



welcome to

Camp Mosey Wood!

Dear Parents & Guardians,

Thank YOU for choosing Girl Scouts of Eastern PA and Camp Mosey Wood as the vessel for a summer of fun, growing, and safety! Nowhere else can a girl experience the challenge and excitement that is Girl Scout Camp! Please read this entire packet to be fully prepared for your child's next summer adventure!

Camp makes a world of difference! I have spent more than twenty-five summers at camp, helping and watching campers grow and growing myself at GSEP camps. I spent nine years as a camper and this is now my 21st year as a staff member. I have been in many different roles over the years and have the certifications to show it. I am a Lifeguard Instructor, Wilderness and Remote First Aid Instructor, Archery Instructor, and Supervisor High Challenge, to name a few. I have watched many campers grow over their time at camp and truly learn new things, both skills and about themselves.

At camp the girls will have a plethora of experiences. They will embark on the thematic adventure they signed up for in the Camp Guide, while still having plenty of time for other adventures. All girls will participate in diversity activities, campfires, songs, games, and activities about self-awareness.

Water and Adventure is the main underlying theme here at Mosey Wood. Each day the campers will participate in swimming and boating. The aquatic activities offered to each camper is dependent upon age and swim level. We have many types of boats from row boats to stand up paddle boards to sail boats. At the swimming area we have the aqua tower where campers make a splash sliding into the water, AquaClimb where campers climb the rocks and splash into the water, as well as the Wibit obstacle course to run, bounce, and make a splash!

Adventure is all around us at Mosey Wood! Brownie programs are able to boulder, on our two bouldering walls, and climb the rock wall, while Junior programs have the opportunity to participate on the low challenge course and climb to new heights on one of our two climbing walls. Girls in sixth grade and above get to play up in the sky on our 17-element Challenge Tower that has elements ranging from 20-40 feet in the air. Sixth grade and above are able to culminate their adventure experience by soaring in the air across the lake on our 900+ ft. dueling zip lines!

Camp is a place to have fun, take that step outside of your normal comfort zone, and expand your world! Girls will learn more about themselves through each and every activity at camp. I hope your camper is as excited as I am!

See you at camp!

Age!!

CAMP CONTACT INFO:

April E. Beattie, Camp
Director Mosey Wood

1 Character Rd.
White Haven, PA 18661
T: 570.722.9284
E: abeattie@gsep.org

REGISTRATION CONTACT:

T: 215.564.2030
E: memberservices@gsep.org

OPEN HOUSE:

Come visit camp before it is open for the summer! Meet the staff and tour the facilities.

Sunday, March 6th, 1-3PM
Sunday, April 24th, 1-3PM
Sunday, June 19th, 1-3PM

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.

Wednesday, January 5th 7pm
Tuesday, February 1st, 8pm
Thursday, March 3rd, 7pm

Please contact GSEP for the log in information.

CAMPERS LOVE MAIL!

SEND MAIL TO:

Camp Mosey Wood
Name of the Camper
Name of the Program
1 Character Rd.
White Haven, PA 18661

QUESTIONS OR CONCERNS PRIOR TO CAMP:

abeattie@gsep.org
215.564.2030

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, again this summer.

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.

The security, confidentiality and privacy of your camper's personal health information will always be protected. Only essential 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 campDoc 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

CHECK IN

Full Week:

Sunday 2-4pm

Half Week:

Sunday Start = 1-3 pm

Wednesday Start = 10am

The following COVID-19 protocols reflect 2021 conditions. Decisions on drop-off procedures will be made based on CDC and ACA guidelines and current COVID-19 conditions prior to the start of camp in June 2022. Upon arrival, each car will be given a COVID-19 symptom checker sign off for all occupants of the vehicle. All person entering camp must properly wear a mask, covering their nose and mouth. Contactless temperature screening will take place for all campers upon arrival. If a temperature is 100.4F or higher, that camper will not be permitted to stay at camp and will need to follow return to camp policies.

- Please do not arrive early. Staff will not be set up to help you before the check-in time noted above.
- There will be lots of camp staff to guide you through the check-in process—PLEASE follow the directions for parking, unloading, and the check-in process.
- All camp paperwork and Trading Post deposits should be completed online prior to arriving at camp. The Trading Post will be open during check-in.
- After completing the check-in process, families will say their goodbyes in main camp and campers will join their cohorts.

*****NOTE: DO NOT BRING PETS WITH YOU WHEN DROPPING OFF OR PICKING UP CAMPERS!***

CHECK OUT

Full week:

Friday 4-5pm

Half-week:

Tuesday 5pm

The following COVID-19 protocols reflect 2021 conditions. Decisions on pick-up procedures will be made based on CDC and ACA guidelines and current COVID-19 conditions prior to the start of camp in June 2022. When picking up, we encourage one person to pick up your camper. Upon arrival, everyone in your vehicle will be asked to complete the COVID-19 Questionnaire. All person entering camp must properly wear a mask, covering their nose and mouth.

- Please do not arrive early! We know that you are excited to see your camper but ask that you please adhere to this time frame so that we can ensure a safe and organized check out.
- 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 Camper Release Authorization.** You must be listed on the Camper Release Authorization to pick up any camper. Please list alternates in the case that you will be unable to pick up your camper.

*****Before you leave camp, please check the luggage trailers for ALL of your camper's belongings. It is very important to check with the Health Staff to ensure you pick up any medications.***

SPECIAL ARRANGEMENTS FOR LEAVING CAMP

If, for some reason, you need to pick your camper up at camp earlier than usual, please notify the camp ahead of time so we know when to expect you and can have your camper's luggage ready. Also, if she needs to leave camp for a special event (i.e. swim in a competition) please note it on the Camper Release Authorization form and inform the camp upon arrival.

Preparing for Camp

As you are getting your camper ready for camp, talk about all the new adventure 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 she gets to camp!

IMPORTANT TIPS FOR GETTING READY

- Make an appointment for your Resident Camp Healthcare Recommendations Form to be filled out with your family doctor. This form must be signed by a physician within 12 months of camp attendance!
- Fill out the temperature and symptom pre-screening in CampDoc, for the FOURTEEN DAYS prior to camp. This must be completed by noon on check in day.
- 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 a 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, have your camper pack her own luggage so she will know where her things are.
- Remind her to keep her dirty and clean clothing separate. Pack a bag for dirty laundry.
- Van riders only: Write your camper's information on luggage tags or duct tape. Place the tags securely on all luggage pieces, so it is delivered to the correct camp.
- Please label and pack your camper's sleeping bag, pillow, and other bedding separately. You will be responsible for walking these up to your camper's unit to get her settled in.
- Each girl is limited to two pieces (three for two or three-week campers) of luggage plus a sleeping bag and pillow. There is no room in the tents for other pieces of luggage, so please be considerate of tent mates.
- Girls should bring a day pack for hiking and/or carrying water, hat, sunscreen, and other needed items during their activity day.
- Put your camper's trading post money and all medication in its original container in a zip-lock bag and bring the bag to camp.

TRADING POST

The Trading Post (Camp Store) is a place that campers can practice their money management skills. Parents have the option of depositing 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. All deposits for campers to use over the course of the week must be made via your MYGS account before arrival to camp. Money left over at the end of the week will be kept on your campers account until the end of the summer season. After the summer season you will receive a voucher that can be used at anyone of our GSEP service centers and stores.

What can you find at the Trading Post?

Camp Mosey Wood t-shirts, sweatshirts, water bottles and camp essentials, such as mess kits, friendship bracelets and more.

MOSEY WOOD RAFTING TRIPS

Campers in programs for 6th grade and above only may sign up for the optional rafting trip. On the first week of each session, the camper is eligible to participate in a guided rafting trip down the Lehigh River. Please pay the \$40 fee online ahead of check-in and submit the signed waiver form. The release is on CampDoc.

TRIPPING MONEY

Any camper going on an out-of-camp trip who wants to bring spending money for shopping or souvenirs should hand in the money at check in so we can lock up the money until the campers leave camp. Please bring the money, in cash, in an envelope with the camper's name and program clearly written on the outside of the envelope. While out of camp, the girls are responsible for their own money. Please bring cash for any tripping money you plan to leave your camper, tripping money will only be accepted in cash.

**While campers go offsite for the rafting trip, it is not classified as a trip. Therefore, money may not be left separately for the rafting trip souvenirs. Campers will be able to use any available funds in their Trading Post account on the rafting trip.*

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, any 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

Online 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. Registrants are required to notify GSEP by emailing memberservices@gsep.org for all cancellations.

CURRENT MEMBERSHIP REQUIRED

Any girl wishing to attend a GSEP camp must be an active Girl Scout during the camp year.

As part of our Customer Engagement Initiative (CEI), GSEP has a membership registration system called Volunteer Systems that allows members to quickly and easily identify troop and volunteer opportunities. Prospective members can search for an available troop using their zip code. You do not have to be a part of an active troop in order to attend camp.

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, call the Camp Director. After camp is over, please check with Human Resources at humanres@gsep.org or 215-564-2030.

BRING TO 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.
- Swim Suit and Towel: Camper may have swim test before luggage arrives at unit.

WHAT TO BRING TO CAMP

All possessions must be marked with your camper's first and last name. Please see the Resident Camp Packing List included in this packet for a complete packing list.

WHAT NOT TO BRING TO CAMP

Any items on this list will be taken and stored in the Camp Office and returned at the end of the session!

- Cell phones
- Expensive clocks, watches, or jewelry
- Personal sports equipment, unless otherwise specified
- Expensive electronic devices such as miniature DVD or CD players, mp3 players, iPods, games, tablets, e-readers
- Hair dryers, curling irons, or flat irons
- Weapons
- Pets
- Fruity smelling soaps, deodorant, toothpaste, perfume, food, gum, or candy. This is very important for Camp Mosey Wood! All of these attract raccoons, skunks, and/or bears or other critters to our living spaces!
- Food or snacks — this includes mailing such things to camp. They will be taken as it is unsafe for girls to have such things in their tents.

LOST AND FOUND

Girl Scouts of Eastern PA will not be responsible for any lost, stolen, or damages to personal items. This includes electronic equipment (radios, video games, mp3 players, tablets, e-readers) and jewelry. Any Lost & Found items remaining at camp will be donated. Please make arrangements to gather all lost items.

Transportation Policies & Procedures

RESIDENT CAMP BUS TRANSPORTATION

GSEP offers bus 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.

The bus may be cancelled if there are not enough girls registered for the service.

Resident Camp Bus Pricing

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

Resident Camp Bus Stops

- Northeast Tower, East Roosevelt Boulevard and Adams Avenue (Home Depot lot)--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

BUS SPECIFIC INFORMATION

- *Decisions regarding COVID-19 bus/transportation protocols will be made based on CDC and ACA guidelines and the current COVID-19 conditions prior to the start of camp in June.*
- No girls will be allowed on the bus to resident camp if they do not have:
 - Resident Camp Health History Record FILLED OUT AND SIGNED BY THE DOCTOR,
 - GSEP Camper Code of Conduct
 - Camper Release Authorization filled out and signed appropriately
 - NO EXCEPTIONS (these forms must be uploaded to CampDocs)
- Be prepared to wait! Traffic and weather affect times.
- If your camper misses the bus, 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. Please list alternates in case of an emergency.

BUS SAFETY

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

- The bus 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.

BY CAR

- Camp gates will not open until thirty minutes prior to scheduled drop off and pick up times.
- On opening day, we ask that you follow the directions of camp staff for parking and unloading your vehicle.
- 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 emergency.

NOTE: DO NOT BRING PETS WITH YOU WHEN DROPPING OFF CAMPERS!

DIRECTIONS TO CAMP MOSEY WOOD

From Interstate 78: Go north on Northeast Extension of the PA Turnpike. Get off at Pocono Interchange. Go east on Route 940 for 4 miles to signal light. Turn right onto Mosey Wood Road and continue to camp entrance on the right.

From Bethlehem or Easton areas: Go north on Route 33 to Bartonsville. Go west on Interstate 80 to Blakeslee exit. Go north on Route 115 to Blakeslee Corners, turn west on Route 940 and continue for 2½ miles to the signal light (Split Rock sign on left, Jack Frost signs on right). Turn left onto Mosey Wood Road and continue to camp entrance on right.

From Reading area: Go north on Route 61 to Route 81. Follow Route 81 north to intersection of Route 80 above Hazleton. Go east on Route 80 to fourth exit marked PA Turnpike. From there follow Route 940 east for 4 miles to the signal light. Turn right onto Mosey Wood Road and continue to camp entrance on right OR use the Turnpike from Allentown and follow direction #1.

From New Jersey: Travel to Interstate 80. Travel West to the Blakeslee (Route 115) exit. Travel north on 115 to the signal light in Blakeslee. At the light turn left onto route 940 and travel west for 2 ½ miles to the signal light. Turn left onto Mosey Wood Road and continue to camp entrance on the right.

NOTE: Camp Mosey Wood does not have an address that is generally recognized by GPS units. However, putting in Mosey Wood Camp Road, Lake Harmony, PA will take you to the camp on most GPS units.

General Camp 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 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.
- Camp tours are limited during the summer to protect the campers. If you would like a tour of camp, please consider attending an Open House.

GSEP CAMPER CODE OF CONDUCT

Please read through and sign the Code of Conduct with your camper. 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. 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 behavior
- fighting
- theft
- abusive language
- endangering the safety of others

Any camper who displays unsuitable 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 exhibited unsuitable behavior. The parents/guardians will be responsible for the immediate departure of their camper from camp and for securing all travel arrangements. *There is no refund in this case.*

MASK USE

Decisions on mask use at camp will be made based on current CDC and ACA guidelines and COVID-19 conditions prior to the start of camp in June 2022.

HEALTH CENTER

If a camper is feeling ill or is injured, they will visit the Health Center. Any significant illnesses or injuries will be communicated to families via phone calls. Some illnesses and injuries require outside care, camp will communicate this to the families and seek outside care.

If a camper has a fever of 100.4 or over, the family will be notified and required to pick up the camper to go home. If a camper is showing symptoms of a communicable disease, including COVID-19, the family will be notified and required to pick up the camper to go home.

ILLNESS/COVID-19 RETURN TO CAMP POLICY

A healthy camp starts at home, and we need you to help keep our camps safe. Campers who do not feel well should not come to camp! GSEP thanks you for being diligent and for your understanding as we work together to provide a safe camp season for our Girl Scouts.

If a camper shows symptoms consistent with COVID-19, she will be sent home pending the results of a COVID-19 test. Camper's families are responsible for obtaining a COVID-19 test for their camper.

- A camper who tests negative for COVID-19 may return to camp after being symptom and fever

free for 24-hours, without fever reducing medication.

- A camper who tests positive will only be able to return to camp after 10 days of isolation and their symptoms have resolved.

Staff showing symptoms will be isolated from the general camp population and have the same requirements as campers for return.

HOW TO DRESS AT CAMP

There is no need to send your child to camp dressed in new clothes! We all wear comfortable clothes in which we can play games, hike, and get dirty or whatever the day calls for. Laundry facilities are not available for campers (except for soiled bedding).

Note: For safety reasons campers must wear socks and shoes at all times. No open-toed, open-heeled, clog or croc type or shoes or sandals are allowed. No spaghetti straps, midriffs, or halter tops.

TYPICAL DAILY SCHEDULE:

- 7:00am: Wake Up
- 8:00am: Breakfast & Flag Ceremony
- 9:00am: Program Activities (i.e. arts and crafts, archery, swimming, boating, challenge course, etc.)
- 12:30pm: Lunch
- 1:30pm: Program Activities
- 6:00pm: Dinner
- 7:00pm: Evening Activities
- 8:30pm: Bedtime for Brownies, Evening Activities for Older Girls
- 9-10:00pm: Bedtime for Junior, Cadettes, Seniors & Ambassadors

UNIT RESPONSIBILITIES

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

Unit Kapers help sweep the unit, clean the bathroom, clean up their tent, etc. All-Camp Kapers help raise and lower the flag, set tables for meals, collect litter to keep camp looking its best. etc.

MEALS AT CAMP

Meals at camp are nutritious and plentiful. Meals are served cafeteria style at the Dining Hall. At least once a week, girls cook around a campfire. In addition to the main course, each meal has alternative choices. Breakfast has additional choices of cereal, fruit, etc. Lunch and dinner have a salad and peanut butter and jelly options. Snacks are provided throughout the day. Please indicate any dietary restrictions on CampDoc.

Special Dietary Needs: If your camper has special dietary needs that are allergy-related such as gluten-free or tree nut/ peanut allergies, please contact the camp two weeks prior to your camper arriving at camp. You may be asked to bring additional supplies.

Food on Out of Camp Trips: Campers who participate in trips off-site will take non-perishable foods with them. They will be foods that the group agrees upon before leaving camp and will include calories appropriate for the type of trip.

NOTE: Do not send food to your camper. Food in tents attract mice, raccoons, and other animals that may get to it before the campers do! Dinner will be the first meal served to campers when they arrive on Sunday.

SLEEPING ARRANGEMENTS

Most campers sleep in platform tents, with four girls per tent. Groups of tents/shelters plus a latrine, hand washing station and kitchen shelter make up a unit. Counselors sleep in separate tents within the living unit. Counselors are always on duty, occasionally checking each tent. Campers need this opportunity to try being on their own. We have one cabin that will house certain tripping programs.

Tents – Girls will sleep up to four in a tent in a head-to-toe position.

Cabins/Lodges – Campers will sleep in a head-to-toe position.

Buddies: Upon registering you had the opportunity to choose a single buddy for your camper to be housed with. Buddy requests of groups of two and four will be accommodated, unfortunately we cannot accommodate groups of three or five. Our tents house four people and it is unfair to have three girls in a tent that know each other with a single girl who does not know them.

CAMP MOSEY WOOD BAND APP!

Use the link or QR Code below to join the Camp Mosey Wood 2021 Band. In our CMW community forum, you can find the Confirmation Packet, chat with fellow camper guardians on the message wall, and see updates directly from camp staff! We'll make sure to post updates at least once each session. This is a private forum, only accessible to caregivers of Camp Mosey Wood 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.

<https://band.us/n/a5a64d5bE900j>



MISSING HOME

Campers are often homesick for the first day or two, primarily during free time, and the first letters written from camp may reflect this. Homesickness is normal, but rest assured that 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 <https://www.acacamps.org/campers-families/planning-camp/preparing-camp/coping-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 Camp Director will work with the family and camper to have the camper continue to stay. The Director will discuss the situation with the parents/guardians to develop an action plan that best suits the situation and girl. If a camper does return home, no refund will be given.

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.

Please Note: We do not allow campers to use the phone 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. If your camper has a problem, she should bring it to the attention of her counselors, Camp Nurse, or Camp Director.

MAIL AND 1-WAY EMAIL

Some campers write often, and others do not. However your camper would LOVE to hear from you! Sometimes, the cure for homesickness is mail from family and friends. We suggest you bring packages (NO FOOD OR SNACKS) and mail on check-in day or mail the first letter a day or two before the session begins. Then the very first day she will have a note from you. Please allow time for the mail to arrive within her session. Be aware that you might receive a letter after her arrival back home! Late mail will be returned to sender.

During check-in there will be bins for each day of the week where you can leave notes and such for your camper, to be delivered on that day.

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. There is no need to wait for the postal service to deliver mail. 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 AND DON'TS OF LETTER WRITING

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

SWIMMING

Swimming skills needed to pass from one level to the next level:

Level I: Intro to Water Skills

Submerge face, blow bubbles, supported float on front and back, supported kicking on front and back, alternating arm action, wear life jacket on deck, and enter shallow water.

Level II: Fundamental Aquatic Skills

Hold breath under water 3 seconds, submerge and retrieve objects in chest-deep water, float on front and back unassisted for 5 seconds and recover, jump into chest-deep water and recover, flutter kick on front and back, combined stroke on front and back for 5 yards each, turn over from front to back and back to front, float for 1 minute in face-up position with life jacket.

Level III: Stroke Developments

Retrieve objects in chest deep water with eyes open, bob in water slightly over head for 10 times, jump in water over head, dive in water over head from kneeling position, front crawl for 15 yards, back crawl for 15 yards, butterfly-kick and body motion 15 feet.

Level IV: Stroke Improvement

Swim underwater 3 body lengths, float both sides 1 minute, open turns using any stroke front and back, tread water 1 minute, demonstrate front crawl 25 yards, back crawl 25 yards, butterfly 15 yards, breast stroke 15 yards, elementary back stroke 15 yards, side stroke 15 yards.

Level V: Stroke Refinement

Demonstrate shallow dive, swim underwater 15 yards, survival float and back float 2 minutes, flip turns both front and back, tread water 2 minutes, front crawl 50 yards, back crawl 50 yards, butterfly 25 yards, breast stroke 25 yards, elementary back stroke 25 yards, side stroke 25 yards.

Level VI: Fitness Swimmer

Front and back crawl 100 yards each, butterfly, elementary back stroke, breast stroke and side stroke 50 yards each, use these turns while swimming: front and back open and flip turns, back stroke, butterfly and breast stroke turns.

Level VII: Lifeguard Readiness

Same as above plus—feet first dive, pike surface dive, tuck surface dive, tread water 5 minutes, use of the rescue tube, retrieve one object at a depth of 7-10 feet, swim on back holding an object and keeping your face out of the water—rescue techniques.

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.
- Do a tick check immediately after walking through dense woods and grasses.
- Wear proper clothing.
- If a tick is found embedded in the skin, the camper reports to the Counselor or Health Supervisor for removal and treatment. The Health Supervisor will record the incident.

Your child may bring home more than Arts and Crafts — don't forget to check for ticks after you return home from camp. If you have any questions about ticks, please call the Camp Health Supervisor for more information.

HEAD LICE

Campers with head lice or nits are not allowed to attend camp. If head lice or nits are found, you will be contacted and asked to pick up your camper immediately. Campers cannot return until they are nit free.

BEARS

Your camper is attending a camp with a nearby bear population, so you will need to sign the Bear Protocol. It has the necessary information for you and your camper to keep safe including what not to bring to camp and how items will be stored at camp. Bears do not look for campers; they look for food and items that smell like food. All bear precautions are taken daily and supervised by the Camp Director and Camp Ranger on site. All camp staff members are highly trained in the procedures. Our summer camp safety record in this area is superb! We ensure that campers follow necessary steps to be safe.

PACKING LIST – PLEASE LABEL ALL BELONGINGS

CLOTHING (Dress in layers)

- Shirts and T-shirts (no halter, spaghetti strap tanktops, or tube tops at camp)
- Sweatshirt, windbreaker or warm sweater (it can cool down overnight)
- Shorts
- Long pants or jeans
- Underwear
- Pajamas
- Swimsuit and towel
- Rain coat or poncho
- Socks that cover the ankle (a pair for each day, plus 3)
- Masks (one for each day, plus 3)

FOOTWEAR (shoes & socks must be worn at all times)

- 2 pairs of sturdy sneakers or athletic shoes (no sandals, clogs, open-toed shoes or open-heeled shoes)
- Water shoes for creek, lake and/or rafting
- Shower shoes (typically flip flops)
- Water proof shoes or boots for rainy days
- Broken in hiking boots and socks for hiking programs

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
- Extra blanket (for cooler nights) or sheet (for hotter nights)
- 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

OPTIONAL

- Camera
- Sunglasses
- Bandana
- Cards, books, or quiet games
- Stationery, pen, pre-addressed envelopes, and stamps
- Small duffle bag for multi-night tripping programs

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.
- Scented items (chap stick, soap, shampoo, lotions, etc...) they attract animals. Look for unscented products.
- 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
- Pets – pets are not permitted outside of the car



KEEP UP WITH CAMP ALL SUMMER LONG!

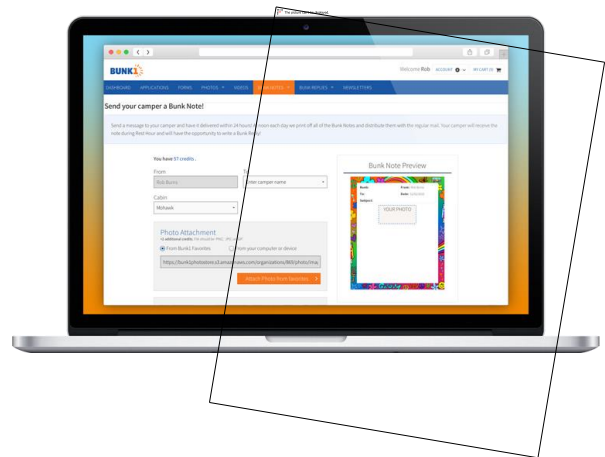
Stay in touch with your camper at camp with Bunk Notes. Your message will be delivered to the camp within 24 hours. No need to wait for snail mail – Bunk1 makes it easy to communicate with your child. Download the Bunk1 App on iOS or Android devices to stay connected wherever you go!

GET STARTED TODAY!

- Go to www.Bunk1.com
 1. RETURNING PARENTS will login using their email address and password.
 2. NEW PARENTS will click “New Here? Get Started” and complete the basic form.
 3. The Invitation Code for **Laughing Waters** is: **21LAUGHING371**
 4. The Invitation Code for Mosey Wood is: **21MOSEYW404**
 5. The Invitation Code for Shelly Ridge is: **SHELLY21**

Send Bunk Notes day or night! Your camp 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.

