



**Final Version  
Summer 2021!**

## 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. A resident 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:

**Journey & Badge Activities** — Our programs are written with a badge in mind. All 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.

While it may look a little different, we are looking forward to a fun and exciting summer. Please visit our website for the most up to date GSEP Camp COVID-19 guidelines: [gsep.org/camps](https://gsep.org/camps) or [gsep.org/covid-info-camp](https://gsep.org/covid-info-camp)

*See you at camp!*

Chatter

### CAMP CONTACT:

Camp Director: Susan "Chatter" Groff

Camp Shelly Ridge  
330 Manor Road  
Miquon, PA 19444

**T:** 215.710.1009 (June 1-August 13 only)

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

### REGISTRATION CONTACT:

Member Services  
P.O. Box 309  
Lafayette Hill, PA 19444

**T:** 215.564.2030

**F:** 215.564.6953

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

### QUESTIONS OR CONCERNS PRIOR TO CAMP:

During the camp season, the Camp Director can be reached at the phone number or email above. If you have any questions or concerns prior to camp, please contact her by email.

### OPEN HOUSE:

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

**Sunday, February 21, 1-4PM**

**Sunday, March 14, 1-4PM**

**Monday, April 19, 6-7:30PM**

Prefer to join us virtually?

Join us on Zoom.

**Tuesday, January 5<sup>th</sup> 7PM**

**Monday, February 8<sup>th</sup> 6PM**

**Monday, March 8<sup>th</sup> 8PM**

Please see below for registration links.

January 5<sup>th</sup> 7PM : <https://zoom.us/meeting/register/tJEpc-ugqD8sGt3KnSHKU3jYEjKFHF2Up1VO>  
February 8<sup>th</sup> 6PM : <https://zoom.us/meeting/register/tJwpd-2przkiHNHsYmI56VeJOC4L2UUEMO4j>  
March 8<sup>th</sup> 8PM : <https://zoom.us/meeting/register/tJloc-qgpjksEtSXkHmvwwwFujn4FHPNIWLpN>

New this year, we will have staggered arrival times to allow for social distancing. We are encouraging one person to accompany your camper for drop off.

**Full week:** Sunday 3–4pm A-K  
Sunday 4–5pm L-Z

**Half-week Sunday-Tuesday:** Sunday 3-4pm A-K  
Sunday 4-5pm L-Z

- 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.
- All person entering camp must properly wear a mask, covering their nose and mouth.
- Upon arrival, all members of the car will be asked to complete the COVID-19 questionnaire. 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.
- All camp paperwork and Trading Post deposits should be completed online prior to arriving at camp. The Trading Post will be open during check-in.
- After completing the check-in process, families will say their goodbyes in main camp and campers will join their cohorts.
- **NOTE: DO NOT BRING PETS WITH YOU WHEN DROPPING OFF CAMPERS!**

We will also have staggered pick up times.

**Full week:** Friday 5:00–5:30 A-K  
Friday 5:30–6pm L-Z

**Half-week Sunday-Tuesday:** Tuesday, 7pm

**Half-week Wednesday-Friday:** Friday, Friday 5:00–5:30 A-K  
Friday 5:30–6pm L-Z

- 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.
- All person entering camp must properly wear a mask, covering their nose and mouth.
- When picking up your camper, we encourage one person to pick up your camper. Upon arrival, everyone in your vehicle will be asked to complete the COVID-19 Questionnaire.
- 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.

If for some reason you need to pick your camper up at camp earlier than the listed times, you must note it on the Camper Release Form and inform the camp personnel upon arrival on Sunday. Please note we can not accommodate early pickups on Friday between 4-5PM due to Day Camp check out.

## Preparing for Camp

As you are getting your camper and her things ready for camp, take time to talk about all the new adventures she will have and the friends she will make at camp. An online resource you can go to is the American Camp Association at [www.aca.org](http://www.aca.org).

### 14 DAY PRE-CHECK

All campers will be required to complete a 14-day pre-check of their temperature (*Photo optional*) and symptoms before coming to camp. Campers must have a temperature recorded as well as answer COVID-19 related questions. This process should begin 14 days prior to camp arrival, and final submissions must be made by 12pm on Sunday of arrival to camp. All information will be collected through our CampDoc system.

If a family fails to complete the 14 day-precheck you campers will not be admitted to camp.

For more information please visit our website for more information and details.

### IMPORTANT TIPS FOR GETTING READY

- Make an appointment for your Resident Camp Health History Record with your family doctor. CampDocs medical forms must be signed by a physician within 12 months of camp attendance!
- Help your camper learn to take care of herself and her belongings on her own so that she will be more comfortable and have more fun at camp. For instance, have your camper practice making her bed.
- Encourage your camper to comb and care for her own hair. Help her find a hairstyle that requires minimal care and make sure she has the needed supplies to take care of it.
- If your camper has never spent the night away from you before, try it before camp so that you both know what to expect.
- Please label everything with your camper's full name.
- Using the Resident Camp Packing List to help your camper pack her own suitcase/duffel bag/trunk so she will know where her things are.
- Remind her to keep dirty and clean clothing separate. Pack a bag for dirty laundry.
- Each girl is limited to 2 (two) pieces of luggage plus a sleeping bag and pillow. There is no room in the lodge for other pieces of luggage, so please be considerate of bunkmates.
- Girls should bring a day pack, water bottle, hat, sunscreen and other needed items during their active day.

### CAMPERS LOVE MAIL!

We have multiple ways for you to tell your camper that you are thinking about them while they are away.

- 1) You may drop off letters or small packages when you check your camper in. We will have mail bags for each day. Please be sure to label the outside of the mail with your child's name and program.
- 2) You can send mail the old fashion way. Please remember that mail can be slow like a snail. We recommend postmarking mail the week prior to your camper arriving at camp.

SEND MAIL TO:

Camp Shelly Ridge  
NAME OF CAMPER  
NAME OF PROGRAM  
330 Manor Road  
Miquon, PA 19444

- 3) You can send emails to your camper through Bunk1. Please see more information at the end of this packet.

### TRADING POST

The Trading Post (Camp Store) will be open during your camper's stay at camp. Please electronically submit money to your campers account in CampDoc prior to arriving at camp. Your camper will visit once during the week.

What can you find there? souvenirs and camp essentials such as mess kits, friendship bracelets and more.

## WHAT TO BRING TO CAMP

- 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. These will be held by counselors or the Camp Health Supervisor.
- All possessions must be marked with the camper's first and last name. Please see the Resident Camp Packing List included in this packet for a complete packing list.
- See packing list for detailed list of suggestions.
- It is suggested that you pack belongings in a large plastic tote box, trunk or suitcase along with a day pack.

## 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 session!

- Cell phones
- Expensive clocks, watches or jewelry
- Personal sports equipment, unless otherwise specified
- Weapons
- NO fruity-smelling soaps, deodorant, toothpaste, perfume, food, gum or candy.
- Expensive electronic devices such as miniature DVD or CD players, MP3's, Games, tablets, e-readers
- Hair dryers, curling irons, or flat irons
- Food or snacks—This includes mailing such things to camp as we try to adhere to any allergies as well as keep any unwanted visitors away!

## LOST AND FOUND

Girl Scouts of Eastern Pennsylvania is not be responsible for any lost, stolen, or damages to any personal items. Any Lost & Found remaining at camp will be donated after the last day of camp. Please make arrangements to gather all lost items before leaving camp.

## Transportation Policies and Procedures

### BUS SAFETY

Depending on the themed week your camper is participating in, she may be transported via bus to an outside location for program activities. You will be informed via a weekly email which day we will be travelling outside of camp. As a passenger on the camp bus, please know the responsibility each person must ensure a safe trip to and from camp.

The bus should always be loaded and unloaded in an orderly fashion.

Please remain seated at all times.

LISTEN to instructions from the counselors and bus driver.

No horseplay, yelling, or throwing items around the bus.

Let the counselor know if you are feeling sick.

## **DIRECTIONS TO CAMP SHELLY RIDGE**

For GPS, please use 330 Manor Road, Miquon, PA

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.

## **General Camp Information**

### **VISITOR & CAMP TOURS**

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

- All visitors must be pre-approved by the Camp Director. Visitors must remain in their vehicle until greeted by a camp staff member.
- 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**

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.

Girls who exhibit unsuitable behavior will not be permitted to remain at camp. Unsuitable behavior includes, but is not limited to: Consistent non-participation in activities, uncooperative and threatening behavior, bullying, fighting, theft, abusive language, smoking, drinking or endangering the safety of themselves or others. Campers who do not abide by the cell phone policy will also be sent home. Any camper who displays such behavior will have a conference with the Camp Director, and if indicated a report will have to be filed with the appropriate authorities reflecting the changes in the mandated reporting law. The Camp Director may request that your camper leave camp due to the unsuitable behavior exhibited. The parents/guardians will be notified and are responsible for the immediate departure of their camper from camp and for securing all travel arrangements. There will be no refund in this case.

### **HOW TO DRESS AT CAMP**

- Pack old, comfortable clothes in which to play games, hike, and get dirty or whatever the day calls for.
- Laundry facilities are not available for campers (except for soiled bedding). See the Resident Camp Packing list to assist with packing on previous page.
- No open-toed or open heel (clog or croc type) shoes or sandals, chunky-heeled shoes, spaghetti straps, midriffs, or halter-tops.

NOTE: For safety reasons, everyone at camp must wear socks at all times. Please send your camper with a clean pair of socks for each day she is there.

## **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.*

## **GROUP SIZES**

Shelly Ridge Resident campers will be assigned to a cohort / program group of up to 8 campers. The majority of activities, meals, etc. will take place within this cohort.

## **UNIT RESPONSIBILITIES DURING CAMP**

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 keep the living space of the campers clean and tidy.

All-Camp Kapers help benefit everyone on camp.

This year Kapers will not include cleaning bathrooms or shower spaces or setting the tables of the dining hall.

## **MEALS DURING CAMP**

Your camper will experience a variety of both traditional and non-traditional dining (and cooking) options during her time at camp. This year the dining hall will be served cafeteria style. All cookouts will be individually portioned for each camper to prepare.

Special Dietary Needs: Please write down any dietary restrictions on the Health Form. If your child has special dietary needs that are allergy related such as; gluten-free or peanut/tree nut free, please contact the camp director in advance. You may be asked to bring special supplies.

NOTE: Dinner will be the first meal served to campers when they arrive on Sunday. For Wednesday check-in, the first meal will be lunch. For Friday pick-ups, lunch will be the last meal served and for Tuesday pick-up, dinner will be served.

## **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 on Sunday so we can have your camper's luggage ready. If she needs to leave camp for some special event (a brief visit from a distant relative or to swim in the finals of the swim competition, for example), please note it on the Camper Release Form on Sunday and inform the camp upon arrival.

## **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 [www.campparents.org/homesickness](http://www.campparents.org/homesickness) or the American Camp Association website at [www.aca.org](http://www.aca.org).

If your campers' home sickness is impacting her 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. Phones will be confiscated and returned at the end of the camp session. If your camper has a problem, she should bring it to the attention of her Counselor, the Health Supervisor or the Camp Director. Consistent with our goals of promoting self-reliance and making new friends, we limit the use of electronic technology at camp.

### **CAMP SHELLY RIDGE BAND!**

We will be using a Social Media platform called BAND to help us all stay connect.

Please use this QR Code or link to join BAND: <https://band.us/n/afa9476b3fD75>



This is an online platform for our community to share information, ask questions, get information from camp, and see pictures from camp. We'll make sure to post updates at least once each session. This is a private forum, only accessible to caregivers of Camp Shelly Ridge campers.

### **CAMP TO HOME COMMUNICATION**

Some campers write often and others do not. However, your camper would LOVE to hear from you! Sometimes, a cure for missing home is mail from family and friends. We suggest you bring packages (NO FOOD OR SNACKS) and mail on check-in day or mail the first letter a day or so before your camper leaves for camp. Then the very first day she'll have a card or 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. Mail is delivered once a day.

You may email your camper while she's 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 & DON'TS FOR LETTER WRITING:**

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

### **SWIMMING**

Water safety education/swimming lessons are a part of all camp programs. Recreational swimming such as water games, creek study, and creek hikes are also available to campers. On Monday, campers are screened for their swimming ability by a certified Red Cross trained staff. After the screening, swimming levels are assigned to each camper. Non-swimmers and beginners are required to take lessons.



## 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.
- Campers may apply insect repellent if they choose to bring it. (Younger campers will be assisted to avoid over application of chemical repellent.)
- Each camper monitors herself and her clothing at least twice daily for ticks.
- If a tick is found imbedded 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

A head check will be performed on the first day of camp. 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.

## CAMPER'S ACCIDENT & SICKNESS INSURANCE

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

## HEALTH CENTER

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

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

## Return to Camp Policy

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

A camper who tests negative for COVID-19 may return to camp after being symptom and fever free for 24-hours, without fever reducing medication.

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

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



## **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 to other campers. Your deposit will not be refunded.

### **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 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](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, and additional changes will incur an administrative fee 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.

### **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](mailto:memberservices@gsep.org).

Thank you for choosing to send your camper to Camp Shelly Ridge this summer. As you prepare for her time at camp please feel free to contact us with any additional questions or clarification. We look forward to seeing you at camp soon!

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

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

- ☐ Masks (1 for each day plus 2 extras)
- ☐ 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 (2-3 pairs for horseback riding)
- ☐ 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
- ☐ 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
- ☐ Insect repellent (non-aerosol)

### **SUPPLIES**

- ☐ Sleeping bag
- ☐ Extra blanket (for cooler nights) or sheet (for hotter nights)
- ☐ Twin Fitted sheet 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 duffel 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.
- ☐ Scented items (chap stick, soap, shampoo, lotion, etc.)-they attract bees, mosquitoes, raccoons, and other creatures. Look for unscented products.
- ☐ Snack foods and drinks except for special dietary needs, i.e. gluten or dairy free products. – must be turned in upon check in at camp.
- ☐ Alcoholic beverages
- ☐ Non-prescription drugs
- ☐ weapons
- ☐ Expensive electronic devices (mp3 players, tablets, etc.)
- ☐ Hair Dryers/curling irons/straighteners
- ☐ Expensive clocks, watches or jewelry
- ☐ Personal sports equipment
- ☐ Pets – pets are not permitted outside of the car at drop off or pick up. Do your pets a favor and leave them at home!

**CampDoc**

Dear Parents,

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

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

The security, confidentiality and privacy of your camper's personal health information will always be protected. Only our camp's health 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](mailto: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



## KEEP UP WITH CAMP ALL SUMMER LONG!

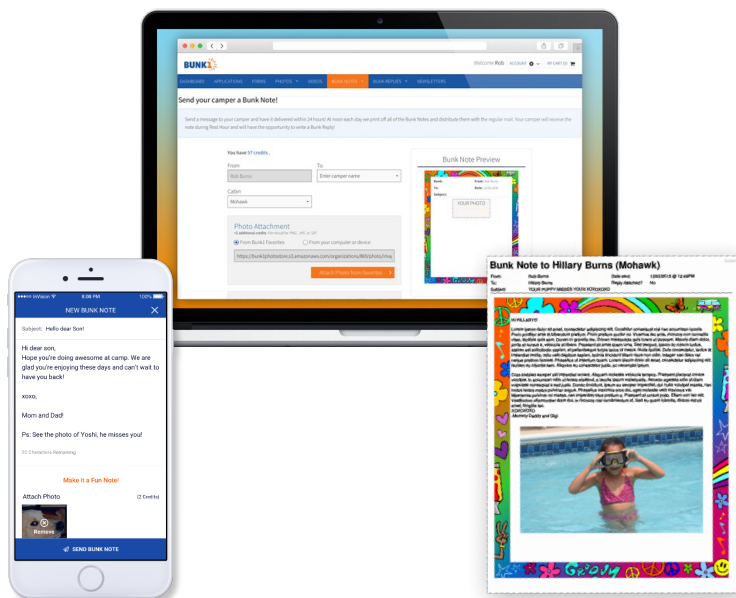
Stay in touch with your camper at camp with Bunk Notes. Your message will be delivered to the camp within 24 hours. No need to wait for snail mail – Bunk1 makes it easy to communicate with your child. Download the Bunk1 App on [iOS](#) or [Android](#) devices to stay connected wherever you go!

### GET STARTED TODAY!

- Go to [www.Bunk1.com](http://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 **Shelly Ridge** is: SHELLY21
- 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](mailto: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/](http://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.

