



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 camper experience the challenge and excitement that is Girl Scout Camp!

Camp makes a world of difference! I have spent more than thirty summers at camp, helping and watching campers grow and growing myself at GSEP camps. I spent nine years as a camper and more than 20 years 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 campers 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 campers 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 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. Campers 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 ziplines!

Camp is a place to have fun, take that step outside of your normal comfort zone, and expand your world! Campers 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!

April E. Beattie
Director of Camp Mosey Wood/Sr. Girl Experience Specialist

CAMP CONTACT INFO:

April E. Beattie, Camp
Director Mosey Wood

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

REGISTRATION CONTACT:

T: 215.564.2030
E: memberservices@gsep.org

EMERGENCY HOTLINE:

T: 445. 227.7559

OPEN HOUSE:

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

Sunday, March 2, 2025 1-3PM
Sunday, April 27, 2025 1-3PM
Sunday, June 15, 2025 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. Click on the link to register for the presentation hosted on Zoom.

[Wednesday, January 8, 7PM](#)

[Tuesday, February 4, 7PM](#)

[Monday, March 3, 7PM](#)

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 1-3pm

Half Week:

Sunday Start 1-3pm

Wednesday Start 10am

ARRIVAL PROTOCOLS

- 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 fellow campers.

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

CHECK OUT

Full week:

Friday 4-5pm

Half-week:

Tuesday 7pm

- 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 they need 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 adventures they will have and the friends they 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 Overnight 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!
- Help your camper learn to take care of themselves and their belongings on their own so that they will be more comfortable and have more fun at camp. For instance, have your camper practice making their bed.
- Encourage your camper to comb and care for their own hair. Help them find a hairstyle that requires minimal care and make sure they have 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 overnight camp packing list, have your camper pack their own luggage so they will know where their things are.
- Remind them to keep their 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.
- Each camper 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.
- Campers should bring a day pack for hiking and/or carrying water, hat, sunscreen, and other needed items during their activity day.
- Put all your camper's 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. Trading post credits are good at any GSEP camp location for the duration of summer camp 2025. At the end of the summer, any credits left can be used at a GSEP retail location. We've had a change to our Trading Post Deposit Policy you should be aware of: Effective October 1, 2024, any Camper Customer Account that does not have a purchase for two membership years will be closed and monies available will be moved to a fund for campers without deposits.

What can you find at the Trading Post?

Camp Mosey Wood t-shirts, sweatshirts, joggers, bandanas, 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 \$65 fee online ahead of check-in in your MyGS account 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 camper's 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 camper 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 overnight 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 includes 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 Overnight 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 flatirons
- 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 campers 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

OVERNIGHT CAMP BUS/VAN TRANSPORTATION

GSEP offers transportation to and from camp and designated locations for an additional fee. Campers must register in advance. Registration for transportation closes one week prior to the camp start date.

The transportation may be cancelled if there are not enough campers registered for the service.

Overnight Camp Bus Pricing

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

Overnight 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

- No campers will be allowed on the bus to resident camp if they do not have:
 - Overnight 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 their 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 Hazelton. 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 they are 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 campers to live and work cooperatively with adults and campers of their own age. Campers are expected to actively participate in all camp activities. The staff will do everything they can to help each camper adjust to their new environment. However, campers 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.

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.

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

Campers 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 family style at the Dining Hall. At least once a week, campers 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 campers 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 – Campers 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 campers in a tent that know each other with a single camper who does not know them. If you did not designate a buddy at registration but now have one, please send an email to MemberServices@gsep.org with the subject line “Buddy Request – Camp Mosey Wood,” and we will make note.

CAMP MOSEY WOOD BAND APP!

Use the link or QR Code below to join the Camp Mosey Wood 2025 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 or sensitive issue, please use the contact information on page 1.



The Band App

What is it used for and not used for?

The Band App is:

- A place for camp to post pictures of the great stuff happening at camp!
 - This will be done periodically throughout the week.
 - While we try to get all groups and all campers, we cannot guarantee that all campers are photographed, as well as some campers shy away from the camera.
 - If you don't see a picture of your camper or you see a picture and have a question, rather than posting on the Band App, please call us here at camp (570) 722-9284, and we will check in with your camper and call you back. Just please keep in mind that meal times there is nobody at the phones.
- A great forum for parents and caregivers to use to ask each other questions!
 - Ask about care package ideas.
 - Ask about ways to pack.
 - Ask about bug nets, shampoo, books, etc.
- One of multiple ways that camp can communicate to parents quickly in unforeseen situations.
 - If camp has a bad storm, we will post letting parents and caregivers know everything is OK at camp.
 - If something effects a large portion of camp, a post will be made. For example, if the river is flooding and rafting needs to be cancelled or postponed.

The Band App is NOT:

- A direct line of communication to the camp.
 - Please call camp directly or email. (570) 722-9284, memberservices@gsep.org, or abeattie@gsep.org. Again, please keep in mind that during meals the phone will not be answered. Emails will be answered as soon as possible, however camp is happening, and the camp director needs to be out and about in camp, making it a great place for your campers, so it may not be immediate.
- A forum to vent.
 - If you or your camper has a concern or comment, please deal direct and contact camp. Posting on Band will not help resolve the situation. We take your feedback seriously, but may not know about it if we are not contacted directly.

Please just keep the Girl Scout Law in mind when on The Band App, we are here to be friendly and helpful to all! Thank you for being a positive influence in our camp community!

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 camper 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/article/camping-magazine/helping-homesick-camper>.

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 they are 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 camper. If a camper does return home, no refund will be given.

PHONE CALLS

Please do not promise to call your camper or expect them 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 they are doing.

CELL PHONES ARE NOT ALLOWED AT CAMP. Please do not pack cell phones. If your camper has a problem, they should bring it to the attention of their 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 on the very first day they will have a note from you. Please allow time for the mail to arrive within their session. Be aware that you might receive a letter after their arrival back home! Late mail will be returned to the 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 they are 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 them.
- DO tell them you hope they are having fun and can't wait to see them!
- DO ask questions about their tent mates, swimming groups, favorite counselor, etc.
- DO send along their favorite comic strip, picture, or fun news.
- DON'T tell them 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)

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 IN TOUCH WITH BUNK1!

Stay in touch with your camp at Camp Mosey Wood 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.

GET STARTED TODAY!

- Go to www.Bunk1.com
 - **RETURNING PARENTS** will login using their email address and password from the previous year.
 - **NEW PARENTS** will click "[New here? Get Started](#)" button and complete the basic form.
 - The Invitation Code for Camp Mosey Wood is: 25MOSEY
- 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.

SENDING BUNK NOTES

Send Bunk Notes day or night. Your camp receives a pdf at 7:00 am, 5:00 pm 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. Successfully sent Bunk Notes will appear under Bunk Notes > View Sent.

Bunk Notes for Families: Purchase **Bunk Notes Express** and receive a unique email address for your camper. Edit this email address under the Bunk Notes tab. Anyone in your family can directly email your camper at this address, and the note will be delivered as a regular Bunk Note. A credit is deducted from your account for each note. These notes can also be confirmed as sent under Bunk Notes > View Sent.

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 [917-451-5091](tel:917-451-5091) or email support@bunk1.com. For FAQ's related to the services above, visit www.bunk1family.com/faqs.

FREQUENTLY ASKED QUESTIONS

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

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 **917-451-5091** or email support@bunk1.com. For FAQ's related to the service above, visit www.bunk1family.com/faqs.