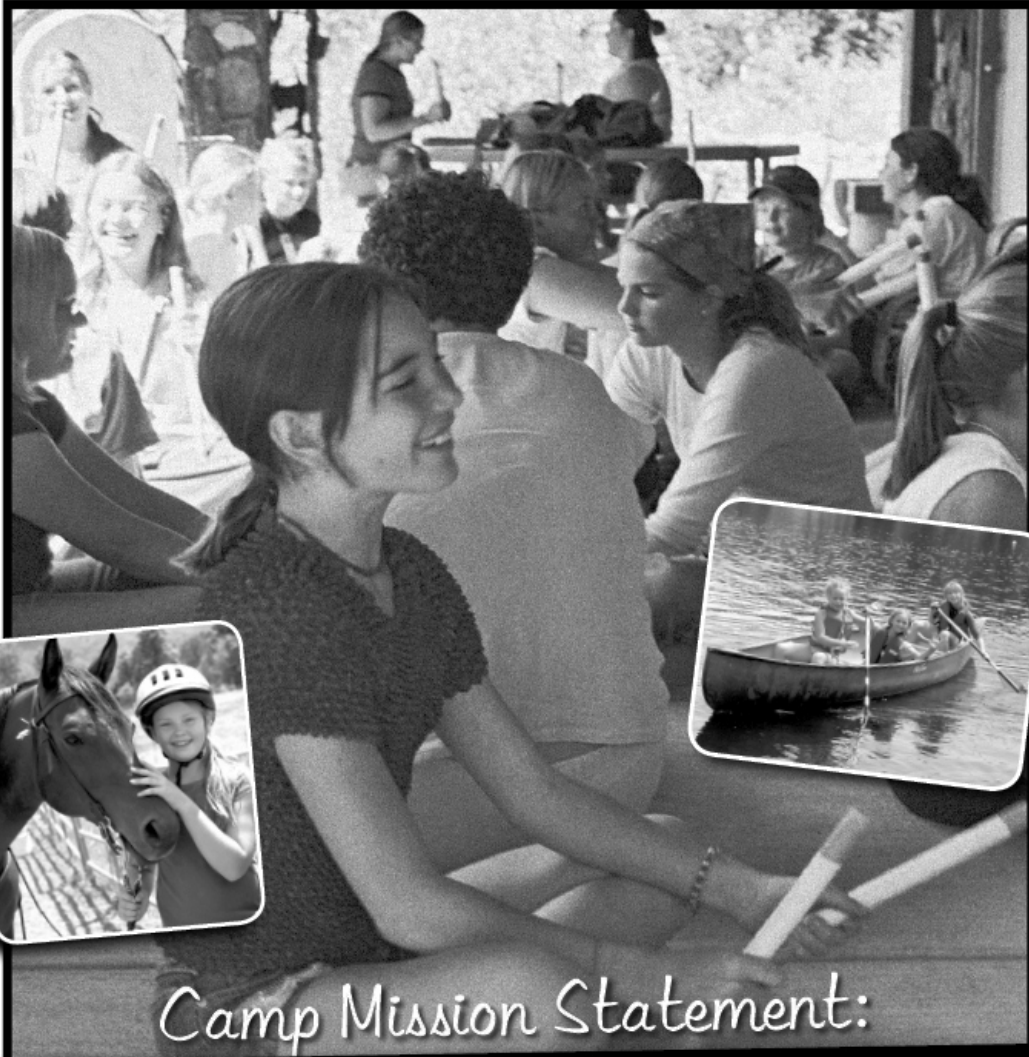


2011 Parent & Camper Orientation



Camp Mission Statement:

The goal of Camp Cloud Rim and Trefoil Ranch is to provide activities that build knowledge and consideration for the outdoors and Girl Scouting, while strengthening self-sufficiency and teamwork.



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Parent and Camper Orientation Packet 2011 Camp Cloud Rim and Trefoil Ranch



Welcome to the Girl Scout Camping Experience Fun, Friends, and Adventures Await!

We are thrilled that your camper will be joining us at camp this summer. Girl Scout camp is a great place for girls to build character, learn leadership skills, gain a sense of belonging, and most of all – have fun!

Between now and the time camp begins, we will be getting ready for your camper's arrival by hiring and training staff, preparing activity programs, and much more. You and your camper will be getting ready by talking about what camp will be like, getting a physical (for programs longer than 2 nights), packing, and getting excited for her adventure.

Here at Girl Scouts of Utah we believe parents/guardians want their camper to have a chance for personal development in a safe environment. We also know girls want to have a fun adventure. We work to provide both by hiring and training qualified staff and offering a quality outdoor experience.

We know that every girl is the center of someone's universe so we want her to leave camp feeling better about herself and what she is capable of doing. Like most things in life, what girls get out of camp depends greatly on what they put in to it.

This booklet is the first step in getting ready for a great experience. We encourage you to review it with your camper. If you have any questions, please do not hesitate to contact us. We'll see you at camp!

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Trefoil Ranch Director
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(801) 224-2735 Camp Office

Amber Kuecker
Outdoor Program Specialist
Camp Cloud Rim Director
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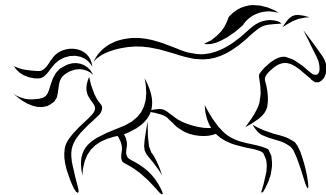
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Open House Days

Girl Scouts of Utah welcomes families to visit one or both of our camp properties on our annual open house days. We encourage first time campers and their parents/guardians to attend open house as it is a great opportunity to meet the Camp Director and camp staff, take a tour, and get a better idea of where girls will be sleeping and spending their time at camp. Open house day is the only time when families may tour camp. In order to ensure that girls enjoy their camping experience without distraction, visitors will not be allowed during camp sessions. This is a drop in event with no registration required; please feel free to arrive anytime between 9 a.m. and 12:30 p.m.

Trefoil Ranch Open House
Saturday, June 11
9 a.m. -1 p.m.



Camp Cloud Rim Open
Saturday, June 18
9 a. m. -1 p.m.

Tips for a Successful Camp Experience

First Time Campers

Here are some tips to make your camper's first experience at camp the best it can be.

Preparation and practice for campers:

- Live out of a suitcase for a few days
- Address and stamp some envelopes to home and to other family members and friends so you can send letters while you are at camp.
- Take showers instead of baths.
- Wash your hair on your own.
- Mark a calendar with the days until camp.
- Go over the suggested packing list.
- Change the batteries in your flashlight.
- Try a "Girl Scout bite" of different foods.
- Roll up a sleeping bag.
- Drink water with meals.

Talk about what it will be like to be at camp:

- Group Living
- Taking care of yourself and your belongings
- Talking to counselors when something is wrong
- Noises at night
- Doing Kapers (camp chores)
- Wearing socks and closed-toed shoes
- Using the buddy system
- Using a flashlight at night



Talk about what your camper might fear:

- "What if I wet the bed?"
- "What if no one likes me?"
- "What if I don't like the food?"
- "What if I get sick?"
- "What if I really miss you?"
- "What if I'm scared of bugs?"

Returning Campers

Even though your camper has been to camp before, here are a few tips to keep things going smoothly.

Sometimes returning campers have to adjust to the fact that camp is different than it was last summer. Perhaps her favorite counselor is not coming back, or her best friend couldn't come to camp this year. Talk with your camper about how things change and that camp will be different and might just be better! Campers who are returnees are often "the experts" at camp. We encourage girls who are returning to show other campers the way it is at camp. This is hands-on leadership development!

Homesickness

Whether this is your child's first time at camp or she has been to camp before, most campers experience "homesickness" to some degree. Our staff is trained in techniques for helping campers through feelings of homesickness and is taught that homesickness is not so much about missing home, as it is about making sure this unfamiliar environment is safe. This adjustment period usually lasts 2-3 days. So by Wednesday, when you have just received your first "please come and get me" letter, she is feeling better and having fun. At this point, you may

decide to call the Camp Director to see how she is doing, or wait a day or two for the next letter. By Wednesday, if your camper has not adjusted, the Camp Director will call you to discuss the situation.

Sometimes homesickness occurs due to changes at home: marriage, divorce, new sibling, death of a loved one, parents traveling, etc. If your camper is in any of these situations, please talk about it before she comes to camp. This will help her to process the changes so she won't have to worry at camp.

You may be tempted to say, "If you are really homesick, then I will come and get you." What you are really saying is, "I expect you to get homesick." Instead try, "Being at camp is going to be different. You may even be nervous sometimes, but I know you will make it. Your counselors will be there to help you."

All parents/guardians are encouraged to visit the American Camp Association's (ACA) website for parents at www.campparents.org for more information on how to make your camper's stay at camp more successful.

Showers at Camp

Both Camp Cloud Rim and Trefoil Ranch have hot & cold running showers. All campers are encouraged to shower during their stay. However, in consideration of Utah's water supply, showers will be limited to twice a week, and girls are asked to keep their shower time to a minimum. Your camper may want to practice taking 5 minute showers before arriving at camp. Thank you for supporting our effort to use resources wisely.

Preparing for Camp: Parent/Guardian Check List

Before Camp:

- 1) Read all information in this packet. If you have questions or concerns, please contact the camp director for the camp your child is attending. Contact information is listed in the front of this packet.
- 2) Make sure your camper has had success sleeping away from home.
- 3) Go over the camp rules, guidelines, and expectations with your camper.
- 4) Attend the Camp Open House on June 11, 9am-1pm (Trefoil Ranch) or June 18, 9am-1pm (Camp Cloud Rim) if you or your camper would like to tour the camp prior to her camp session.
- 5) Make an appointment with your child's doctor for a physical exam if your camper will be attending camp for more than two nights.
- 6) If you wish, write letters to your camper.

Return paperwork and Final Payment by May 13, 2011:

- 1) Complete paperwork
 - All About You
 - Health History
 - Outdoor Program Girl Release
 - Physical Exam (for programs longer than 2 nights)

Return to: Girl Scouts of Utah
Attention: Council Registrar
P.O. Box 57280
Salt Lake City, UT 84157-0280

- 2) Submit final payment by May 13, 2011
 - Payments postmarked May 14 or later will be assed a \$25 fee.

- Girls will be dropped from their program on June 1 if final payment has not been received.
- 3) (Optional) Set up a Trading Post account for your camper. See page 11 for details)

On Camp Check In Day:

- 1) If your camper has any medications/vitamins, please ensure that they are all in the original containers. Due to American Camp Association (ACA) requirements, medication that is not in the original container will not be accepted under any circumstances. Prescription medication must be labeled with the child's name. Please fill out the Medication Log (with exact dosage) prior to check in. Have medications and log easily accessible at check in.
- 2) Check the enclosed map and directions and bring them with you.
- 3) Arrive at camp at your scheduled check in time. See page 6 for details.

Happy Campers Get Mail!

To ensure your camper gets mail every day, you may wish to write a letter for each day she is at camp and leave it with our staff when you check your camper in. If you choose to use the U.S. Postal Service, allow five days for mail to arrive. For best results, label the outside of each letter with your child's name, the name of her camp program and session dates, and the date or day of the week you would like each letter delivered.



Make sure your letters are cheerful and positive. Ask questions about what she is doing at camp, but please don't tell her about all the great things she is missing or how much you miss her. This can lead to homesickness.

If you want to send a care package, we recommend sending stationery, puzzles, books, comics, pens, stickers, etc. Please do not send candy, gum, food, or soda to your camper.
Send mail to:

Camp Cloud Rim

Your Camper's Name
Her Program Name and Dates
Camp Cloud Rim
PO Box 1740
Park City, UT 84060

Trefoil Ranch

Your Camper's Name
Her Program Name and Dates
Trefoil Ranch
Rural Route 3 Box 658
Provo, UT 84060

Check In and Check Out Procedures

Check In at Camp:

- Please arrive at your scheduled check in time
- Check In – staff will direct you from the gate to parking, luggage drop off, and the check in table at camp.
- Medications and Forms – Please do not pack these in your camper’s luggage. You will need to turn them in when you check her in.
- Trading Post – the Trading Post will be open on check in day to set up accounts and purchase items.

Check In Times:

Please do not plan to arrive early as the staff will be preparing the site for campers. Staggered check in times allows for a smooth check in process and reduced wait times. If you are checking in more than one camper at the same camp, please arrive at the earlier check in time. If your camper’s program is not listed, please plan on checking in at 10:30 a.m.

Camp Cloud Rim

Monday or Tuesday

| Check In Time | Program |
|------------------|-----------------------------------------------------------------------------------|
| 10:00-10:15 a.m. | Water Bugs, Short & Sweet |
| 10:15-10:30 a.m. | Summer Sampler, Magic Makers, Art Frenzy |
| 10:30-10:45 a.m. | Quest, Outdoor Chef, Discover, Create!, Backpacking |
| 10:45-11:00 a.m. | Junior Mariners, Mariners, Pottery Pro, Artisans, LEAP, CIT I, CIT II, Challenger |

Thursday

| Check In Time | Program |
|------------------|---------------|
| 10:00-10:15 a.m. | Short & Sweet |
| 10:15-10:30 a.m. | Magic Makers |

Trefoil Ranch

Monday or Tuesday

| Check In Time | Program |
|------------------|-----------------------------------------------------------------------------------------------------------------------------|
| 10:00-10:15 a.m. | Pony Tails, Bits & Pieces |
| 10:15-10:30 a.m. | Brownie Bonanza, All About Camp, Time Travelers |
| 10:30-10:45 a.m. | Summer Spectacular, Center Stage |
| 10:45-11:00 a.m. | Horse Lover, Night Owls |
| 11:00-11:15 a.m. | Nomads, Hard Hats & Horse Sense 1, Hard Hats & Horse Sense 2, Horse Rider, River Runners, Best of Both Worlds, Range Riders |

Thursday

| Check In Time | Program |
|------------------|----------------|
| 10:00-10:15 a.m. | Bits & Pieces |
| 10:15-10:30 a.m. | All About Camp |

If you have campers at both Cloud Rim and Trefoil Ranch: If you are checking in campers at both Cloud Rim and Trefoil Ranch on the same day, please call the camp directors to make special arrangements.

On Check In Day:

- Please leave your dog at home. Pets are not allowed in camp – no exceptions.
- Please wear closed-toes shoes while on camp property.
- Camp is a smoke-free environment. Please refrain from smoking while in camp.

- Tours of camp are not available during check in. Please visit camp during the Open House.

Check Out at Camp:

Only adults listed on the Outdoor Program Girl Release form may pick up your camper. Please bring identification as you may be asked for verification.

- Gate opens – Promptly at 9 a.m.
- Check Out –Staff will direct you from the gate to parking, check out table, medication release, and luggage pick up. Please note, you may be asked to present identification at check out.
- Luggage Pick Up – Camper luggage will be sorted by program. Please take time to find ALL of your camper’s luggage including laundry bag, sleeping bag, pillow, stuffed animal, etc.
- Medications – Your camper’s medication will be released by the Health Supervisor at the medication release table. Please ensure you pick up her medication. Medication that is left at camp will be disposed.
- Early Check Out – If you need to pick up your camper early, please notify the camp staff when you drop your camper off on check in day. The camp director may limit the time of day early check out is available in order to minimize disruption to camp programs.

Health Procedures

- Camp is staffed by a qualified RN, EMT, or Level II First Aider. A local physician is on call at all times.
- Campers receive a health screening upon arrival at camp. The Health Supervisor looks for illness, injury, and communicable disease, and verifies health information. Parents will be notified of any concerns.
- Parent/Guardians will be contacted if a camper spends more than one night in the Health Center, needs to see a doctor, or visits the Emergency Room.
- A camper will be sent home if she is contagious (strep throat, etc.), spends more than one night in the Health Center, is too sick to participate in camp activities for more than twelve hours, or has a fever over 102 degrees. If a girl has been sent home for health reasons, she may return with a written release from a physician.

Medications

The camp Health Center is stocked with an adequate supply of over-the-counter medications such as ibuprofen, Tums, Benadryl, and cough drops that parents/guardians can authorize the camp to administer on the Health History form. It is only necessary to send medications that your camper takes on a regular basis. All medication, including over-the-counter medications and vitamins must be turned into the Health Center upon check in. **The only exception to this is epi-pens and inhalers, which should be carried by the camper at all times.**

Medication can only be left at camp if the medication:

- 1) Is in the original container
- 2) Is prescribed for her by a physician (over-the-counter medications and vitamins are also allowed)
- 3) Includes detailed written instructions (dosage, time of day, etc.)

Due to American Camp Association (ACA) requirements and for the safety of your camper, there will be no exceptions to this policy.

Girls with Medical Conditions and Special Needs

To be successful at camp, your camper needs to be able to take care of her basic needs (carry and drink from a water bottle throughout the day, eat a variety of food, put on sunscreen, wear appropriate shoes and clothing for the weather, brush her hair and teeth, shower during the

week, and change clothing each day). She needs to be able to function in an eight-to-one camp-to-staff ratio and be able to manage all of her own medication and dietary needs with confidence. Counselors will help cue girls with basic needs but the girls are ultimately responsible for themselves.

The camp is able to administer basic first aid only. Girls need to be able to understand and manage their own health care. For example, a child with asthma needs to be responsible enough to carry her inhaler, take her medication when necessary, and report to camp staff if she needs additional medication. A child with diabetes needs to be able to test her own blood, communicate when she needs a snack or rest, and manage her own medicine. The camp cannot administer shots (including epi-pens). A camper who has been prescribed an epi-pen must carry it at all times and be able to administer the shot by herself.

Please contact the Camp Director if your camper has a heart condition, a seizure disorder, severe allergies, or other serious medical or behavioral conditions before she attends a camp program.

Head Lice Alert

If head lice is found during the health screening, your camper will not be allowed to stay at camp. Since head lice is highly contagious, this is for the health and safety of all campers and staff – you will need to treat the head lice before returning to camp.

Physical Exam Form (for programs more than 2 nights)

- The Physical Exam Form should be completed and signed by a licensed physician, nurse practitioner, physician's assistant, or registered nurse 24 months or less prior to the camper's first day of camp.
- A record of immunization and a current tetnus vaccination are required. FYI: A tetnus vaccination is generally considered current for seven years. Contact your physician for more information.
- If a camper is attending more than one session, be sure to make enough copies of the completed form for each session she is attending. Completed forms will be requested each time the camper enters camp. **All forms are filed with the camp session records and are not available for other camps or sessions.**

Sun Safety

- At camp we have two common and completely preventable problems:

SUNBURN AND DEHYDRATION

- Campers should have sunscreen of SPF 30 or greater.
- Campers should put on sunscreen ten minutes before going outside so that it can be effective.
- Campers should also bring and use lip balm with SPF 20 or greater.
- Water is critical to our body's health. Girls need to drink at least three water bottles a day. A water bottle with a strap for carrying is recommended.

Girls will drink one glass of water at meals before other beverages. Encourage your camper to get used to drinking water before she comes to camp. Counselors will remind campers many times a day, but ultimately it is the girls who have to be responsible for applying sunscreen and drinking water.

Meals at Camp

Our meals at camp are prepared by experienced, professional cooking staff. We serve kid-friendly, healthy meals. Breakfast will usually consist of a hot choice (pancakes, eggs, bacon, hash browns) as well as a self-serve buffet with cold cereal, fresh fruit, and yogurt. For lunch



we may have pizza, sandwiches, soup, or tacos. Dinner options include spaghetti, baked chicken, steamed vegetables, or fajitas. Lunch and dinner will also include a salad bar.



We will always have a vegetarian option as well as peanut butter and jelly. These are just some of the options – different meals may be served while your camper is at camp. Milk is available at every meal and campers are encouraged to drink two glasses of water at each meal to prevent dehydration. Please let the Camp Director know if your camper has any food allergies or dietary needs. Snacks are readily available at camp. Please do not send any candy, gum, food or soda to camp with your camper.

Special Dietary Needs

The camp can facilitate basic special diets, including lactose intolerance, vegetarian, and simple allergies (the camper must understand their allergy and know not to eat any of this food). Please let the camp staff know during the health screening at check in if your camper has special dietary needs.

If your camper has a gluten-free diet, you will need to send food from home to supplement her diet. The camp cooks will prepare her special food brought from home.

Children with severe allergies to food need to be able to fully manage this allergy to come to camp. The camp cannot guarantee that a child will not come in contact with any type of food during her stay. **If you have any questions about the camp's ability to accommodate your camper's food restrictions or dietary needs, please contact the Camp Director before your camper comes to camp.**

Living Arrangements

Campers at Trefoil Ranch stay in platform tents or the bunkhouse. Campers at Cloud Rim stay in platform tents, Springbar tents or cabins. Tents and bunkhouse rooms accommodate four girls, cabins accommodate eight girls. The bunkhouse rooms have bunk beds with mattresses and the platform tents and cabins have cots with mattresses. Girls in the Springbar tent unit at Cloud Rim (usually campers in the C.I.T., LEAP, or High Adventure programs) sleep on a mattress on the ground and have a flushless/pit toilet nearby.

After check in and an introduction period, girls are allowed to choose their cabin, room, or tent buddies. However, if problems arise during the week, the camp staff may change the sleeping arrangements of all of the girls in a program or unit.

The staff do not sleep in the same tent/cabin as the girls. Girl Scouts of Utah requires that counselors have separate sleeping arrangements from the campers. Counselors live in tents/rooms/cabins that are sufficiently close by to supervise the girls.

General Camp Policies

Phone Calls

- Campers are not allowed to make or receive phone calls while at camp. Please do not promise your camper that she will be able to call home.
- Cell phones are not allowed at camp. They will be collected and kept in the camp office to be returned at the end of the camp session.
- If there is a problem or your camper is not doing well, the Camp Director will contact you.
- If a family emergency arises, please call the Camp Director.
 - Camp Cloud Rim – Amber Kuecker (435) 649-8641
 - Trefoil Ranch – Carolyn Johnstone (801) 224-2735

Physical Requirements

Programs at Camp Cloud Rim and Trefoil Ranch require that participants are able to walk up and down hills on uneven trails, climb stairs, hike up to a mile, and carry weight in a backpack.

Camp Cloud Rim is at a high (9200 feet) elevation. It is not recommended for girls with heart conditions or breathing problems. Consult with your child's doctor if your camper has any such condition before attending a program at Camp Cloud Rim.

To participate in any program, girls must be able to listen to and follow directions, wear required safety equipment, and perform the physical requirements of the activity. All activities considered high-risk meet additional safety guidelines.

Dress Code

- Clothes need to be modest in nature and protect the girls from the elements.
- Close-toed and closed-heeled shoes and socks are required.
- Shower and dock areas only – Girls may wear sandals or water shoes (shoes need to have a heel strap – no flip flops). Regular shoes must be worn to and from these areas.
- Shorts need to be modest in length (to tips of fingertips).
- Tank tops are okay, but no spaghetti straps tank tops, halter tops, etc.
- Clothes/appearance should not promote drugs or alcohol or be gang related.

Weather and Special Packing Considerations

At Trefoil Ranch, the days are hot and the nights are cooler. At the beginning and end of the summer it may be quite a bit cooler at camp than in the Salt Lake valley.

Camp Cloud Rim will, on average, be 10 to 20 degrees cooler than the weather in the Salt Lake valley. Afternoon rain showers are common. The mornings and evenings are cool, days are moderate and the nights are cold. The camp often has patches of snow on the ground through June. It is possible for camp to reach freezing temperatures at nighttime in June and August.

Always be Prepared!

- 1) Bring a warm sleeping bag (rated to 20 degrees or cooler).
- 2) Bring extra warm blankets. Fleece liners are very good to bring.
- 3) Pack warm pajama tops and bottoms. A knit hat and heavy socks are also nice to sleep in.
- 4) Pack a warm coat and a waterproof jacket or coat or poncho.
- 5) Campers should bring a daypack large enough to carry a lunch, a water bottle, and towel.

Camp Program – What to Expect

Sample Daily Schedule

| | |
|-----------|-----------------------------------------|
| 7:00 a.m. | Wake up |
| 7:45 a.m. | Flag Ceremony |
| 8:00 a.m. | Breakfast and Kapers (camp chores) |
| 9:00 a.m. | Unit program activities |
| Noon | Lunch |
| 1:00 p.m. | Me Time (down time for campers to rest) |
| 2:00 p.m. | Unit program activities |
| 5:45 p.m. | Flag Ceremony |
| 6:00 p.m. | Dinner |
| 7:00 p.m. | Evening program |
| 9:30 p.m. | Lights Out |

What we do at camp

All girls will learn outdoor skills such as knife safety, knots, fires, map and compass, first aid, trail etiquette, dressing for the weather, and outdoor cooking. Girls in programs for 1st-3rd graders will also work on Try-Its; 3rd-5th graders will work on Badges; 5th – 12th graders will work on Interest Project Patches (IPPs). Please note that campers may or may not complete an entire Try-It, Badge or IPP. Campers may also participate in age appropriate Journey activities.

All girls at camp will play games, sing songs, visit the art room, participate in nature awareness activities, go on a hike, participate in a flag ceremony, go to the Trading Post, attend campfire programs, have a cookout, and help take care of camp by doing Kapers. In addition to the activities specifically mentioned in their program description (see the Camp Catalog), campers will have the opportunity to make choices about what they would like to do.

Horseback Riding Assessment at Trefoil Ranch:

Campers participating in horseback riding programs will be assessed and placed into groups according to riding ability regardless of program.

Swim Checks at Cloud Rim:

In order to swim without a lifejacket, girls are required to pass a swim check. The swim check consists of a 25-yard swim (any stroke), a tread, and a float. All girls who choose not to take the swim check will be required to wear a lifejacket for all waterfront activities. All campers are required to wear lifejackets while operating canoes, kayaks, sailboats, and other watercraft.

Trading Post

This summer there will be many exciting things for sale at the Trading Post (camp store) including t-shirts, sweatshirts, pajama pants, stuffed animals, patches, and jewelry. Items range from \$1.00 to \$30.00. The Trading Post can accept cash, check, activity credits, and credit cards.

You can set up a Trading Post account for your camper ahead of time. Just send in the amount you would like deposited when you submit your final camp payment. Please see page 14 of this packet.

Girls are free to choose any items that they would like to purchase in the Trading Post. Camp staff will not question campers' purchases. If you would like to guide your camper's purchase, you will need to shop with her at check in.

The Trading Post will be open on check in day. Your camper will also visit the Trading Post once during her time at camp. The Trading Post will **not** be open on check out day.

If at the end of the week, the remaining balance in your camper's Trading Post account is \$10 or less, your camper will be given change if she paid in cash/check. If her balance is over \$10 and she paid with cash/check, a check will be issued by Girl Scouts of Utah within four weeks after her camp session ends. If Trading Post is paid with a credit card and there is a remaining balance, a refund will be issued back to the credit card.

Camp Rules and Guidelines

Girl Scout camp is a safe environment. Therefore, campers who come to camp are expected to adhere to the following guidelines.

Camp Guidelines

- Follow the Girl Scout Promise and Law.
- Socks and closed-toed/closed-heeled shoes must be worn at camp.
- Walk in camp; no running.
- Use the buddy system.
- Stay with the group.
- Listen and follow the directions of the counselors.
- Treat others with dignity and respect.
- No gum.
- No drugs, weapons, alcohol, or contraband of any kind.
- No cell phones.
- Ask permission to enter other campers' living areas or to touch or use other campers' personal belongings.
- Report any problems or concerns to a counselor, the Health Supervisor, or the Camp Director.
- Help with daily Kapers (camp chores) like cleaning the tables after meals, cleaning the bathrooms, or picking up litter around camp.



Misconduct

For the safety of everyone at camp, campers may be sent home for the following:

- Running away or talk of running away.
- Violence towards another person like hitting, kicking, or threatening to hurt another person.
- Vandalism of any camper, staff, or camp property.
- Possession or use of any weapons, drugs, alcohol, or cigarettes.
- Talk or gestures pertaining to sex.
- Bullying, ridicule, or name calling.
- Refusal to follow camp rules, communicate with camp staff or participate in activities.
- Refusal or inability to eat meals or sleep at nighttime.
- Any self harm or talk of self harm such as cutting or suicide.
- Excessive homesickness or crying.

Please note...

No refund will be given if a child is sent home due to misconduct. If it is determined that a camper needs to go home, her parents/guardians are expected to come get her within a reasonable time frame. A camper may be asked to stay in the camp office or Health Center until her parents/guardians are able to come and get her.

Suggested Packing List for Week-Long Sessions

Adjust accordingly for shorter or longer sessions

- Pack enough clothes to last your camper's entire stay at camp. Laundry facilities are not available.
- Please label your camper's belongings. Many campers bring similar looking items, labeling reduces conflict over ownership and reduces unclaimed lost and found.
- Please do not send candy, food or soda to camp.
- **Please, NO glass, gum, curling irons, blow dryers or electronic devices. CD players; iPods; cell phones; devices with wireless internet such as iPad, Kindle, Nook, etc. can easily be damaged in the camp environment and are not allowed.**

Turn in during Check In:

- Medication, vitamins, Medication Log
- Any paperwork that you have not turned in
- Money for Trading Post if desired (if not pre-deposited)

Clothing:

- 2 pairs of closed-toes, closed-heeled shoes (1 pair lace-up tennis shoes; 1 pair sturdy boots or shoes for hiking)
- Warm sweater and/or sweatshirt(s)
- Pants and shorts (2-3 pair each, 1-2 pair each for 2-night sessions)
- T-shirts
- Long sleeved shirt
- Underwear
- Socks (at least one pair heavy)
- Hat with brim
- Bandana
- Raingear (waterproof jacket or poncho)
- Warm pajamas
- Warm coat or parka
- Swimsuit
- Shower shoes (must have a heel strap – no flip flops)



Camp Gear:

- Sleeping bag rated to 20 degrees or cooler
- Pillow
- Warm blanket(s) or fleece liner
- Bath towel
- 24-32 ounce durable water bottle
- Dishes or mess kit (unbreakable cup, bowl, and spoon)
- Backpack or daypack (used for hiking)
- Flashlight with extra batteries

Toiletries:

It is helpful to campers if toiletries are in a little bag that is easy to carry to the restroom.

- Toothbrush
- Toothpaste
- Hairbrush/comb
- Soap
- Lotion
- Shampoo/Conditioner
- Deodorant

- Lip Balm (with SPF 15 or higher)
- Sunscreen (with SPF 15 or higher)
- Insect repellent
- Sanitary supplies

Optional Equipment:

- Sunglasses
- Camera (please ensure you mark with campers' name)
- Stationery (addressed and stamped with proper postage)
- Pen/Pencil
- Laundry bag
- Stuffed animal
- Book
- White T-shirt (or other clothing item) for tie dye or crafts

Additional items for Camp Cloud Rim:

- Water shoes (must have a heel strap – no flip flops)
- Beach towel

Additional items for Horseback Riding at Trefoil Ranch*:

- Extra jeans
- Boots with ½ inch heel

*Campers participating in horseback riding need to wear long pants, a helmet (provided), and boots with at least ½ inch heel while riding. For safety, riding boots must have a smooth bottom. Tennis shoes, loafers, or wedge bottom footwear such as hiking shoes/boots are not appropriate. Extra boots are available for campers to borrow while riding.

Lost and Found

Girl Scouts of Utah is not responsible for lost or stolen items. “Found” items may be returned to GSU – 445 East 4500 South, Salt Lake City – every two weeks. Craft projects, personal hygiene items (soap, shampoo), socks, underwear, and other such items will not be sent to GSU. Please do not contact the camp about lost and found items. All items not claimed by Labor Day will be sent to a local charity.

Payment Policies

The balance of the camp fee is due by May 13, 2011.

Payments postmarked May 14, 2011 or later will be assessed a \$25 late fee.

Girls will be cancelled from their session if final payment has not been submitted by June 1, 2011. The deposit will not be refunded.

Activity Credits

Girls are encouraged to participate in the annual cookie sale. Activity credits earned from the cookie sale allow your Girl Scout the opportunity to contribute to her camping experience. Activity credits are mailed in May and can be used until June 30th of the following year. Be sure to mail your activity credits with your final payment.

Activity Scholarship

Girls may apply for assistance to help with the cost of their Girl Scout camp experience. The decision to grant activity scholarship, and the amount, is made on the basis of information given on the application form. All information is kept confidential and discussed only by those

responsible for allocating the money. The Activity Scholarship Application can be found in your Camp Catalog – it is also available online.

Refunds

If the camp assignment is unsatisfactory, a written request for refund of the deposit must be sent to GSU within two weeks of receiving this camp confirmation. No exceptions will be made to this policy.

No refunds will be made if a girl returns home from camp because of illness, injury, homesickness, misconduct, or any other circumstance.

If the camper does not attend due to illness or injury, send a physician's note and a written request for refund within one week after the camp session. The camp fee (minus the deposit) will be refunded.

Disclaimer

Girl Scouts of Utah plans quality programs for camp with the health, safety, and well being of the camper as our first priority. Some sessions may be altered or canceled due to weather, fire, natural disaster, lack of staff, or lack of registrations.

The Camp Director may determine whether a girl is competent to participate in any activity, and, if necessary, transfer her to another program. When necessary, campers will participate in alternate activities. No alterations or refunds will be issued if a child is transferred to another program or participates in alternate activities.

No alteration or refunds will be issued if changes are made to activities due to weather, fire, or natural disaster. If a session is canceled due to lack of registrations, campers will be afforded the opportunity to select another session or receive a full refund.

