



welcome to

Camp Laughing Waters!

Dear Parents & Guardians,

Thank you for registering your girl for a great camp experience with Girl Scouts of Eastern Pennsylvania. A summer adventure like no other is just around the corner for your camper. Nowhere else can a girl experience as much fun, challenge, and excitement as they can at Girl Scout Camp!

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

Laughing Waters is committed to helping your camper build new friendships, improve self-esteem and confidence, foster skill development, connect them to their environment, and create healthy habits to help them make the world a better place.

We gather staff from across the world to give your camper the experience of a lifetime! Our goal is to expose your camper to new activities and new situations to help them learn and grow while at camp.

I think about the experience I have had at camp, the growth I have seen in campers and staff, and the differences it can make for a family. I spend the school year attending conferences, workshop, training and reading literature, to ensure we are continuing high quality service for your campers every year. I plan and prepare programming and events, interview and hire staff, and most importantly try to find ways to improve and expand your campers summer experience. I feel privileged to continue this tradition for another year at Camp Laughing Waters.

Please read through this packet carefully. It contains information you will need to prepare your girl for camp. Feel free to email me with any questions or concerns that you might have. For general camp information, you may also call the main office at 215.564.2030 and your call will be directed to someone who will be able to help you.

See you at camp!

Hana Haseman, Camp Director

CAMP CONTACT:

Hana Haseman, Camp Director

Camp Laughing Waters
300 Hildebeidel Road
Gilbertsville, PA 19525

T: Sept–May: 215.332.4894

June–August: 610.754.7540

E: Hhaseman@gsep.org

REGISTRATION CONTACT:

Member Services

330 Manor Rd

Miquon, PA 19444

T: 215.564.2030

F: 215.564.6953

E: memberservices@gsep.org

OPEN HOUSE:

Come visit camp before we are open for the summer! Meet the staff and tour the facilities.

February 16th 1-2:30pm

March 1st 1-2:30pm

April 5th 5-6pm

Camp Information Webinars:

In this short presentation, the camp director will go over need-to-know information for the first-time parent or the parent who wants to know what camp is all about.

February 4th 8pm

April 19th 2pm

June 6th 10am

Please contact Hana Haseman for the log in information.

CAMPERS LOVE MAIL!

SEND MAIL TO:

NAME OF CAMPER

NAME OF PROGRAM

300 Hildebeidel Road

Gilbertsville, PA 19525

CHECK IN

Check In is on Sunday from 3–5pm.

Follow the signs on the camp drive (Hildebeidel Road) to our main parking lot. A staff member will be waiting at the parking lot to direct you through the Check In process. You will get a chance to meet your camper's counselors and the camp nurse in case there are any concerns or questions you might have. Please make sure your campers are dressed for camp! They should have on comfortable clothing and proper camp footwear. It's very important to us that your camper has fun, but MOST IMPORTANTLY, a SAFE time at camp. There will be plenty of camp staff there to guide you through the process of checking in.

CHECK OUT

Check out for full week programs is on Friday from 3–5pm. Check out for half week programs is at 4pm on Wednesday. Please come to the activity center where we will have your camper waiting.

The person signing out your camper, must be listed on your camper's release form and must show your ID to sign out your camper before you can enter the Activity Center.

On Friday, there will be a short closing ceremony that you are invited to attend. It will begin at 3:30. The girls will sing songs and their counselors will share some highlights from the week. It is not mandatory, but we invite all to attend.

When you are ready to leave camp, please check the luggage trailers for all of your camper's belongings. It is very important to check with the camp Health Staff to ensure you pick up any medication.

SPECIAL ARRANGEMENTS FOR LEAVING CAMP

If for some reason you need to pick your camper up at camp earlier than usual, you must note it on the Camper Release Form and inform the camp personnel upon arrival on Sunday.

PREPARING FOR CAMP

As you are getting your camper and her things ready for camp, talk about all the new adventures she will have and the friends she will make. Avoid talking about getting homesick and missing one another. You can help your camper avoid getting homesick even before they get to camp!

IMPORTANT TIPS FOR GETTING READY

- Make an appointment for your Resident Camp Health History Record with your family doctor. Our form must be signed by a physician within 12 months of camp attendance! (you can find this form on our online paperwork portal: CampDoc)
- Help your camper learn to take care of herself and her belongings on her own so that she will be more comfortable and have more fun at camp. For instance, have your camper practice making her bed.
- Encourage your camper to comb and care for her own hair. Help her find a hairstyle that requires minimal care and make sure she has the needed supplies to take care of it.
- If your camper has never spent the night away from you before, try it before camp so that you both know what to expect.
- Please label everything with your camper's full name.
- Using the Resident Camp Packing List (included in this packet), help your camper pack her own suitcase/duffel bag/trunk so she will know where her things are.
- Remind her to keep dirty and clean clothing separate. Pack a bag for dirty laundry.
- Write your camper's information on luggage tags/duct tape. Place the tag(s) securely on all luggage pieces.
- Luggage will be placed on trailers and moved to girls' living units at the end of check-in. If there is something your camper wants right away, pack these items in a day pack for her to carry with her.
 - If you would like to help your daughter make her bed, please pack the bedding separately, as you will be responsible for transporting it.
- Each girl is limited to 2 (two) pieces (three for 2 and 3 week campers) of luggage plus a sleeping bag and pillow. There is no room in the tents/cabins/shelters for other pieces of luggage, so please be considerate of the other campers.
- Girls should bring a day pack for hiking and/or to carry water, hat, sunscreen and other needed items during their active day.

- Place all medications in a zip-lock plastic bag and bring the bag to camp. This will be turned in to the health care staff at check in.
- Medications: need to be in original container and must be included on the medications form on your camper's health record at campdoc.com. This included over the counter and prescription medication.
- **Trading Post money** (One check can be written to cover everything. Checks should be made payable to GSEP)
 - Trading Post Deposit — this amount varies
 - Tripping Money — if your camper will be going on trips
 - These are both optional you do not need to leave money for your camper

WHAT NOT TO BRING TO CAMP

If these items are found, they will be taken and either stored in the camp office until the end of the session or the parent/ guardian will be contacted to come pick up the items.

- Cell phones
- Expensive watches or jewelry
- Personal sports equipment, unless otherwise specified
- Electronic devices such as miniature DVD or CD players, MP3's, games, tablets, e-readers, cell phones
- Hair dryers, curling irons, or flatirons
- Weapons
- NO fruity-smelling soaps, deodorant, toothpaste, perfume, food, gum or candy. All of these attract raccoons, skunks, and/or bears at some camps or other critters to our living spaces!
- Food or snacks — This includes mailing such things to camp. They will be taken away as it is unsafe for girls to have such things in their tents. If your camper requires extra food/ snacks for dietary or medical reasons, please contact the camp director.

LOST AND FOUND

Girl Scouts of Eastern Pennsylvania will not be responsible for any lost, stolen, or damages to personal items. This includes electronic equipment (phones, video games, mp3 players, tablets, e-readers) and jewelry. Any Lost & Found items remaining at camp will be donated or discarded after two weeks. Please make arrangements to gather all lost items. At the closing ceremony, there will be a Lost & Found table. Please check this table with your camper to ensure you aren't leaving anything behind.

Transportation Policies & Procedures

DIRECTIONS TO CAMP LAUGHING WATERS

The best address to use to get to camp is **3191 New Hanover Square Rd. Gilbertsville PA, 19525.**

This is our neighbor across the street, you will see signs for Laughing Waters.

BRIDGE CLOSURE: The bridge over Swamp Creek, next to the Laughing Waters entrance is closed indefinitely. All GPS and direction apps will direct you around this closure. Please be aware this may add about 10 minutes to your trip.

If you are accessing Laughing Waters from the North end of New Hannover Square Rd., you will be able to access camp the same. Please ignore the road closed signs.

If you are accessing camp from the South end of New Hannover Square Rd., please use a GSP device to get around the bridge.

To get around the bridge:

Take a left onto Swamp Picnic Rd,

Take a right onto Reifsnyder Rd

Take a right onto Church Rd

Take a right onto New Rd

Take a right onto New Hanover Square Rd. and Laughing Waters will be on Left.

BY CAR

NOTE: Please, Do NOT bring pets with you when dropping off or picking up your campers.

- Please arrive between the scheduled drop-off/pick-up time, 3-5pm. If alternative times are needed, please contact the camp director.
- On opening day, we ask that you follow the directions of the camp staff for parking, unloading, and the check-in process.
- o **When picking up your camper, you will be required to show a photo ID such as a Driver's License. Campers will not be released to anyone without proper identification or to anyone not listed on the Release Form. You must be listed on the Camper Release Form to pick up any camper. Please list alternates in case of an emergency.**

RESIDENT CAMP VAN TRANSPORTATION

GSEP offers van transportation to and from camp, from designated locations is available for an additional fee. Campers must register in advance. Registration for transportation closes one week prior to the camp start date. Payment is due in full two weeks prior to the camp start date. Requests for refunds must be submitted in writing to memberservices@gsep.org at least four weeks in advance of the date for consideration. Refunds are not issued for partial use of the transportation order (reservations for round trips but electing not to take the van to camp or home from camp), or for riders considered "no shows" (campers who reserve the van but do not give advance notification of cancellation). The registration department must be

notified of transportation cancellations as soon as possible in order to provide camp staff adequate notice. The van may be cancelled if there are not enough girls registered for the service.

Resident Camp Van Pricing Options

- \$55 per ONE WAY trip TO or FROM camp
- \$110 ROUND TRIP

Resident Camp Van Stops

- Northeast Tower, East Roosevelt Boulevard and Adams Avenue — Chick-fil-A, Philadelphia, PA 19129— Sunday pick up at 9:45am and Friday drop off at 5:50pm
- Fresh Grocer, 56th & Chestnut Streets, Philadelphia, PA 19139 — Sunday pick up at 10:30am and Friday drop off at 5:20pm
- Camp Laughing Waters — Sunday pick up at 12pm and Friday drop off at 3:30pm

OTHER INFORMATION

- Be prepared to wait traffic and weather affect times.
- No girls will be allowed on the van to resident camp if they do not have their Resident Camp Health History Record FILLED OUT AND SIGNED BY THE DOCTOR, GSEP Camper Code of Conduct or their Camper Release Authorization filled out and signed appropriately. NO EXCEPTIONS (these forms must be uploaded to CampDocs or be handed in in person)
- If your camper misses the van, you will be responsible for her travel to camp.
- On Friday, try to be at the stop early to greet your camper when they arrive.
- Whoever picks up your camper will be required to show a photo ID such as a Driver's License and must be listed on the Camper Release Form.
- Campers will not be released to anyone without proper identification or to anyone not listed on the Camper Release Authorization. You must be listed on the Camper Release Authorization to pick up any camper. Please list alternates in case of an emergency.

VAN SAFETY

Please review these rules with your camper before the start of camp. As a passenger on the camp van, please know the responsibility each person has to ensure a safe trip to and from camp.

- The van should always be loaded and unloaded in an orderly fashion.
- No body parts are to hang out of the windows.
- Please remain seated at all times.
- Do not throw anything out of the windows.
- LISTEN to instructions from the counselors and driver.

- No horseplay, yelling or throwing items around the vehicle.
- Let the counselor know if you are feeling sick.

CAMP TO HOME COMMUNICATION

Our camp staff will call or email parents/guardians in the case that parents need to know pertinent information. The camp director will email information about any special announcements before the start of your camper's session. The camp director will also inform the parent/guardian if there is a weather incident, phone or electricity outage, or other whole camp information to be shared.

You may receive a phone call from the director, assistant director or health care provider if more personal information is to be shared. Phone calls would include; prolonged sickness, significant injury or other significant medical treatment, significant behavior issues, or emergency situations.

You will also receive an automated e-mail alert when your camper is seen by the health center.

CAMP LAUGHING WATERS RALLYHOOD

You will receive an email invitation to join the camp Rallyhood, or you can join by clicking here: [CLW RALLYHOOD](#).

This is an online platform for our community to share information, ask questions, get information from camp, and see pictures from camp. We'll make sure to post updates at least once each session. This is a private forum, only accessible to caregivers of Camp Laughing Waters campers. To best reach the camp director or staff in the event of an emergency of sensitive issue, please use the contact information on page 1.

Camper Pictures: CLW has two cameras that are shared by all of camp. We let the campers use these cameras to take pictures of their experience. These are the photos we share on RallyHood. We do NOT promise a picture of your camper every day, we will do our best to get all campers represented. We do not have a camp photographer or a professional quality camera, we appreciate your understanding.

CAMPER MAIL

Some campers write often, and others do not. However, your camper would LOVE to hear from you! Sometimes, a cure for missing home is mail from family and friends. We suggest you bring mail or small packages (no food or drink in the packages) on check-in day. We will have bins ready to collect mail for your camper, and we will distribute it thorough out the week. Please label your campers mail with her name and the name of her program. Then the very first day she'll have a card or note from you.

When using USPS, please allow time for the mail to arrive within her session. The mail does not arrive to camp until 2pm on weekdays. Be aware that you might receive a letter after her arrival back home! Late mail will be returned to sender.

ONE-WAY E-MAIL SYSTEM

You may email your camper while she is at camp. We will be using Bunk1. Bunk1 is a one-way communication tool that allows you to easily send messages to your camper while they are away at camp. With Bunk1, your camp will print out the messages you send and deliver them to your camper along with the regular mail.

Please note: all messages will be printed in black and white, color copies will not be provided. If you want your camper to receive email on Friday, it must be sent on Thursday. We do not receive the email as you send it. It is gathered and sent to the camp at 2AM, so there is a delay. Emails received after the camper leaves will not be delivered nor forwarded. For more information on Bunk1, please see the Bunk1 Guide at the end of this packet.

Dos & Don'ts for Letter Writing:

- DO tell your camper how much you love her.
- DO tell her you hope she's having fun!
- DO ask questions about her tent mates, favorite counselor, etc.
- DO send along her favorite comic strip, a picture, or fun news.
- DO tell her you can't wait to see her!
- DON'T tell her bad news such as family illness or the death of a pet.

General Information

VISITOR & CAMP TOURS

The safety of our campers and staff is our first priority. We care about your camper's safety and want to ensure she is well cared for and protected. As such, we follow the below procedures:

- Visitors must check in at the camp office, Murphy House, and must be accompanied by camp staff at all times.
- All staff persons on site have current background checks, child abuse checks, FBI fingerprint checks, and sex offender checks. They have been interviewed by the camp director, and attended camp training.
- If you would like a tour of camp, please attend an Open House. We cannot offer tours during camp sessions.

GSEP CAMPER CODE OF CONDUCT

Please read over the GSEP Camper Code of Conduct with your camper and make sure each of you sign the form. Camp life is an opportunity for girls to live and work cooperatively with adults and girls of their own age. Campers are expected to actively participate in all camp activities. The staff will do everything they can to help each girl adjust to her new environment at camp. However, girls who exhibit unsuitable behavior will not be permitted to remain at camp. Unsuitable behavior includes, but is not limited to:

- Consistent non-participation in activities
- uncooperative and threatening behavior
- bullying
- fighting
- theft
- abusive language
- smoking
- drinking
- endangering the safety of themselves or others

Any camper who displays such behavior will have a conference with the Camp Director. The Camp Director will notify the family and discuss the situation with them. The Camp Director may request that your camper leave camp due to the unsuitable behavior exhibited. The parents/guardians will be notified and are responsible for the immediate departure of their camper from camp and for securing all travel arrangements. There will be no refund in this case.

HOW TO DRESS AT CAMP

Pack comfortable clothes in which to play games, hike, and get dirty, we have lots of fun at camp and do not want to worry about running clothes. Laundry facilities are not available for campers (except for soiled bedding). See the Resident Camp Packing list included in this packet to assist with packing.

NOTE: For safety reasons, everyone at camp must wear socks and shoes to most activities. Please send your camper with two pairs of clean socks for each day. Sport sandals are permitted at Laughing Waters. (such as Teva or Keens) Girls will be able to wear sport sandals at certain low risk activities and while walking around camp. Girls can wear sandals to the bathroom and at the pool.

UNIT RESPONSIBILITIES

Girls participate in Kapers, which are similar to chores or jobs, as part of the group living experience. Kapers are completed daily, by everyone.

Unit Kapers help sweep the unit, clean the bathroom, or clean up their tent, etc.

All-Camp Kapers help raise and lower the flag, set tables for meals, cleanup of bathrooms, or collect litter to keep camp looking its best.

MEALS DURING CAMP

Meals at camp are nutritious and plentiful. Meals are served family style in the Dining Hall. Family Style means a platter is served to the table with enough food for one serving for everyone. If campers would like more food, the platter can be refilled, and seconds will be passed out. In addition to the main course, each meal has alternate choices. Breakfast has additional choices of cereal, fruit, etc. Lunch and Dinner have a salad bar or sandwich bar.

At least once a week, girls cook over a campfire. Campers help plan the menu, cook and clean up the meals.

Special Dietary Needs: If your child has special dietary needs that are allergy-related such as gluten-free or peanut/tree nut-

free, please contact the camp director to discuss alternative meals and the possibility of bringing alternative foods for your camper. Please indicate any dietary restrictions in CampDocs.

Note: If you need to send additional snacks to camp with your camper, please contact the camp director to make these arrangements. Dinner will be the first meal served to campers when they arrive on Sunday.

TYPICAL DAILY SCHEDULE:

- 6:45am: Early Wake Up
- 7:00am: Early Morning programing (optional)
- 7:30am: Regular Wake Up
- 8:00am: Breakfast & Flag Ceremony
- 9:00am: Unit Kapers/ Camp Clean Up
- 10:00am: Program Activities (i.e. swimming, boating, archery, hiking)
- 12:30pm: Lunch
- 1:30pm: Rest Time
- 2:30pm: Program Activities (i.e. horseback riding, Arts & Crafts, science, games)
- 6:00pm: Dinner & Flag Ceremony
- 7:00pm: Evening Activity or Campfire
- 8:30pm: Bedtime for Brownies, Evening Activities for Older Girls
- 9-10:00pm: Bedtime for Junior, Cadettes, Seniors & Ambassadors

SLEEPING ARRANGEMENTS

Campers sleep in platform tents or cabins depending on their designated program as advertised in the program description. Tents sleep four girls. Counselors sleep in separate tents within the unit. The tent units have bathrooms with running water. Girls have access to the showers at our camp shower house.

If staying in the cabin, the girls will stay in a large room together, on bunk beds, and staff will be housed in a separate room. Cabins have bathrooms with running water and showers in the building.

Counselors are always on duty.

MISSING HOME

Campers are often homesick for the first day or two, primarily during free time or at meals, and the first letters written from camp may reflect this. Homesickness is normal. Our staff will do everything they can to ensure that your daughter will have a happy, safe, and fun week of camp. For more information about homesickness and other getting- ready-for-camp tips, visit <http://www.campparents.org/homesickness>.

We do not allow campers to call home during their time at camp. We have found that allowing campers to call home because of homesickness only makes the situation worse. Your camper will be in the care of well-trained and loving staff that will see to it that she is healthy and happy at camp.

If homesickness is dramatically impacting your camper's ability to participate in camp programs, the staff will work with the family and camper to help, and find the best solution for the camper. The Director will discuss the situation with the parents/guardians to develop an action plan that best suits the situation and the camper.

If a camper does return home due to homesickness, no refund will be given.

CAMPER PHONE CALLS

Please do not promise to call your camper or expect her to call you. The phone at camp is for emergency and business calls only and your camper cannot be brought to the phone.

NOTE: We do not allow campers to use the phone in the office, but we can certainly relay any concerns to your child and also call you back to let you know how she is doing.

CELL PHONES ARE NOT ALLOWED AT CAMP. Please do not pack cell phones; this is for the protection of all campers and staff. Phones will be confiscated and returned at the end of the camp session. Calls made from camp on cell phones are often garbled because of poor reception.

If your camper has a problem, she should bring it to the attention of her Counselor, Camp Nurse or Camp Director. Consistent with our goals of promoting self-reliance and making new friends, we limit the use of electronic technology at camp. Campers are not permitted to bring electronic devices of any sort. Exceptions are flashlights, wristwatches, and prescription medical devices, such as nebulizers. Cell phones, smart watches, video games, mp3s and other electronics should be left at home.

TRADING POST

The Trading Post (Camp Store) is a place that campers can practice their money management skills. Parents have the option of leaving money for their campers for the week. The Trading Post will be open on Sundays during check in, so you can see what we have in the store. Cash, check and credit cards are accepted to make purchases on Sunday and Fridays, or to leave a deposit for your camper to use during the week. Any money left at the end of the week will be returned to you in the form of a voucher to be determined (i.e. gift certificate/debit card/or similar redeemable document type) **There are no cash refunds.**

What can you find at the Trading Post?

Camp Laughing Waters t-shirts, sweatshirts, water bottles and camp essentials, such as mess kits, friendship bracelets and more. During the camping week, we also have snacks and candy available for purchase.

SWIMMING

Girls will participate in a swim check during the first swimming period at camp. Based on the results of the check, your camper will be placed into a swimming group. This swimming group will determine the lessons she participated in while at camp, and if she can go into the deep end of the pool. Girls will swim daily.

TICKS

Whether in your back yard or at camp, we feel it is important that all our campers and their families be aware of ticks and tick-related diseases. Not all ticks carry disease, but it is wise to be cautious and aware. Camp staff assists campers in taking the following precautionary actions:

- Stay in the center of paths and trails.
- Campers may apply insect repellent if they choose to bring it. (Younger campers will be assisted to avoid over application of chemical repellent.)
- Each camper monitors herself and her clothing at least twice daily for ticks. They must also do a tick check immediately after walking through dense woods and grasses.
- If a tick is found embedded in the skin, the camper reports to the health center for removal and treatment. The Health Supervisor will record the incident.
- Don't forget to check for ticks after you return home from camp. If you have any questions about ticks, please call for more information.

HEAD LICE

Campers with head lice or nits are not allowed to attend camp. We check all campers during check in. Campers with lice or nits found will not be permitted to stay at camp, until their hair is clear. If head lice or nits are found later in your camper's session, you will be contacted and asked to pick up your camper immediately. Campers cannot return until they are nit-free.

Camp Payment & Refund Policy

PAYMENT

A \$50 NON REFUNDABLE deposit is required for each camp session you wish to attend.

Payment is due in full 4 weeks prior to the camp start date. If full payment is not received 4 weeks prior to your campers start date, your slot will be forfeited and opened up to other campers. Your deposit will not be refunded.

REFUNDS

Requests for refunds must be submitted in writing to memberservices@gsep.org at least 4 weeks before the camp start date for consideration. Refunds may take up to six weeks for processing.

Refunds for cancellations occurring less than 4 weeks in advance are only considered in cases of emergency and are handled on a case-by-case basis. These requests must be submitted within 7 days of the camp start date for consideration.

Refunds are NOT issued for early departures from camp, campers who choose not to stay at camp during drop off, campers considered "no shows" (those who do not attend and did not give advance notification of cancellation), or for days missed during a camp session. This applies to programs, busing, overnights, weekend stays, and extended care for both resident and day camps.

CAMP CHANGE POLICY

Requests to make changes from one camp session to another must be sent to memberservices@gsep.org at least 4 weeks

prior to the start of the originally scheduled camp session.

One change request per order will be accepted free of charge, and additional changes will incur an administrative fee of \$20 or require the purchaser to cancel the order and begin the registration process again for the new camp session.

REGISTRATION DEADLINES

Registration closes one week prior to the camp start date.

SPACE & ATTENDANCE

Camp space is limited so register online early to secure your space! Attendance capacity is based on the needs of the camp itself and cannot be adjusted due to late registration, transfer requests, troop needs, buddy expectations, etc.

CURRENT MEMBERSHIP REQUIRED

Any girl wishing to attend a GSEP camp must be an active Girl Scout during the camp year. If you are a member outside of the GSEP council, contact memberservices@gsep.org

CAMPER'S ACCIDENT & SICKNESS INSURANCE

The Girl Scout Council provides supplemental medical expense coverage for both accident and sickness for all participants in resident camp. This is included in your camp fee. In most cases, the insurance forms will be handled by the camp and the doctor or hospital. If you have any questions regarding insurance during camp, please check with Human Resources at humanres@gsep.org or 215-564-2030.

Thank you for choosing to have your camper spend their summer with us here at Laughing Waters. There is a lot to prepare for and anticipate during the months leading up to your camper's session. This packet was meant to help and prepare you and answer your questions. If you have any further questions or would like any clarification please feel free to contact us.

PACKING LIST – PLEASE LABEL ALL BELONGINGS

CLOTHING

- ☐ Tank tops and T-shirts (no halter, spaghetti strap tanktops, or tube tops at camp)
- ☐ Sweatshirt, windbreaker or warm sweater (it can cooldown overnight)
- ☐ Shorts
- ☐ Underwear
- ☐ Pajamas
- ☐ Swimsuit and towel
- ☐ Rain coat or poncho
- ☐ Socks that cover the ankle (2 pair for each day)

FOOTWEAR

- ☐ 2 pairs of sturdy sneakers or athletic shoes
- ☐ Sports Sandals (Keens, Texas)
- ☐ Water shoes for creek
- ☐ Shower shoes (typically flip flops)
- ☐ Water proof shoes or boots for rainy days

TOILETRIES

- ☐ Sunscreen (non-aerosol)
- ☐ Hat for sun protection
- ☐ Shampoo and conditioner
- ☐ Soap
- ☐ Toothbrush & toothpaste
- ☐ Comb or brush
- ☐ Sanitary supplies
- ☐ Deodorant (non-aerosol)
- ☐ Shower tote or bag
- ☐ Hand lotion
- ☐ Lip protection
- ☐ Hair ties
- ☐ Insect repellent (non-aerosol)

SUPPLIES

- ☐ Sleeping bag/Blanket
- ☐ Twin Fitted sheets to place over mattress
- ☐ Washcloths and towels
- ☐ Pillow
- ☐ Laundry bag for dirty clothes to be taken home mesh or cotton work best
- ☐ Mess Kit (plastic or metal plate or bowl, plastic or metal cup, and silverware) for cookouts
- ☐ Flashlight and extra batteries
- ☐ Reusable water bottles (at least 1 liter)
- ☐ Backpack or tote bag to pack daily items in

HORSEBACK RIDING (only for riding programs)

- ☐ Long pants for riding
- ☐ Riding boots w/1-inch heel
- ☐ We will provide helmets

OPTIONAL

- ☐ Camera
- ☐ Sunglasses
- ☐ Bandana
- ☐ Cards, books, or quiet games
- ☐ Stationery, pen, pre-addressed envelopes, and stamps

PLEASE LEAVE THESE ITEMS AT HOME:

- ☐ Cell phones- they are prohibited at camp for the safety of all campers and staff.
- ☐ Snack foods and drinks except for special dietary needs, i.e. gluten or dairy free products. – must be turned in upon check in at camp.
- ☐ Alcoholic beverages
- ☐ Non-prescription drugs
- ☐ weapons
- ☐ Expensive electronic devices (mp3 players, tablets, etc...)
- ☐ Hair Dryers/curling irons/straighteners
- ☐ Expensive clocks, watches or jewelry
- ☐ Personal sports equipment
- ☐ Items deemed inappropriate by Girl Scouts
- ☐ **Pets – pets are not permitted outside of the car**

Dear Parents,

In our continuous efforts to provide the best possible care to our campers and staff, all Girl Scouts of Eastern Pennsylvania camps are partnering with **CampDoc.com**.

CampDoc.com is an electronic health record system for camps and will help us consolidate and integrate camper health information into a centralized and secure location. Their system will give our staff, doctors and nurses instant access to camper health information, a key component in providing quality care.

On this portal you will find all our camper paperwork. The information we collect helps us keep our camper safe and well taken care of. It is pertinent you complete this paperwork as soon as possible so we can adequately prepare for your camper's arrival.

The security, confidentiality and privacy of your camper's personal health information will always be protected. Only our camp's health staff and director staff will have access to camper health information, and the CampDoc.com site is secure, encrypted and password protected.

Prior to the start of the camp year, you will receive a "Welcome E-mail" from CampDoc.com with information about how to access your camper's health information.

- Click the link in this email to login. Here, you will be instructed to create an Authorized User for your account, along with a password.
- Follow the instructions and complete the profile for your camper. Alerts will appear for any missing required information.
- Upload any required documents to your CampDoc.com account which will include your family's health insurance card and the healthcare provider form.
- Return to app.CampDoc.com at any time to make changes/updates to your camper's health information before camp begins.

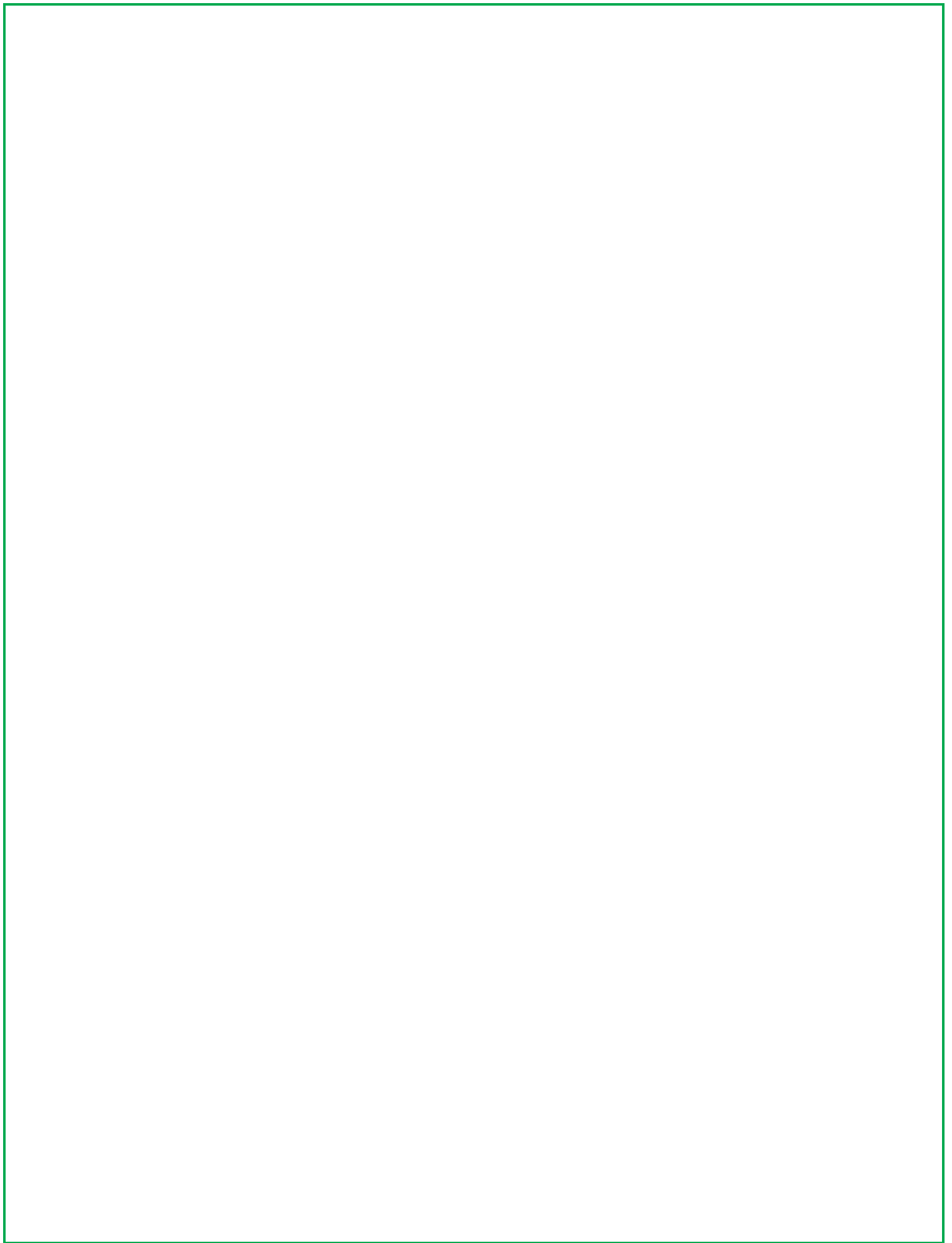
Please set CampDoc.com as a 'safe sender,' to avoid accidental delivery to junk and spam folders.

Please contact the CampDoc Help Desk with any CampDoc related questions. Help Desk hours are Monday-Friday 8am-5pm EST. The Help Desk can be reached via telephone by dialing 734-636-1000 or via email at help@CampDoc.com.

We are excited to continually evolve – building safer, more productive and more efficient systems to create the best experience for you and your family.

We can't wait to see you this summer,

GSEP Girl Experience Team



Bunk 1 Communication

Stay in touch with your camper at camp with Bunk Notes. Bunk1 makes it easy to communicate with your child. Download the Bunk1 App on [iOS](#) or [Android](#) devices to stay connected wherever you go!

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](#)” and complete the basic form.
 - The Invitation Code for **Laughing Waters** is: **20LAUGHING371**
- 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. (Please note all bunk notes will be printed in Black and White)

Send Bunk Notes day or night! Laughing Waters receives a pdf at 2 AM EST each day containing all Bunk Notes received in the last 24 hours. Camp prints each Bunk Note and delivers them to your camper with the regular mail. You can purchase more credits anytime in the Bunk Notes menu.

On the go? Purchase Bunk Notes Express and receive a unique email address to send your Bunk Note directly from an email account. Your message is still delivered as a Bunk Note. Each time you send a message, 1 credit is deducted from your account. Your Bunk Note will not be sent via Bunk Notes Express unless you have credits in your account.

FREQUENTLY ASKED QUESTIONS:

Can other relatives use these services? Absolutely! In your Quick Links you'll select Invite Family Members, enter their details and they will be sent an email. PLEASE NOTE this will prompt them to set up their own account. It does not provide them access to your account OR your Bunk Note Credits.

Questions or Problems? 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 1-888-465-2267 or email support@bunk1.com.

Google Chrome is the preferred web browser for using Bunk1. Download Chrome for free by visiting: www.google.com/intl/en/chrome/browser/.

Download the Bunk1 Mobile App

Get the latest news from camp and send Bunk Notes on the go! The Bunk1 mobile app is the best way to keep in touch with camp.

