

GIRL SCOUTS OF UTAH SUMMER CAMPS: FUN • ADVENTURE • SKILL-BUILDING • VALUE • GRADES K-12

YOU DON'T HAVE TO BE  
A GIRL SCOUT TO ATTEND CAMP!

[www.gsutah.org](http://www.gsutah.org)



girl scouts  
of utah



Summer Camp

**ORIENTATION**

Welcome  
Campers!

**GIRL SCOUTS  
MISSION STATEMENT:**

Girl Scouting builds girls  
of courage, confidence, and  
character who make the world  
a better place.



Celebrate 100 Years of Girl Scouting in 2012!

YEAR OF THE GIRL

1912  2012

YEAR OF THE GIRL

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## 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!

Carolyn “Marzz” Johnstone  
Trefoil Ranch Director  
cjohnstone@gsutah.org  
(801) 716-5121 SLC Office  
(801) 224-2735 Camp Office

Amber “Frog” Kuecker  
Camp Cloud Rim Director  
akuecker@gsutah.org  
(801) 716-5127 SLC Office  
(435) 649-8641 Camp Office

Cheryle “Snickers” Hatch  
Program & Camp Registrar  
chatch@gsutah.org  
(801)716-5145 SLC Office

Anacandy “Candy” Castro  
*Spanish Translation*  
acastro@gsutah.org  
(801) 265-8472

**OPEN HOUSE DAYS**

Girl Scouts of Utah welcomes families to visit one or both of our camp properties on our annual open house days. These are drop-in events with no registration required. We encourage first time campers and their parents/guardians to attend an open house as it is a great opportunity to meet the Camp Director and counselors, see where they might sleep, check out the dining hall, and explore the program areas (stables, waterfront, art room, ropes course, and archery field). After your visit we hope your camper is super pumped for camp!

Due to the full schedule of activities, having family/friends visit while resident camp is in session may be disruptive for campers. Therefore, we do not have a camp visitation day while resident camp is in session. We encourage you to visit and tour camp during our open house days. When your camper checks in for her camp session, you will be able to see where your camper will be living and help her settle into her tent/cabin.



Trefoil Ranch  
Saturday, June 16  
9 a.m. to 1 p.m.



Camp Cloud Rim  
Saturday, June 30  
2 p.m. to 5 p.m.





## 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 (page 1) for the camp your child is attending.
- 2) Make an appointment with your child's doctor for a physical exam if your camper will be attending camp for more than two nights.
- 3) Return paperwork by May 18, 2012\*:
  - Complete paperwork:  
(download forms from [www.gsutah.org/programs-events/camp/camp-programs.php#resident-camp](http://www.gsutah.org/programs-events/camp/camp-programs.php#resident-camp))
    - Physical Exam (for programs longer than 2 nights)
    - Health History and Consent
    - Outdoor Program Girl Release
    - All About You
    - Medication Log (bring to camp if you're camper will be bringing medications with her)
  - Return all paperwork to:  
Girl Scouts of Utah  
Attention: Program and Camp Registrar  
P.O. Box 57280  
Salt Lake City, UT 84157-0280
  - \* If you registered your Girl Scout for a camp program after May 18, mail completed form to above address at least two weeks prior to your camper's session.
  - \* If you registered your Girl Scout for a camp program within two weeks of the program, bring the completed forms to camp with your camper.
- 4) Submit final payment by May 18, 2012\*
  - Payments postmarked May 19 or later will be assessed a late registration fee of \$25.
    - Cancellation of registration may occur if full payment is not received two weeks prior to the start of your camper's session.
  - \*Registrations received after May 19 must be paid in full two weeks prior to the start of your camper's session.
    - If payment is not received by this time, your camper's registration may be cancelled.
  - If you would like to add money to your camper's Trading Post Allowance you can do this with your final camp payment.
- 5) Go over the camp rules, guidelines, and expectations with your camper.
- 6) Make sure your camper has had success sleeping away from home.
- 7) Attend the Camp Open House (page 2) if you or your camper would like to tour the camp prior to her camp session.

### Check In Day:

*Note: Please allow for up to two hours for the check-in process once you and your camper arrive at camp.*

- 1) Before leaving your residence, check your arrival time (page 4).
  - Due to limited parking areas at both camps, Girl Scouts of Utah uses a staggered check-in time for opening day.
  - Arriving at your staggered check-in time helps alleviate your wait time and the wait time of others.
  - If you are checking in more than one camper, please arrive at the earlier check-in time.
  - If you are checking in campers at both camps, please contact the Camp Directors (page 1) to make arrangements.

## CHECK IN TIMES

### CAMP CLOUD RIM (Monday & Thursday)

10:00	Backpacker
	Fairies and Footsteps
	Glitter Bugs
	Short-n-Sweet
	Swimmin' and a Splashin'
10:30	Big Sis, Little Sis
	CAN-YAK ATTACK!
	Girl Wilderness Adventure Challenge
	Pottery Pro
11:00	Artist's Playhouse
	Ooze and Gooze
	Shutterbugs
	S'mores and More
	The Arena
11:30	Arrrrrgh, Me Matty!
	Claymation
	iCamp
	Try, It - You'll Like It
12:00	CIT 1
	CIT 2
	CIT 3
	LEAP

### TREFOIL RANCH (Monday & Thursday)

10:00	Bits and Pieces
	It's A Mystery
	Pony Tails
10:30	All About Camp
	Night Owls
	Roll With It
11:00	Horse Lover
11:30	C.S.I.
	Hard Hats and Horse Sense I
	Hard Hats and Horse Sense II
	Nomads
	River Runners
12:00	Best of Both Worlds
	Range Riders
	Ropes and Reins



#### Please Note:

- **Please leave your dogs/cats at home. Pets are not allowed in camp – no exceptions.**
- **Please wear close-toed shoes while on camp property.**
- **Camp is a smoke-free environment. Please refrain from smoking while on camp property.**

#### Check In Day Continued:

- 2) Before leaving your residence, please make sure you having the following with you:
  - Sleeping bag, pillow, backpack, water bottle, and duffle bag or suitcase.
  - Directions/map to the camp property (attached to your confirmation email).
  - Any paperwork that was not sent in to the Salt Lake City office.
  - Any medications/vitamins that your camper will need while at camp.
    - Please ensure that all medication is in its original container(s).
    - 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.
- 3) Arrive at camp at your scheduled check in time.

## Check In Day Continued:

- 4) When you arrive at camp:
  - Camp staff will direct you from the gate to a parking space.
  - You and your camper will rotate through various check-in stations including:
    - Visiting with the Camp Director and turning in any missing forms.
      - If you have mail for your camper, you may drop it off at this time or after you leave your camper with her counselors.
    - Checking-in any medication with the Health Supervisor.
    - Completing a brief health screening (check temperature, head lice, etc.).
    - Stopping by the Trading Post (camp store) to set up your camper's account and/or to purchase items.
    - Meeting one of your camper's camp counselors.
    - Dropping off luggage.
    - Settling into your camper into her living area (selecting her bed, setting up sleeping bag, etc.)
  - Camp staff will help direct you back out of the parking lot to the gate.

## Check Out Day:

*Note: Please allow for up to one hour for the check-out process once you arrive at camp.*

- 1) Check-out time is 9 a.m. for all programs ending on Saturdays (breakfast will be served prior to check-out).
- 2) Check-out time is 6 p.m. for all programs ending on Wednesdays (dinner will not be served prior to check-out).
- 3) When you arrive at camp:
  - Camp staff will direct you from the gate to a parking space.
  - Find your camper – all the campers will be by the lodge with their counselors.
  - Sign your camper out with her counselors.
  - If your camper brought medications with her to camp, pick up medications from Health Supervisor.
  - Pick up all luggage from the luggage area. Please be sure you have all of your camper's items including sleeping bags, pillows, stuffed animals, dirty clothes bags, etc. – many times campers go home with more luggage than they brought with them.
  - Camp staff will help direct you back out of the parking lot to the gate.
- 4) If your camper needs to leave early, please notify the Camp Director when you sign your camper in 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.
- 5) **Lost and Found:**
  - Girl Scouts of Utah is not responsible for lost or stolen items.
  - "Found" items are returned to GSU – 445 East 4500 South, Salt Lake City – every two weeks.
  - Craft projects, personal hygiene items, 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.





## GENERAL CAMP INFORMATION FOR PARENTS/GUARDIANS



### Happy Campers Get Mail!

Camp is the perfect time to unplug and connect with nature. During your child’s stay at camp, she will not have access to computers or email. We encourage you to write letters to your child prior to her session and leave them with camp staff on check-in day to ensure timely delivery. 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 84064



### Meals at Camp

Your camper will be provided tasty, nutritious, kid-friendly meals served family style in the lodge. Snacks are also provided throughout the day. Campers are given an opportunity to plan a menu and cook outdoors or have a picnic at least once during their stay.

Possible Menu Items\*

- Breakfast: Hot choice of pancakes, eggs, bacon, or hash browns  
Self-serve buffet (cold cereal, fresh fruit, yogurt)
- Lunch: Pizza, sandwiches, soup, or tacos  
Salad bar
- Dinner: Spaghetti, baked chicken, steamed vegetables, or fajitas  
Salad bar



*\*These are just some of the meal options – different meals may be served while your camper is at camp.*

Milk is available at every meal. Snacks are also readily available at camp.

Please do not send any candy, gum, food or soda to camp with your camper.

*Please contact the Camp Director prior to your camper’s program if your camper has any food allergies or dietary needs (see page 9 for more information on Special Dietary Needs).*

### Living Arrangements

Campers are assigned to living units by program. Living units may consist of platform tents, cabins, or dormitory style rooms with cots and mattresses. Flush toilets and running water are in close proximity to the living units. Girls in a leadership program will sleep in Springbar tents while they are at Camp Cloud Rim. These tents have mattresses on the floor and a flushless/pit toilet nearby.

Your child will select her sleeping area when she checks into camp. If she knows other girls in the program, she may share living quarters with friends in the same program. However, if problems arise during the week, the camp staff may change the sleeping arrangements of all the girls in a program.

GSUSA requires that counselors have separate sleeping accommodations from the campers. Counselors live in a tent or room that is in close proximity to the girls.

## Phone Calls and Email

Sending your child to camp with a cell phone or an electronic device with email access may interfere with her ability (and yours) to build a trusting and independent relationship. Any cell phone or electronic device with email access brought to camp will be secured in the camp office until your child returns home.

Campers are not allowed to use the camp phone or computer; however, you are welcome to contact the Camp Director at any time to check on how your child is doing.

Camp Cloud Rim  
Amber "Frog" Kuecker  
(435) 649-8641  
akuecker@gsutah.org

Trefoil Ranch  
Carolyn "Marzz" Johnstone  
(801) 224-2735  
cjohnstone@gsutah.org

## Sample Daily Schedule

\*Daily schedules vary according to program theme and content.

- 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 (quiet 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 campers will learn outdoor skills such as knife safety, knots, fires, map and compass, first aid, trail etiquette, dressing for the weather, and outdoor cooking. Campers will work towards earning badges related to outdoor living and their program content. 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 in our equestrian programs will spend a total of 8 hours per week at the stables, unless otherwise noted. Lessons include riding instruction, stables maintenance (mucking stalls), and ground school (learning about the animals and tack and how to care for them). Horseback riding is a sport that requires physical coordination, balance, and the ability to follow directions. Our programs are described as Beginning, Intermediate, and Advanced levels. Campers in any equestrian program will be grouped according to experience level and lessons will be geared towards the least experienced rider.

## Swim Checks at Cloud Rim

In order to swim without a lifejacket, your camper will be required to pass a swim check. The swim check consists of a 25-yard swim (any stroke), a tread, and a float. If your camper chooses not to take the swim check, she 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 flashlights, water bottles, 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.

When you registered your camper for her program, you had the option of selecting a Trading Post amount. If you did not do this and would like to or if you would like to add more money to her account, you can do so when you and your camper visit the trading post on check-in day.

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.

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 her balance is over \$10, 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. If Trading Post is paid with Activity Credits, the camper will need to spend them in the increments of \$5 and \$10 as they are awarded to her (no change will be given).



## HEALTH SERVICES/SPECIAL NEEDS/DIETARY RESTRICTIONS



### Health Supervisor

All camps have a qualified Health Supervisor on site with a Level 2 First Aid certification or higher. Camp is able to administer basic first aid only. A doctor is on-call and medical facilities are readily available. In the event of an emergency the camp will transport the camper to emergency services. Parents/guardians will be notified in the event of a serious illness or injury.

### Medications

Please have all medications and the Medication Log with you when you check your child into her camp program. Your child will be assisted in taking prescribed medication provided the medication is in its original container and is prescribed specifically for her. **Due to American Camp Association (ACA) requirements and for the safety of your camper, there will be no exception to this policy.**

Both camps carry over-the-counter medication such as: Tylenol, Ibuprofen, Tums, Benadryl, and cough drops, which you can authorize the camp to administer on your camper's Health History and Consent form.

**Asthma:** A child with asthma needs to be responsible enough to carry her inhaler, take her medication when needed, and report to camp staff if she needs additional assistance.

**Diabetes:** A child with diabetes needs to be able to test her own blood, communicate when she needs rest or a snack, and manage her own medication. Camp staff cannot administer shots.

**Anaphylactic Allergies:** A camper who has been prescribed an Epi-pen must carry it on her person at all times and be able to administer the shot by herself. Camp staff are not authorized or trained to assist with administration of Epi-pens.

### Health Screen

Your child will go through a brief health screening upon arrival. Girls found to have a temperature of 101° or a contagious disease may be sent home. All campers are checked for head lice and, if found, will be sent home for treatment before being allowed back at camp.

### **Physical Examinations (Programs three nights or longer)**

GSU, in accordance with American Camp Association and GSUSA, requires all attending sessions that are more than two nights to have a physical examination by a licensed physical, nurse practitioner, physician's assistant, or registered nurse within 24 months of camp attendance.

A record of immunization and a current tetanus vaccination are required. FYI: A tetanus 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.

### **Physical Requirements**

Programs at both 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 daily necessities in a backpack (flashlight, jacket, water bottle, sunscreen, etc.). Some programs may have additional physical requirements. 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.

Camp Cloud Rim is at a high elevation (9200 feet). It is not recommended for girls or adults with heart conditions or breathing problems. Please consult your doctor before enrolling in a program at Camp Cloud Rim if you have any such condition.

### **Self-Care**

To be successful at camp, your child needs to be independent with self care and be able to function in a 1:8 counselor-to-camper ratio. Girls need to be able to manage their own basic health and hygiene such as: carrying and drinking water from their water bottles throughout the day, eating a variety of food, putting on sunscreen when asked, wearing appropriate clothing for the weather, brushing their own hair and teeth each day, walking to and using camp restrooms, showering twice during the week, and changing clothing each day. Counselors will help cue girls with basic needs.

### **Girls with Special Needs**

If your child has a serious medical condition (heart condition, seizure disorder, severe allergies, diabetes, etc.) or has a mental or behavioral disorder that may require more support for her to be successful, please contact the Camp Directors so they can work with you to find the most appropriate program for her abilities. In addition, Girl Scouts of Utah has a partnership with Camp Kostopulos, located near Salt Lake City, which specializes in serving children with special needs.

### **Special Dietary Needs**

The camps can facilitate basic special diets including: lactose-intolerance, vegetarian, gluten-free, and simple allergies. Children with severe food allergies must be fully able to manage their allergies at camp and know not to eat any of that food. We will do our best to accommodate but cannot guarantee that a child will not come into contact with any particular type of food or allergen during her stay. If your child has moderate to severe dietary restrictions and food allergies please consult the Camp Director before enrolling her in a camp program.

### **Refunds Due to Illness**

Partial refunds are made only if a girl becomes ill and can not attend her camp program as scheduled. A physician's note is required and a request for the refund must be submitted in writing to GSU within one week after the camp session. No refunds are given if a girl returns home during camp because of illness, injury, homesickness, misconduct, and/or any other circumstance. The camp health supervisor has the right to refuse admittance to any girl or adult who does not meet acceptable health conditions. The camp director reserves the right to request that any child who is ill or unable to adapt to camp living be returned home.

## 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 15 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 it is up to the girls to be responsible for applying their own sunscreen and drinking water throughout the day.

## 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.
- Help with daily Kapers (camp chores) like cleaning the tables after meals, cleaning the bathrooms, or picking up litter around camp.
- 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.
- No drugs, weapons, alcohol, or contraband of any kind.



### Misconduct

Campers are expected to follow the Girl Scout Promise and Law. If a camper is unable to follow camp guidelines, damages property, or becomes a danger to herself or others, the Camp Director will work one-on-one with her and/or may choose to send the camper home.

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 24 hour time period. 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.



## PACKING LIST AND INFORMATION



### Please Note:

- This packing list is for a week-long session. Please adjust accordingly for shorter or longer sessions.
- Pack enough clothes to last your camper's entire stay at camp. Laundry facilities are only available for those campers in programs lasting two weeks or longer.
- Please **label your camper's belongings**. Many campers bring similar looking items, labeling reduces conflict over ownership and reduces unclaimed lost and found.

### 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 (2)
- Pants and shorts (2-3 pair each)
- T-shirts (5-6)
- Long sleeved shirt (2)
- Underwear (5-6)
- Socks (5-6; at least one pair of heavier socks)
- Hat with brim
- Bandana
- Knit hat
- Raingear (waterproof jacket or poncho)
- Warm pajamas (2)
- Warm coat or parka
- Swimsuit (modest in nature; no string bikinis)
- Shower shoes (to wear only while in the shower)

### Camp Gear

- Sleeping bag rated to 20 degrees or cooler
- Pillow
- Warm blanket or fleece liner
- Bath towel
- 24-32 ounce durable water bottle
- Dishes or mess kit
  - Unbreakable cup, bowl, and spoon)
- Sunglasses
- Backpack or daypack
  - Used for hiking and for carrying daily items such as water bottle, sweatshirt, camera, etc.
- 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
- Body soap & lotion
- Shampoo/Conditioner
- Deodorant
- Lip Balm (SPF 15+)
- Sunscreen (SPF 15+)
- Insect repellent
- Sanitary supplies



### Optional Equipment

- Camera
- Stationery (addressed and stamped)
- Pen/Pencil
- Laundry bag
- Stuffed animal
- Book
- Theme Days (requested by the 2011 campers)
  - Tuesdays: Crazy Sock Day
  - Wednesdays: Decided on by Camper Council\*
  - Thursdays: Superhero Day
  - Fridays: Decided on by Camper Council\*
  - \*Camper Council can choose days such as: Crazy Hair Day, Mismatch Day, Twin Day, One Color Day, Crazy Hat Day, and so on.

### Camp Cloud Rim – Additional Items

- Water shoes
  - Need to be closed-toed and have a heel strap.
  - Extra shoes are available for campers to borrow.
- Beach towel (2 if in a water-based program)
- Extra swimming suit (if in a water-based program)

### Trefoil Ranch – Additional Items for Horse Programs

- Extra jeans
- Boots with a ½ inch heel
- Campers participating in horseback riding need to wear long pants, a helmet (provided), and boots with at least 1/2 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.*

### Items to Leave at Home

- Candy, gum, food or soda
- Curling irons, blow dryers, straighteners, etc.
- Items packaged in glass containers
- iPods, MP3 players, CD players, etc.
- Cell phones
- iPads, Kindles, Nooks, and other electronic devices that may have wireless internet
- Please Note: Electronic items can easily be damaged in the camp environment. If the campers bring these items to camp, they will be labeled and put in the Camp Director's possession until the camper checks-out.*

### **Please Note:**

- This packing list is for a week-long session. Please adjust accordingly for shorter or longer sessions.
- Pack enough clothes to last your camper's entire stay at camp. Laundry facilities are only available for those campers in programs lasting two weeks or longer.
- Please **label your camper's belongings**. Many campers bring similar looking items, labeling reduces conflict over ownership and reduces unclaimed lost and found.

### **Dress Code**

Girl Scouts of Utah's camp dress code is similar to a public school dress code.

- Clothes need to be modest in nature and protect your camper from the elements.
- Close-toed and closed-heeled shoes and socks are required.
  - Your camper may wear sandals or water shoes (shoes need to have a heel strap – no flip flops) while showering or while on the waterfront.
  - 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.



## **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.

#### **To prepare and practice for camp have your camper:**

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

#### **Talk to your camper about what it will be like to be at camp:**

- Group living
- Taking care of herself and her 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. If your camper is not adjusting to camp life, 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 can also include this information in your camper's All About Me form so camp staff are aware of the issue in case your camper addresses it with them while 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](http://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.





## PAYMENT POLICIES



### Camp Balance

The balance of the camp fee is due by May 18, 2012\*.

- Payments postmarked May 19 or later will be assessed a \$25 fee.
  - o Cancellation of registration may occur if full payment is not received two weeks prior to the start of your camper's session.
- \*Registrations received after May 19 must be paid in full two weeks prior to the start of your camper's session.
  - o If payment is not received by this time, your camper's registration may be cancelled.

When you registered your camper for her program, you had the option of selecting a Trading Post amount. If you did not do this and would like to or if you would like to add more money to her account, you can do so when you and your camper visit the trading post on check-in day.

### Activity Credits

Girls are encouraged to participate in the annual cookie program. Activity credits earned from the cookie program 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

You may apply for assistance to help pay for your camper's Girl Scout camp experience. Scholarship funds are available through the Char Corbit Campership Fund for girl members demonstrating financial need. The decision to grant an activity scholarship, along with the amount of the scholarship, 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.

Please complete the Activity Scholarship Application form found in your Camp Catalog or at [www.gsutah.org](http://www.gsutah.org).

### 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 your camper 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, staffing, or low 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 low registration numbers, campers will be afforded the opportunity to select another session or receive a full refund.