Bucks may not be used at either Trading Post.**

BEDTIMES

Bedtimes will vary from night to night, depending on evening activities and age of camper, younger campers, 9:00 -9:30 and older campers, around 10:00 p.m. Camp staff members are not housed in the same cabins as campers, unless specified in the camp session description. Staff will sleep in cabins or tents near the girls.

REST TIME (TURTLE TIME)

Texas summers are hot! After lunch, during the hottest part of the day, we have rest time (known as “turtle time”). Please send a book or quiet activity for your camper’s turtle time.

BEHAVIORAL EXPECTATIONS

All Campers Will...

- Respect their fellow campers. Camp is a no put down zone where we follow the Girl Scout Promise and Law.
- Wear socks and shoes in camp.
- Walk, not run, in camp.
- Always be with a buddy.
- Leave our wild animal friends alone.
- Stay on camp paths and roads.
- Keep no food in their tents, cabins, or wagons.
- Listen carefully when given the quiet sign (a raised hand).
- Enjoy the flowers and let them grow (no picking!)

Disruptive behavior that continues and keeps other campers from enjoying themselves will not be tolerated. Girls with inappropriate behavior, such as biting, hitting, using excessive profanity, the possession of drugs or alcohol, refusing to participate during activities or to follow staff directions, or creating an unsafe environment, will be sent home with no refund.

BUDDIES

While resident camp is an individual activity, every effort is made to accommodate first choice of a buddy. During the on-line registration process, there is a place to indicate the name of her buddy. After receiving confirmation, please check with your camper’s buddy to be sure she has been assigned to the same session and program.

LOST AND FOUND

All lost and found items will be sent to the appropriate Regional Office, where they will remain until August 15. After that date, all unclaimed lost and found items will be discarded or donated to an appropriate charity. If you are missing something, do not contact or come to camp. Please call the Regional Office closest to the camp your daughter attended.

COMMUNICATING WITH CAMPERS

Mail

Receiving mail is the highlight of every camper’s day! Follow these tips to provide your camper with a super mail call experience:

- Write cheerful letters filled with short, happy thoughts and ask questions like “What cool new things have you tried?” and “Are you making new friends?” Don’t focus on what the camper is missing at home.
- Please do not send food, gum, or candy to camp!
- If mailing, ensure that your camper receives mail on her first day at camp by sending a letter early! Put your camper’s name, program name, title, date of session, and the camp address on the envelope, and we will hold it until the first mail call.
- You may bring mail or care packages with you to check-in. Put your camper’s name, program title, and day you want items to be delivered on each package or letter. (Please do not send food, gum, or candy in care packages! * Mail is not delivered on Sunday.
- Weather permitting; mail at Stevens Ranch will be delivered by Pony Express on Tuesdays for one-week sessions, and on Tuesday and Thursdays for 3-day sessions. What a great way to receive mail!
- Hint: Be sure to pre- address and stamp some envelopes to home and other family/friends and pack these so she can write home.

CAMP KIWANIS	* HIGH ADVENTURE TRIPS	STEVENS RANCH	
US Mail and/or Shipping (UPS or FedEx): Camper's Name Program/Unit G.S. Camp Kiwanis 802 N. Girl Scout Rd. Amarillo, TX 79124	Girls traveling on High Adventure Trips will NOT be able to receive mail. They are "fee birds" and are on the road!	US Mail: (UPS or FedEx): Camper's Name Program/Unit Stevens Ranch PO Box 480 Nemo, TX 76070	Shipping Camper's Name Program/Unit Stevens Ranch 4602 FM 200 Nemo, TX 76070

Phones

So, that campers can fully develop the independence that camp encourages, there are no phones available for camper use. Please tell your child she will not be able to call home. Campers cannot have cell phones. If your child brings a cell phone to camp, it will be stored until check-out.

VISITORS

We invite camp families to visit during the scheduled camp open houses, view the facilities, and the meet the camp directors and staff. Visitors are welcome at that time. We encourage any tours to occur prior to the beginning of the camping season. During resident camp, all campers will be very busy. For this reason, it is not convenient for parents or friends to visit. Parents can understand that problems develop when some campers may have visitors while others do not. We know that every parent will cooperate in considering the best interests of all campers. Tours of camp are not allowed while girls are in session for security reasons.

HOMESICKNESS

Homesickness is a natural feeling for many campers. It usually goes away in a couple of days, and the camper enjoys the rest of her session. For the success of her stay at camp, do not promise your camper she can either call or come home if she is not immediately adjusting to camp. If a camper becomes homesick, the staff is trained to help your child cope with her feelings. Talking with parents directly on the phone tends to increase a camper's homesickness. Camp procedures for handling homesickness typically do not include allowing campers to call their parents. If you receive homesick letters, please realize that the feelings your camper had when she wrote the letter have probably passed. If homesickness continues, the Camp Director will notify you by phone, and we will work together to provide the best experience for your camper.

EMERGENCIES

If there is an emergency at home, or you would like to ask about your camper, you may call and leave a message for the Camp Director. She will return your call as soon as possible.

CHECK-IN and CHECK-OUT

If your child has a disability, severe allergy, or special needs, PLEASE call the camp director in advance of arrival at camp.

Required Forms (TO BE COMPLETED 2 WEEKS PRIOR TO CAMP)

Campers without completed forms will not be allowed to stay and will not receive a refund. Paperwork must be completed two weeks (14 days) prior to opening date of selected session and uploaded to CampDoc.

All camp forms are now being handled through CampDoc. After you register for camp you will receive an email invitation from CampDoc with log in information. If you have not received your CampDoc invitation by **May**, please contact customer care at customer care@gs-top.org or (800)-582-7272:

Campers who attend a four day or longer session are required to have camper forms and a physical examination completed and signed by a physician or nurse practitioner after August 1, 2018. Campers who attend a session of three days or less are only required to have camper forms and a health history.

We must have shot records on all campers. (State Youth Camp License requirements.) If you have an objection to immunizations for your child, you must have a state of Texas notarized form.

Where to Check-In

- At Camp Kiwanis, check-in is at Great Hall by the flag pole.
- At Ft Worth Corporate office in Room A&B or parking lot.
- At Camp Booth Oaks or Abilene office, confirmation will give you the correct information.
- At Stevens Ranch, check-in is at Richardson Lodge. Follow the signs and a uniformed staff member will designate your parking area. Please note- a limited number of cars are allowed in the parking area at a time, and this may slow the check in process.
- It is possible that we will experience high volume check-in at times. Please be patient, campers will be processed as quickly as possible. We want this to be a positive & safe experience for all of us.
- Early release disrupts camp. We understand if special circumstances warrant early release, if necessary, speak with the camp director at check-in to make arrangements.

Please observe the speed limits at all camps for camper and staff safety. Please leave your pets at home and wear comfortable walking shoes. **Bring any medications to check-in. Luggage needs to stay in the car while you check in.** You'll then transport it to your camper's unit, where you can help her get settled in. If you let your camper unpack her things, she begins to have ownership of space and it helps her feel comfortable knowing where things are.

Once your camper is unpacked, counselors will get the girls involved as quickly as possible. We encourage you to make a quick exit to allow your camper to begin having fun. It is important to be on time for check-in as programs for the week begin immediately after dinner.

Health Screenings at Check-In

The Health Supervisor will direct staff members in conducting a general health screening at check-in. Your camper will be asked to take down her hair and remove her shoes and socks in order to be screened for easily transmitted conditions such as head lice and athlete's foot. We also look for any recent cuts or abrasions so we can care properly for your camper. We will take your camper's temperature, and based on the reading, the Director will decide if your camper can remain at camp. **Please note:** Head lice and athlete's foot are easily transmitted from one infected camper to another, so it's important that you diagnose and treat these conditions prior to arriving at camp. If lice or nits are found at check-in, you must leave camp and treat your child, remove all nits and have her rechecked by camp staff before she can stay at camp.

Arrival and Departure Times

CAMP	ARRIVAL	DEPARTURE
Stevens Ranch		
2 day sessions	Friday 5-6pm *	Saturday 5-6pm
3 day sessions	Sunday, (A-M 3-4 pm/ N-Z 4-5pm)	Tuesday, 4:00pm – 5:00pm
3 day sessions	Wednesday, 4:00pm – 5:00pm	Friday, 4:00pm – 5:00pm
4 day sessions	Sunday, (A-M 3-4 pm/ N-Z 4-5pm)	Wednesday, 4:00pm – 5:00pm
6 or 13 day sessions	Sunday, (A-M 3-4pm/ N-Z 4-5pm)	Friday, 4:00pm – 5:00pm
Camp Kiwanis		
2 day sessions	Sunday, 3:00pm – 5:00pm	Monday 7:00pm - 8:00pm
2 day sessions	Tuesday, 10:00am – 11:00am	Wednesday 4:00pm – 5:00pm
3 day sessions	Sunday, 3:00pm – 5:00pm	Tuesday, 7:00pm – 8:00pm
3 day sessions	Wednesday, 10:00am – 11:00am	Friday, 4:00pm – 5:00pm
6 or 13 day sessions	Sunday, 3:00pm – 5:00pm	Friday, 4:00pm – 5:00pm
High Adventure Trips:		
All High Adventure Trips: times vary	Confirmations will have the info.	Confirmations will have the info.

Check-Out

Important: Please complete the information on the Camper Release Form about who is eligible to pick up your camper. To protect your camper, your identification will be checked and compared with the information on the health card before you may check your camper out on check-out day. If someone other than the person listed on this card arrives to pick up your camper and we have not received prior authorization from you, she will not be released to them without your consent. *Stevens Ranch 2-day sessions do not come too early for check-in. Check-out for other sessions will be happening 4-5pm and there will be a wait if you are too early. **NO CAMPER LIKES TO BE LEFT WAITING ON THE LAST DAY! IT IS IMPORTANT TO PICK YOUR CAMPERS UP ON TIME!**

HEALTH AND SAFETY

Health Examinations

Campers who attend a four day or longer session are required to have a physical examination completed after August 1, 2016. Campers who attend a session of three days or less are required to have only a health history. All campers must have current immunizations as required by the State of Texas. Religious Reasons for lack of immunizations or physical must have State of Texas forms filled out in full. The immunization record must include actual dates – we cannot accept wording such as “all current”. A photo copy of your child's immunization record is acceptable for our records.

A link to the Physical Form and/or a Health History Form is included in your confirmation and should be completed by each camper's parent or guardian and the physical form signed by a licensed physician, physician's assistant or a nurse practitioner.

Please complete the parent's portion of the health history before the physical exam and take the form with you to the exam. The completed form(s), including immunization record, must be into CampDoc 2 weeks prior to camp session. Campers without completed forms will not be allowed to stay and will not receive a refund.

Health and Wellness

Girl Scouts of Texas Oklahoma Plains, Inc. takes the health of each girl very seriously. If your camper becomes ill or has a fever for more than 24 hours, you will be asked to pick her up. In the case of a serious injury or illness, you will be notified. If your camper has a special need, please contact the Camp Director. Be sure to fill out the Camper Special Needs Info Sheet.

Campers with Special Needs

It is imperative that the camp director has advance notice *of at least two weeks*, of a camper with special needs, a disability, or dietary restrictions, so that we can adequately prepare for the camper if possible.

Medications and Health Supervisor

A Health Supervisor (RN, LVN, EMT or American Red Cross Emergency Responder or First Aider) is always on duty at the camp and is under the technical supervision of the camp physician, who is at a nearby health facility. All medications brought to camp are stored and dispensed by the Health Supervisor, including all prescription medication, vitamins, and over-the-counter allergy medication.

Over-the-Counter Medications, Prescription Medications

All medicine must be noted on the camper's physical form. No expired medications will be given. Medications are given at mealtimes unless otherwise directed.

All medications, including vitamins, prescriptions, and over-the-counter drugs must be in their original container and labeled with camper's name and dosage prescribed. Daily dosage containers are not acceptable. The health history has a section where you can indicate the over-the-counter medication you wish your child to have. The camp health supervisor will provide these if needed.

Inhalers

If your camper has an as-needed inhaler, please send two inhalers to camp. The unit staff will keep one and the other will be stored in the health center until needed. NOTE: Inhalers and anaphylaxis kits can be kept in your camper's unit with her counselor where it is readily available if necessary. When campers are away from their unit, the staff member responsible for the unit will carry all inhalers and anaphylaxis kits that may be needed.

Ear Drops

To help prevent swimmer's ear, our camp doctors have written treatment protocols for eardrops after swimming. The ear drop solution is half white vinegar and half alcohol. All campers will receive ear drops after swimming. If your camper has tubes in her ears, please inform the Health Supervisor at check-in and she will not receive the ear drop solution.

Insects and Insect Repellent

Camp is outdoors and that means your camper will get insect bites. To help prevent bites, send non-aerosol insect repellent and unscented soaps and shampoos that do not attract insects. Camp staff will supervise application of insect repellent twice a day to minimize insect bites. *We have found that the mosquito coil bracelets work well around wrists and ankles.

Sun and Heat Protection

It is hot and sunny at camp, so it is important to send sunscreen and a hat or bandanna with your camper. Baby powder is also helpful to prevent chaffing when hiking or riding horses. Send SPF 30 or higher sunscreen and coach your camper to put it on throughout the day. If she needs help, all she needs to do is ask a counselor.

Dehydration

WATER is critical for keeping our campers healthy. At all meals, EVERYONE must drink their full glass of water (sometimes 2 glasses) before getting juice, punch or tea. Please be sure to send your camper with a hard plastic or metal reusable water bottle with a lid to help keep her hydrated everywhere she goes!

Bedwetting

If your camper has difficulties with bedwetting, please indicate it on her Health History form. Counselors can assist in changing bedding, laundry, etc. Plan to pack several sets of sheets and lightweight blankets. Counselors will be made aware of the problem and can handle changing of the bed linens discreetly. Please do not send sleeping bags as our dryer cannot handle them.

Emotional Health While at Camp

Your camper may be exposed to things to which she is not accustomed to while at camp. Although the staff tries hard to make camp a nurturing environment for your child to grow and try new things, we cannot always control what her peers may say or do. Please encourage your daughter to let a staff member know immediately if she is uncomfortable or feels threatened. Staff members are trained to let the camp director know about these situations immediately. We also DO NOT tolerate bullying.

INSURANCE

Resident camp insurance is secondary to the parent's policy and covers accidents and illnesses that occur during the resident camp session. The plan covers the first \$130 of allowable expenses. Therefore, we are requesting information regarding family insurance coverage on the camper's health history form. If you have questions about insurance, please call Doug Walker at 800- 582-7272 ext. 1201.

PAYMENT AND CANCELLATION

Balance of Fee

The balance of all camp fees MUST be paid 14 days prior to the camper's camp session start date.

Financial Assistance (Campership)

If you have applied for Financial Assistance (Campership), you will be notified as soon as possible.

Cancellations (14 days)

If your camper is unable to attend camp as planned, please immediately notify the Camp Registrar at the area office closest to the camp your daughter was attending. There may be someone on the waiting list. A list of area offices and phone numbers are at the front of this book. Fees will be refunded according to the procedures outlined in the 2019 Summer Resident Camp Guide. **Cancellations are due fourteen days prior to start date of sessions.**

QUESTIONS

Please feel free to contact the area office listed on the first page of this Parent Handbook with any questions.

Beginning in June, the Camp Directors can be reached directly at Camp. If you have a question during your camper's session and need to speak with the Camp Director, you may call the camp or e-mail and she will return your call or e-mail as quickly as possible.

PREPARING FOR THE SUMMER! Parents please read!

Resident Camp is an amazing adventure, and part of the adventure comes as girls encounter living conditions that are different than their everyday lives. To help your camper make the most of her adventure, you can help her to prepare in the following ways:

- Include your camper in all decision making. If your camper has helped choose her session, or even some other items she will bring to camp such as a favorite stuffed animal, she will feel more confident in approaching the adventure.
- Talk positively with her about camp activities, and relate camp to familiar everyday activities, such as sleeping (on a cot), eating (in a dining hall), showering (in a shower house), and living with (new) friends (from morning until night).
- Assure your camper that it's natural to miss home and family, but that her feelings will be temporary because of all the fun she'll have and the new friends she'll make.
- Avoid sharing statements like "I'll come and get you if you want to come home," and "I don't know how I'll get along without you." Remember that your camper will be having so much fun that she will soon overcome feelings of homesickness— and you'll have her home before you know it! If you have concerns about homesickness, discuss them with the Camp Director.
- Encourage your camper to discuss any concerns she has with her counselor. Counselors are caring young adults who are trained to help your camper with any concerns she may encounter.

PACKING HINTS

Make sure your camper is included in the packing process, so she knows what items she has at camp and where they are packed.

There is no need to buy a "camp" wardrobe – clothes should simply be comfortable, durable play clothes. Girls will walk a lot! New shoes should be broken in and comfortable before they are worn to camp.

Pack enough clothing for your camper's stay. Girls staying longer than a week or less than one week should increase or decrease the quantities listed appropriately. Use a permanent marker to write your child's name on every item she brings.

Pack in a duffel bag and bring a waterproof bag for bedrolls and sleeping bags. Garbage bags tear easily and are not recommended. Do not send valuable items to camp. There is a possibility of loss or damage. Camp is not responsible.

PACKING LIST

Taping a copy of this checklist to the inside of your camper's luggage will help her remember all items when she repacks at camp.

(Quantities given are for 6-day sessions) * High Adventure Trips will receive a separate packing list in confirmation packet.

Bedding

- fitted twin sheet as mattress cover
- sleeping bag w/twin sheet inside OR top sheet and 2 blankets, pillow

Clothing

- 7 shirts/t-shirts with short sleeves (please no halter tops, tube tops or tank tops)
- 2 pairs of tennis shoes (closed-toed and closed-heeled)
- poncho or raincoat with hood
- 7 changes of underwear
- 1 hat or cap
- 7 pairs of shorts
- sleepwear
- 10 pairs of over-the-ankle socks
- bandanna(s)
- 1 light jacket or sweatshirt
- 1 long-sleeved shirt (Kiwanis)
- swimsuit – Girls attending water-focused sessions may want/need extra swimsuit.
- 1 outfit of clothing that can be thrown away if ruined
- For Stevens Ranch: pre-washed 100% cotton white t-shirt, bandana, or socks for tie dye
- For Camp Kiwanis, 6- and 13-day sessions: pre-washed 100% cotton, white t-shirt for tie dye

Toiletries

- soap with container
- comb, brush and hair ties
- sanitary napkins or tampons
- shampoo
- deodorant (non-aerosol)
- sunscreen (not suntan oil)
- toothpaste and toothbrush
- Kleenex
- insect repellent (non-aerosol) Do not bring insecticide chemicals of any kind.
- baby powder with starch

Horseback Riding: (4, 6, 13 days) Girls planning to ride horses, including trail rides will need the following:

- 1 pair long loose-fitting pants or jeans * NO skinny jeans – additional pairs needed based on session length.
- tall socks
- 1 pair of sturdy, closed-toed shoes or boots with a 1-inch heel. Boots are available for loan at camp if needed.

Other Essentials

- flashlight, batteries and extra bulb
- mess kit – plate, cup, and silverware (Note: mess kit not needed for 2, 3 and 4-day sessions)
- 3 towels and washcloths
- laundry bag for dirty clothes
- canteen or wide-mouthed water bottle

Session-Specific Only Needs (Stevens Ranch)

Any themed week you can bring an outfit that fits the theme plus what is listed below:

- Any sessions marked “PRIM”**- backpack to carry daily supplies, 10 ft. of cotton rope, 3 non-weight bearing carabineers, bandana (not to wear)
- Castaways** –bring an adult size shoe box, 3 non-weight bearing carabineers.
- Sorcerer’s Quest** – 2 pre-washed 100% cotton t-shirts for tie dye, water shoes, 2 old swimsuits
- All sessions week 2 excluding CIT I and horse sessions** – apron to tie dye and decorate
- All sessions week 5 excluding Horse sessions** – robe, cape or other dress up clothing Harry Potter style DO NOT BRING A WAND OF ANY KIND!
- Water Robotics** – A second swim suit
- CIT I & II** – backpack and watch
- Lights, Camera, Apps** – bring a digital camera, with memory card and extra batteries/charger, cell phone and charger, you will only be able to use phone during program time.
- Dino Rock** – caveman outfit or accessories – optional
- Under the Stars Sleep over and Enchanted Pets** – a teddy bear

Session-Specific Only Needs (Camp Kiwanis)

Any themed week you can bring an outfit that fits the theme plus what is listed below:

- Black Lake** - old swimsuit and tennis shoes or water shoes for the lake
- Ark Survivalist** – backpack, pocket knife
- Cuddle Buds, Stuffed Animal Sleepover-a teddy bear
- Shutterbugs** – bring a digital camera, with memory card and extra batteries/charger
- Camp Chef**- bring an apron to tie dye and/or decorate
- Trek Out** – old swimsuit and tennis shoes or water shoes for the lake

Optional Items for both camps

- Stationery and pre-addressed/stamped envelopes
- pencil or pen
- sunglasses
- fan with batteries (no larger than 12” x 12”)
- camera, film, and batteries
- rain boots
- stuffed animals
- book or quiet activity for turtle time - * NO e-readers
- flip flops (can only wear in cabins and shower house)
- glow sticks (one for each night) for campers who don’t care for the dark
- S.W.A.P.’s to trade with others (last day of camp only)

Please Do NOT Bring These to any Camp

- Crocs (foot wear)
- candles
- candy
- CD, DVD, or MP3 players
- cellular phones
- curling irons
- electronic pets
- food
- gum
- guns
- hair dryers
- jewelry
- knives
- laptops/tablets/iPads/E-readers
- lighters
- matches
- radios
- trading cards
- treasured family items
- TVs

Do NOT bring anything that needs to be charged other than a digital camera, unless requested specifically for a session. Any electrical items other than cameras will be confiscated and returned at end of camp. We will send campers home if they have any weapons (guns, knives, etc.), tobacco products or drugs in their possession. No refund will be available in this situation.

GET READY FOR AN ADVENTURE! RESIDENT CAMP TIMELINE & CHECKLIST

As soon as you receive camper confirmation:

- Mark your family calendar for the beginning and ending dates of her camp session(s) and include arrival and departure times.
- Make an appointment with your family doctor to have physical completed.
- Make sure camper has all of her shots.
- Put your Parent Handbook in an easily accessible place for future reference.

One month before her session begins:

- Arrange a practice time away from home.
- An overnight at a friend's house or a whole weekend at her grandparents' home would be an ideal opportunity to practice being away from Mom and Dad.
- For High Adventure Trips, mail, email or directly submit all special waivers, & forms. Follow instructions you will be provided.

Two weeks before camp:

- Make sure all forms have been filled out in CampDoc two weeks before session starts.
- Check all medications for expiration date and refill prescriptions.
- Make an initial packing and shopping list - refer to the suggested list in this Parent Handbook.

One week before camp:

- Check the packing list.
- Shop for supplies or clothing. Don't wait until the last minute if you can – everyone will be less stressed if the necessary items are ready ahead of time.
- Begin to pack. Let your camper help so that she knows where things are!
- Send a letter to your camper for the first mail call or prepare letters ahead to be delivered daily. Be sure to address to camper session name and day to deliver.

