



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! As many of you know, we cancelled the 2020 summer camping season, due to the pandemic, and we have taken these months to be even more prepared for summer 2021. 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 20th 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, Aqua Climb 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 ziplines!

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!

April E. Beattie
Camp Director — Mosey Wood

CAMP CONTACT INFO:

April E. Beattie, Camp Director

Camp Mosey Wood
1 Character Road
White Haven, PA 18661

T: 570.722.9284

E: abeattie@gsep.org

REGISTRATION CONTACT:

Member Services
330 Manor Road
Miquon, PA 19444

T: 215.564.2030

F: 215.564.6953

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 7, 1-3pm

Sunday, April 18, 1-3pm

Sunday, May 9, 1-3pm

CAMPERS LOVE MAIL!

SEND MAIL TO:

Camp Mosey Wood
NAME OF CAMPER
NAME OF PROGRAM
1 Character Road
White Haven, PA 18661

QUESTIONS OR CONCERNS PRIOR TO CAMP:

During the camping season, the Camp Director, April Beattie, can be reached at the phone number above. If you have any questions or concerns to share with her before June 1st, please contact her by email or phone at:

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

CAN'T MAKE IT TO AN OPEN HOUSE?

Check out the GSEP Resident Camp webinar. In this short presentation we will go over need to know information for the first-time parent or parents that want more information about camp. Simply log in wherever it is convenient for you. Webinars are live, you will be able to ask questions and receive answers.

Tuesday, January 5, 7PM

<https://zoom.us/meeting/register/tJEpc-ugqD8sGt3KnSHKU3jYEjKFHF2Up1VQ>

Monday, February 8, 6PM

<https://zoom.us/meeting/register/tJwpd-2przkiHNHsYml56VeJOC4L2UUEMO4j>

Monday, March 8, 8PM

<https://zoom.us/meeting/register/tJloc-qgpjksEtSXkHmvwwFujn4FHPNIWLpN>

Pre-registration is required for each webinar.

CHECK IN

Contactless temperature screening will take place for all campers upon arrival. If a temperature is 100.4°F or higher, that camper will not be permitted to stay at camp and will need to follow return to camp policies.

Masks must be worn properly, fully covering the mouth and nose, by all parties upon entering camp.

Drop off times will be staggered based on last name of camper.

Full week & Multi-week: Sunday, 1:00–2:30PM Last Names A-K

Sunday, 2:30–4:00PM Last Names L-Z

Half-week Sunday–Tuesday: Sunday, 1:00–2:30PM Last Names A-K

Sunday, 2:30–4:00PM Last Names L-Z

Half week Wednesday–Friday: Wednesday, 10AM

Upon arrival, each car will be given a COVID-19 symptom checker sign off for all occupants of the vehicle. It is recommended that only one family member drop off the camper. All paperwork and Trading Post money should be submitted electronically ahead of time, however the Trading Post will still be open for live sales at check-in.

Follow the camp drive to the main parking lot. Upon arrival please follow the directions of the camp staff. There will be plenty of camp staff there to guide you through the process. Please have all paperwork, medications, and money separate from luggage and ready to hand in during the check in process. After check-in, families will say their good-byes in main camp and campers will join their cohorts.

CHECK OUT

Masks must be worn properly, fully covering the mouth and nose, by all parties upon entering camp.

Pick up times will be staggered based on last name of camper.

Full week & Multi-week: Friday, 4:30–5:30PM Last Names A-K

Friday, 5:30–6:30PM Last Names L-Z

Half-week Sunday–Tuesday: Tuesday, 7PM

Half-week Wednesday–Friday: Friday, 4:30–5:30PM Last Names A-K

Friday, 5:30–6:30PM Last Names L-Z

Upon arrival, each car will be given a COVID-19 symptom checker sign off for all occupants of the vehicle. It is recommended that only one family member pick up the camper. A notecard with the remaining funds from Trading Post will be in the camper's end of week paperwork, but not a gift certificate. The Trading Post account will remain open for the camper for the remainder of the summer and a gift certificate will be issued and sent to the camper at the end of the summer. There will be no closing ceremonies or dinner served on Friday.

Please stay by your car in the parking lot or in the Pavilion until directed to the checkout area. At no time should anyone proceed past the Pavilion without staff instruction. This is for the safety and well-being of all campers. Please make sure you have your photo identification ready when signing out your camper.

TRADING POST

The Trading Post (Camp Store) will be open on Sundays and Fridays for your convenience. Cash, check, adventure credit, and most major credit cards are accepted. You will also be able to set up a Trading Post account for your camper to shop throughout the week by depositing money into her account. **NEW THIS YEAR – All Trading Post accounts will need to be set up online ahead of coming to camp. No money for Trading Post accounts will be taken at camp.** A notecard with the remaining funds from Trading Post will be in the camper's end of week paperwork, but not a gift certificate. The Trading Post account will remain open for the camper for the remainder of the summer and a voucher will be issued and sent to the camper at the end of the summer. There are no cash refunds.

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. **NEW THIS YEAR, please pay the \$40 fee and submit the signed waiver form ahead of check-in via 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. If you are a member outside of the GSEP council, contact memberservices@gsep.org.

As part of our new Customer Engagement Initiative (CEI), GSEP has added a new membership registration system called Volunteer Systems that allows members to quickly and easily identify troop and volunteer opportunities.

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.

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 (*photo optional*) 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.

- 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.

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.
- Swimsuit 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 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 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 INFORMATION

Bus pickup from designated locations is available for an additional fee. Campers must register in advance. Registration for transportation closes one week prior to the camp start date. Payment is due in full two weeks prior to the camp start date. Requests for refunds must be submitted in writing to memberservices@gsep.org at least four weeks in advance of the date for consideration. Refunds are not issued for partial use of the transportation order (reservations for round trips but electing not to take the bus to camp or home from camp), or for riders considered "no shows" (campers who reserve the van but do not give advance notification of cancellation). The registration department must be notified of transportation cancellations as soon as possible in order to provide camp staff adequate notice. The van may be cancelled if there are not enough girls registered for the service.

- Be prepared to wait up to 30 minutes. Traffic and weather affect times.
- No girls will be allowed on the bus to resident camp if they do not have their Resident Camp Health History Record FILLED OUT AND SIGNED BY THE DOCTOR, 14-day temperature and symptom pre-screening, GSEP Camper Code of Conduct, and their Camper Release Authorization filled out and signed appropriately. NO EXCEPTIONS
- 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. You must be listed on the Camper Release Authorization to pick up any camper. Please list alternates in case of an emergency.
- Campers for Camp Mosey Wood will travel by bus to Camp Laughing Waters and transfer to a camp van for the duration of the ride to Camp Mosey Wood.

Resident Camp Bus Pricing Options

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

Resident Camp Bus Stops

Northeast Tower, East Roosevelt Boulevard and Adams Avenue — Chick-fil-A, Philadelphia, PA 19129 — Sunday pick up at 9:45am and Friday drop off at 5:50pm

Fresh Grocer, 56th & Chestnut Streets, Philadelphia, PA 19139 — Sunday pick up at 10:30am and Friday drop off at 5:20pm

Camp Laughing Waters — Sunday pick up at 12pm and Friday drop off at 3:30pm

BUS SAFETY

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

- The van should always be loaded and unloaded in an orderly fashion.
- No body parts are to hang out of the windows.
- Please remain seated at all times.
- Do not throw anything out of the windows.
- LISTEN to instructions from the counselors and driver.
- No horseplay, yelling or throwing items around the vehicle.
- Let the counselor know if you are feeling sick.

BY CAR

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

- 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.

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 the 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

This summer we know there is an additional challenge of COVID-19. We want to ensure that campers can have a wonderful camp experience, all while taking additional measures, as well as all CDC and Department of Health guidelines into our planning and procedures. Please visit our website for the most up-to-date guidelines and procedures for camp.

MASK USE

Effective June 26, 2021, all GSEP camps will follow new mask guidance. Masks will be required for ALL indoor activities except eating, sleeping, and showering. Masks will not be required outside as long as the social distancing guidelines provided by CDC are met. If, however, girls will be in an outside activity that involves singing, cheering etc., masks will be required. These changes reflect most recent CDC and ACA COVID-19 guidance for camps released May 28, 2021. A mask lanyard will be provided to each camper upon arrival at camp.

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.

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.

Current CDC and ACA COVID-19 guidelines will be followed. Meals will be served at staggered times to reduce cohort interaction and will be served by designated staff. Any time campers eat outside of the Dining Hall either kitchen staff will prepare the food, or individual campers will prepare meals for themselves using individual portions.

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. Up to two cohorts will be assigned per unit, however cohorts will not mix tents.

Cabins/Lodges – Campers will sleep in a head to toe position. One cohort will be assigned per sleeping room, the lodge at Camp Mosey Wood has four sleeping rooms; therefore, up to four cohorts will be sleeping in the same building.

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.

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.

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, breaststroke and side stroke 50 yards each, use these turns while swimming: front and back open and flip turns, back stroke, butterfly and breaststroke 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 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
- ☐ Raincoat 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)
- ☐ 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 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!

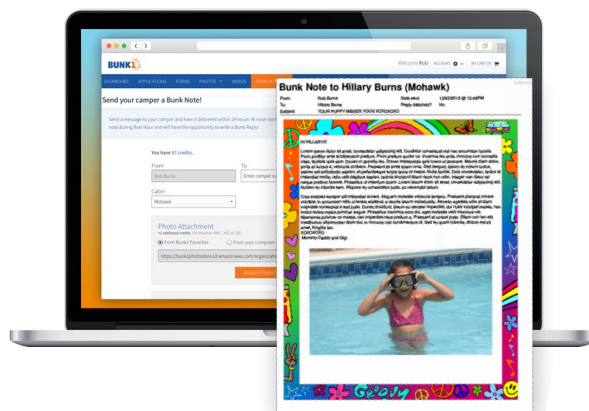
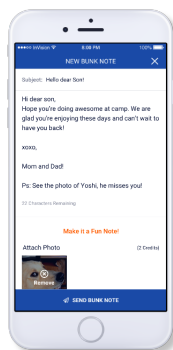
Stay in touch with your camper at camp with Bunk Notes. Your message will be delivered to the camp within 24 hours. No need to wait for snail mail – Bunk1 makes it easy to communicate with your child. Download the Bunk1 App on [iOS](#) or [Android](#) devices to stay connected wherever you go!

GET STARTED TODAY!

- Go to www.Bunk1.com
 - RETURNING PARENTS will login using their email address and password.
 - NEW PARENTS will click “[New Here? Get Started](#)” and complete the basic form.
 - The Invitation Code for **Laughing Waters** is: **21LAUGHING371**
 - The Invitation Code for **Mosey Wood** is: **21MOSEYW404**
 - The Invitation Code for **Shelly Ridge** is: **SHELLY21**
 - The Invitation Code for **Wood Haven** is: **21WHAVERN405**
- 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.

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.

