



## Welcome to Camp Shelly Ridge!

Dear Parents & Guardians,

Thank you for registering your camper for Camp Shelly Ridge, part of the Girl Scouts of Eastern Pennsylvania. An overnight camp summer adventure like no other is just around the corner for your camper. Nowhere else can a girl experience and explore as much fun, challenge, and excitement in the outdoors as they can at Girl Scout Camp!

At Camp Shelly Ridge, along with their chosen theme, campers will experience campfires, daily swims (weather permitting), STEM based activities and (grade dependent) opportunities to challenge themselves on our climbing wall or low ropes course, perfect their archery aim and enjoy traditional and non-traditional sports activities in our indoor activity center.

The campers will expand their leadership skills through many activities including:

**Badge Activities** — Our programs are written with a badge in mind. All of our campers will participate in leadership activities. These activities are aimed at giving our girls the benefits of the Girl Scout Leadership Experience.

**Girl Planning** — each program is set up so the girls have input into what activities they will participate in. They help their counselors plan activities for their schedule and decide a menu for their cookout.

See you at Camp!  
*Perry*

Perry Hunsberger  
Shelly Ridge Camp Director and Girl Experience Specialist

### CAMP CONTACT INFO:

Perry Hunsberger, Camp  
Director Shelly Ridge

330 Manor Road  
Miquon, PA 19444

**T: 215.645.9651**

**E: [CSAdmin@gsep.org](mailto:CSAdmin@gsep.org)**

### REGISTRATION CONTACT:

**T: 215.564.2030**

**E: [memberservices@gsep.org](mailto: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, April 26, 11 AM-1 PM

Monday, May 11, 5-7PM

Sunday, June 14, 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.

[Tuesday, January 6, 7PM](#)

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

### CAMPERS LOVE MAIL!

SEND MAIL TO:

Camp Shelly Ridge  
Name of the Camper  
Name of the Program  
330 Manor Road  
Miquon, PA 19444

### QUESTIONS OR CONCERNS PRIOR TO CAMP:

[CSAdmin@gsep.org](mailto:CSAdmin@gsep.org)

215.645.9651

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## CAMPDOC

CampDoc.com is an electronic health record system for camps, allowing GSEP to consolidate and integrate camper health information into a centralized and secure location. CampDoc allows our staff, doctors and nurses instant access to camper health information, a key component in providing quality care. Additionally, camp staff will use CampDoc to document and communicate any camper health information during camp.

The security, confidentiality and privacy of your camper's personal health will 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 to 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 which can be downloaded from your CampDoc Health Profile.
- Return to [app.CampDoc.com](http://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 at 734-636-1000 or [help@CampDoc.com](mailto:help@CampDoc.com).

## **ARRIVAL AND DEPARTURE**

### **CHECK IN**

#### **Full Week:**

Sunday 3-5pm

#### **Half Week:**

Sunday Start, 3-5pm

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 be able to walk their camper to their tent or lodge and help set up their bunk.

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

### **HAVE ACCESSIBLE DURING 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, must be prescribed to the camper attending camp.

### **CHECK OUT**

#### **Full week:**

Friday 4:30-5:30pm

#### **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 are 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. Any lost and found left at camp will be donated or discarded after the session.**

### **SPECIAL ARRANGEMENTS FOR LEAVING CAMP**

If, for some reason, you need to pick your camper up at camp earlier than the standard check out day or time, please notify the camp ahead of time by noting it on the Camper Release Authorization form in CampDoc so your camper and their luggage are ready to go. 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 during Check In. If something comes up throughout the week and you need to change pick up time, please email the camp director.

### **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!

## **STEPS TO PREPARE FOR CAMP**

- 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! This form can be found on CampDoc.
- Go over the Code of Conduct with your camper to ensure that they understand the expectations – you will sign this in CampDoc.
- 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.
- Please label and pack your camper's sleeping bag, pillow, and other bedding separately.

## **PACKING LIST – PLEASE LABEL ALL BELONGINGS**

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 and bunk rooms for other pieces of luggage, so please be considerate of tent mates.

Each camper can pack in what they are most comfortable. Some campers swear by duffle bags, and others by trunks. It is outdoor terrain, so standard suitcase wheels are not great on the dirt and gravel. Campers will need to carry their gear a short distance from the luggage carts to their tents or cabins with help from staff and other campers.

### **CLOTHING (Dress in layers)**

- Shirts and T-shirts (no halter, spaghetti strap tank tops, 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)
- Waterproof shoes or boots for rainy days
- Broken in hiking boots and socks for **hiking programs**

### **TOILETRIES**

- Sunscreen (non-aerosol)
- Hat for sun protection
- Shampoo, conditioner, other *essential* hair care items.
- 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)
- If applicable: Medication. Bring all camper medication (including OTC) in its **original container** in a zip-lock bag. If a prescription medication, the container must be prescribed for the camper attending camp.

### **SUPPLIES**

- Sleeping bag
- Extra blanket (for cooler nights) and sheet (for hotter nights)
- Twin Fitted sheets to place over mattress
- Washcloths and up to 2 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)
- Small backpack or tote bag to pack and carry daily items

### **OPTIONAL/IF APPLICABLE**

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

### **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. Laundry facilities are not available for campers (except for soiled bedding).

**Note:** For safety and health 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 (except at the lake).
- Avoid spaghetti straps or halter tops.
- Not share hair care items (combs/brushes) or hats.

## WHAT NOT TO BRING TO CAMP

Any items on this list will be confiscated.

- Cell phones – they are prohibited at camp for the safety of all campers and staff.
- Expensive clocks, watches, or jewelry
- Personal sports equipment, unless otherwise specified
- Electronic devices such as miniature DVD or CD players, mp3 players, iPods, games, tablets, e-readers
- Hair dryers, curling irons, or flat irons
- Weapons – guns, knives (except small pocket knives), martial arts (nun-chucks, throwing stars, etc.), brass knuckles, pepper spray, etc. (*We will call home if this item is significantly concerning*)
- Alcohol, tobacco, vape pens, etc.
- Medications not listed on the camper's CampDoc (reminder: give all medication to staff upon check in)
- 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. If you are supporting a camper with special dietary needs (e.g. gluten, dairy-free, etc.), products must be turned in upon check in at camp.
- **Pets – there are no pets allowed at camp.**

## **HEALTH AND SAFETY**

### **HEALTH CENTER**

Medication administration happens at the health center. Preferred medication administration times are before meals and bedtime. If a medication needs to be administered at a different time, it will be arranged during check-in with the health staff.

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. In these cases, camp staff will communicate this to the families and seek outside care. Any time a camper is seen in the health center outside of medication administration for medications sent with the camper, an automated email will be sent from the CampDoc system, letting the caregiver know that they were seen.

### **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.

### **TICKS**

Whether in your backyard 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.

### **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 please contact Human Resources at [humanres@gsep.org](mailto:humanres@gsep.org) or 215-564-2030.

### **EMERGENCY PROCEDURES**

As an ACA accredited camp, we are required to have specific and well-designed safety protocols for weather and other related emergencies for all of our camps. We review and update safety protocols annually and ensure our staff is thoroughly trained and prepared to implement all protocols effectively. We will communicate any weather or safety related incidents or emergencies through our Rallyhood platform.

## SPENDING MONEY AT CAMP

### TRADING POST

The Trading Post (Camp Store) is a place where campers can practice their money management skills. Each camper will have at least one opportunity to visit the Trading Post during camp to make purchases. Before arrival, parents are able to deposit credits for their campers to use at the Trading Post during their camp week – 1 credit=\$1.00.

Additionally, the Trading Post will be open on Sundays during check-in and Fridays during check-out and cash, check and credit card are accepted to make purchases during those windows. During the week of camp, campers must use their deposited credits. Please note, all deposits for campers to use over the course of the week must be made via your MYGS account **before arrival to camp**.

Trading Post credits left over in each camper's account at the end of the week will be kept on your camper's account until the end of the summer season and 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.

**Updated Policy:** Effective October 1, 2024, any Camper Customer Account that does not have a purchase for two membership years will be closed and remaining money will be moved to a camper support fund.

### **What can you find at the Trading Post?**

Camp Shelly Ridge t-shirts, sweatshirts, bandanas, water bottles and camp essentials, such as mess kits, friendship bracelets and more. Stop by the Trading Post during check-in to see other available items. Check out pages 14-15 of the Camp Guide to see some of the Trading Post merchandise!

### 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 during check-in so it can be stored safely 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, campers are responsible for their own money. **Tripping money will only be accepted in cash.**

## **CAMP PAYMENT AND 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.

### **WAITLIST**

Waitlists are provided for camp sessions through February 15<sup>th</sup>. If a session is full during registration, you may choose to register for the waitlist. If you have registered for the waitlist, you will pay the \$50 deposit. If space opens for the program by February 15<sup>th</sup>, you will automatically be added to the program and receive an automated email confirming registration. If you do not get a spot in the program, your \$50 deposit will be refunded.

### **ADD A WEEK OF CAMP for a DISCOUNT**

Want to add an additional week or more of camp? You can still get Early Bird pricing after February 1<sup>st</sup>!

- \$30 off an overnight camp session use the code MOREOVERNIGHTCAMP at checkout
- \$20 off a day camp session use the code MOREDAYCAMP at checkout

### **REFUNDS**

Requests for refunds must be submitted in writing to [memberservices@gsep.org](mailto:memberservices@gsep.org) at least 4 weeks before the camp start date. 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.

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 overnight and day camps.

### **CAMP CHANGE POLICY**

Requests to make changes from one camp session to another must be sent to [memberservices@gsep.org](mailto: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](mailto:memberservices@gsep.org) for all cancellations. Waitlists are available through February 15<sup>th</sup>, please see waitlist section for details.

### **CURRENT MEMBERSHIP REQUIRED**

Any camper wishing to attend a GSEP camp must have a Girl Scout Membership. You do not need to be part of an active troop to attend camp. Membership can be purchased at the time of camp registration. If you wish to find a troop throughout the year, upon registration you can search for an available troop using your zip code.

## GENERAL CAMP INFORMATION

### TYPICAL DAILY SCHEDULE:

- 7:00am: Wake Up
- 8:00am: Breakfast & Flag Ceremony
- 9:00am: Program Activities (arts, archery, swimming, boating, challenge course, etc.)
- 12:30pm: Lunch
- 1:30pm: Program Activities (an hour of down time is built into the afternoon as well)
- 6:00pm: Dinner
- 7:00pm: Evening Activities (campfires, special activities, bunk time)
- 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 include sweeping the unit, cleaning the bathroom, cleaning up personal areas, etc. All-Camp Kapers include helping to raise and lower the flag, setting tables for meals, collecting litter to keep camp looking its best. etc.

### MEALS AT CAMP

Meals at camp are nutritious and plentiful. Meals are served family style in the Dining Hall. At least once a week, campers cook around a campfire. Each meal has alternative choices to accommodate dietary restrictions or other camper needs. Breakfast has additional choices of cereal, fruit, etc. Lunch and dinner have 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 by emailing [CSRadmin@gsep.org](mailto:CSRadmin@gsep.org). 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 attracts 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

Campers will sleep in either tents or cabins, as noted in the Camp Guide. Campers who sleep in platform tents are with four campers per tent. Groups of tents plus a bathroom, 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 and are available if needed by campers.

**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:** During registration, there is an option to select a buddy for your camper to share housing accommodations. In order to provide an inclusive camp experience for all campers, we ensure that a tent or sleeping area doesn't have a single camper not part of a buddy or friend group. Therefore, we are only able to accommodate buddy requests for groups of 2 or 4 campers (housing areas generally accommodate 4 total campers). If you did not designate a buddy at registration but now have one, please send an email to [MemberServices@gsep.org](mailto:MemberServices@gsep.org) with the subject line "Buddy Request – Camp Shelly Ridge."

## LOST AND FOUND

Girl Scouts of Eastern PA will not be responsible for any lost, stolen, or damaged personal items. This includes electronic equipment (cell phones, 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.

## VISITOR & CAMP TOURS

The safety of our campers and staff is our first priority. 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

In order for camp to be a safe, inclusive, and joyful experience, campers are expected to abide by our Code of Conduct. Please review this with your camper and sign the Code of Conduct on CampDoc prior to attending camp.

Any camper who does not meet the expectations outlined in the Code of Conduct will have a conference with the Camp Director. The Camp Director will notify the family and work to solve the issue together. In cases of significantly unsafe behavior, extreme disregard for the code of Conduct, or repeated concerning behavior that is impacting the experience of the community, the Camp Director may determine that your camper must leave camp. Parents/guardians will be responsible for the immediate departure of their camper including securing transportation. ***There is no refund in this case.***

### Code of Conduct:

Girl Scouts of Eastern Pennsylvania strives to provide quality learning opportunities for girls and is committed to creating a safe, inclusive and joyful environment where girls can grow strong. Girl Scouts attending summer camp are expected to abide by the Girl Scout Promise and Law.

The Girl Scout Promise: On my honor, I will try: To serve God and my country, To help people at all times, And to live by the Girl Scout Law.

The Girl Scout Law: I will do my best to be: honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.

See below for a list of specific expectations for conduct at Camp aligned to the Girl Scout Promise and Law and safety considerations.

1. Follow all stated and posted activity specific rules and procedures.
2. Respect and cooperate with girls and counselors in your unit and throughout camp. Make an effort to get to know girls in your unit and try to find ways to include other girls.
3. Tell a counselor if you are having a problem at camp. It's okay to share if you (or someone you care about) are having trouble getting along with another camper, are frightened, don't feel well, or miss your family.
4. Talk through disagreements and problems with other campers. Adults at camp will help girls discuss their differences and find solutions.
5. Use affirming and inclusive language. Offensive or abusive language is not permitted.
6. Ensure emotional and physical safety of others. Physical threats, physical violence, aggressive behavior, destructive behavior and/or threats of destructive behavior will be taken seriously and not tolerated. Harassment (teasing) and bullying of other campers will not be tolerated. Self-destructive or abusive threats or actions will be taken seriously.
7. No pets are allowed at camp.
8. Use /possession of weapons, alcohol, recreational drugs, tobacco is illegal and, therefore, prohibited.

9. Unauthorized use of personal sports equipment (call the Camp Director for approval) and cell phones is prohibited.
10. Campers, even if they are 16, are not allowed to drive their personal vehicles to or during camp.

## SWIMMING

All campers will take a swim test at the start of their camp week. Depending on a camper's swimming skills, they will be permitted to engage in different aspects of our swimming and water programming.

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.

## **TRANSPORTATION POLICIES AND PROCEDURES**

### **BY CAR**

- Camp gates will not open until thirty minutes prior to scheduled drop off and pick up times.
- Review check in and check out procedures
- No cars are permitted to be left at camp. Campers, even if 16 or older, must be dropped off at camp.

### **DIRECTIONS TO CAMP SHELLY RIDGE**

**For GPS**, please use this address: 330 Manor Road, Miquon, PA 19444

**Public Transportation:** Take SEPTA's Barren Hill or Plymouth Meeting Route 27 Bus. Get off at Northwestern Avenue, next to Friendly's. Cross Ridge Avenue and enter property through trail (next to the "Welcome to Philadelphia" sign).

**From the Schuylkill Expressway:** Exit at Belmont Avenue and bear right onto Green Lane. Continue on Green Lane (hill) to Ridge Avenue. Turn left at Ridge. Continue until you reach Manor Road turn left. Continue down Manor Road to the 6th driveway on the left.

**From Route 1 (Southbound):** Exit at Fox Street. Turn right; continue on Fox until reaching Queen Lane. Turn left, and then makes a second right at Henry Avenue. Continue on Henry Avenue; merge with Ridge Avenue. Proceed on Ridge Avenue to Manor Road to the 6th driveway on the left.

**From Route 309:** Follow Route 309 to the Paper Mill Road Exit. Turn right and proceed past the fifth traffic light (Bethlehem Pike) Paper Mill Road now merges into Stenton Avenue. Follow Stenton Avenue and turn left at Hillcrest Avenue. Turn left at Germantown Avenue. Proceed to Bells Mills Road, turn right at Ridge Avenue. Turn right, Manor Road is the first traffic light past Friendly's Restaurant; make a left on Manor Road. Follow Manor Road to the 6th driveway on the left.

**From Northwest Philadelphia (Roxborough Section):** Follow Ridge Avenue, traveling west, outside the city. Turn left onto Manor Road and then turn onto the 6th driveway on the left.

**From Route 476 (Blue Route):** Take Route 476 North to the second Conshohocken Exit (Exit 18A). Bear Right on Ridge Pike. Proceed on Ridge Avenue turn onto Manor Road to the 6th driveway on the left.

## COMMUNICATION

### CAMP SHELLY RIDGE RALLYHOOD!

Use the link below to join the Camp Shelly Ridge 2026 Rally in Rallyhood. In our CSR community forum, you can find the Confirmation Packet, chat with fellow camper caregivers on the message wall, and see updates directly from camp staff! This is a private forum, only accessible to caregivers of Camp Shelly Ridge campers. **To reach the Camp Director, email [CSRadmin@gsep.org](mailto:CSRadmin@gsep.org) or call the camp at 215.645.9651. DO NOT Direct Message the Camp Director on Rallyhood, that direct message feature is not monitored by the Camp Director.**

[Click here to join the Camp Shelly Ridge 2026 Rally!](#)



### Rallyhood

#### What is it used for and not used for?

##### Rallyhood is:

- A place for camp staff to post pictures of the great stuff happening at camp!
  - This will be done periodically throughout the week, posting at least once each session.
  - While we try to get all groups and all campers, we cannot guarantee that all campers are photographed. Additionally, 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 Rally, please call us here at camp 215.645.9651, and we will check in with your camper and call you back. Just please keep in mind that staff is busy and may not pick up calls immediately. Staff are unavailable to answer phones during meal times, and day camp drop off and pick up (Typically - 8:00-9:00am, 12:30-1:30pm, 3:45-4:30pm, and 6:00-7:00pm).
- 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 affects a large portion of camp, a post will be made. For example, weather conditions dictate that rafting needs to be cancelled or postponed.

##### Rallyhood is NOT:

- A direct line of communication to the camp.
  - Please call camp directly or email. 215.645.9651, [memberservices@gsep.org](mailto:memberservices@gsep.org), or [CSRadmin@gsep.org](mailto:CSRadmin@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.
- A forum to vent.
  - If you or your camper has a concern or comment, please deal direct and contact camp. Posting on Rallyhood will not help resolve the situation. We take your feedback seriously, but may not know about a concern if we are not contacted directly.

**Please just keep the Girl Scout Law in mind when on Rallyhood, 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.**

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

Your camper would LOVE to hear from you. Sometimes, the cure for homesickness is mail from family and friends. There are three ways that you can communicate with your camper.

1. During check-in there will be bins available for each day of the week for the camp session. You can leave notes, packages or goodies for your camper to be delivered on that day. (NO FOOD OR SNACKS)
2. Send snail-mail letters. We recommend sending the first letter or two before your child leaves for camp so that they receive it on their first days of camp. 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.
3. Email your camper with Bunk1, a one-way communication tool that allows you to easily send messages to your camper while they are away. 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.



## 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](http://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: 26SHELL
- 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](mailto:support@bunk1.com). For FAQ's related to the services above, visit [www.bunk1family.com/faqs](http://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](mailto:support@bunk1.com). For FAQ's related to the service above, visit [www.bunk1family.com/faqs](http://www.bunk1family.com/faqs).