

# Camp Cuesta Parent Packet

Thank you for registering your daughter for Camp Cuesta. We plan to have a summer full of great fun, great memories, and great friends. Please read the following information carefully. It contains all the important details you'll need to know before your daughter heads to camp.

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## Contact Information

**Questions about camp:** Danielle Polzin 920-734-4559 or 888.747.6945 ext. 3371 or [dpolzin@gsnwgl.org](mailto:dpolzin@gsnwgl.org)

**Questions about registration:** Christin Stapelmann 888.747.6945 ext. 5511 or [cstapelmann@gsnwgl.org](mailto:cstapelmann@gsnwgl.org)  
Yvonne Duwe 888.747.6945 ext. 4510 or [yduwe@gsnwgl.org](mailto:yduwe@gsnwgl.org)

**Emergency phone number at camp:** 920-839-2818

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## Forms We Need from You:

**Health History Form**

The Health History section of the form needs to be completed within 6 months prior to your child attending camp. All campers need to have a current form. **THIS FORM MUST BE BROUGHT TO CAMP WITH GIRLS.** Do not mail ahead of time to camp or the council. **If your child has special health needs of which the camp staff should be aware, please contact the camp director at least 2 weeks prior to her coming to camp.**

**PARTICIPANTS WILL NOT BE ABLE TO ATTEND  
WITHOUT THIS COMPLETED FORM**

**Balance Due**

All final payments are due four weeks prior to the camp session start date. Mail payment to: Girl Scouts of the Northwestern Great Lakes, 3511 Camp Phillips Rd, Schofield, WI 54476.

## Check-In/Check-Out

**Check-in is from 5 – 7 p.m. on Friday. Camp ends at 3:30 p.m. on Sunday and check-out runs from 3:30 p.m. to 4 p.m.** Check-in/check-out will be in the Troop House. When you arrive at camp, please leave all luggage in your car. Bring in any completed paperwork (health history form, any medications, and store money) to the registration table. Please allow an extra 30 minutes for check-in, as you will be turning in paperwork and helping your daughter get her gear to her tent.

All campers must be checked in and out by an adult with the staff member in the Troop House. **If the camper will be checked out by an adult other than her parent, that person must be included on the parent release form, included in this mailing.**

**GIRLS WILL NOT BE ALLOWED TO GET DROPPED OFF AT CAMP  
WITHOUT A COMPLETED HEALTH HISTORY FORM IN HAND.**

## Medication

All medication sent with your camper to camp **MUST** be in original containers with the doctor's name and dosage directions. The camp health center has a supply of commonly used over-the-counter medications. It is not necessary to send these to camp. The health supervisor will keep all of your child's medications, vitamins, ointments, etc. in the health center during her stay at camp. If she is on a trip, we will send her medications, etc. with her. The counselor will hold them for safekeeping. Inhalers, bee sting kits, and other necessary items will be kept with campers at all times as determined by the health supervisor and information you note on the Health History form. **If your child has specific health needs (i.e. injections, specialized equipment, dietary concerns) contact the resident camp director well ahead of your child's attendance. Staff can then be prepared to meet these needs.**

## Illness, Communicable Disease, Lice

Do not send your child to camp if she has been exposed to a communicable disease or if she is ill. We encourage all parents to check their children for lice before they come to camp. **Camp Cuesta has a no nit policy.** This means that we will not allow any child with lice or nits to remain at camp. All girls are screened upon arrival at camp. Any child with lice or a communicable disease will need to leave camp. We will expect the parent/guardian to pick up the camper as soon as possible.

## Emergency Contacts

Make sure that you or your emergency contacts will be available while your child is at camp. Reasons camp staff would contact you include, but are not limited to the following:

- Homesickness of your child that is getting worse not better
- Conduct by your child that is inappropriate at Girl Scout Camp
- Illness or injury to your child that requires her stay in the health center for an extended period of time, requires medical attention outside of the camp health services or requires your child to be picked up by parents

## Behavior

All girls are expected to follow the Girl Scout Promise and Law while at camp. Council policy states that girls and adults may not use weapons, alcoholic beverages, unprescribed drugs, or tobacco products at Girl Scout functions or on camp property. If, *for any reason*, a child's behavior is not within our expectation of a camper at Camp Cuesta, we will expect the parent/guardian to pick up the camper as soon as possible. This is at the expense of the parent/guardian. We will not grant a refund of session fees.

## Council Store Visit

All camp sessions will include a visit to the council store. You may want to send \$5 to \$20 with your daughter to purchase camp and Girl Scout items. **Place your daughter's spending money in a sealed envelope with her name and the amount on it.** We will collect and keep track of the money for each girl, so the girls will not have to handle money once they are at camp. Unspent money will be returned to you at the end of each camp session. The council store has a selection of Girl Scout merchandise such as Groovy Girl dolls and accessories, jewelry, charms and more as well as a variety of camp merchandise. Please be aware that some items have a limited supply

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## Homesickness

Many campers, no matter the age, experience homesickness to some degree. Here are some suggestions of things that can be done to help a camper deal with her feelings and enable her to enjoy her time at camp.

- Avoid statements like, "I'm going to miss you terribly." Camp will be a terrific experience. Be careful not to make your child feel bad about going away.
- Avoid such statements as, "If you don't like camp, you can come home," or, "You can call me whenever you want." This tends to compound the problem because it's not giving camp a fair chance. Often girls experiencing adjustment issues will close their minds to adapting to camp and focus immediately on going or calling home.
- Make sure she knows that homesickness is a normal feeling in a new environment.
- Prepare your child to care for herself. Have her spend a weekend with a friend or relative if she has not spent much time away from home alone. Teach her to make her bed. Let her set the table, help with packing, etc.
- Remember -- campers cannot use the phone at camp. ***Please do not tell your child that this is an option.***
- Remember--the camp staff wants your child to have a positive experience at camp. Make good use of the health form and the confidential sheet; tell us all you can about your child: past homesickness, what helped, etc. Call the camp anytime you have concerns or want to relay information about your child.
- Also, know that if your child is quite homesick at camp and what we are doing is not working, we will call you to get your ideas or suggestions on how to help her have fun and enjoy her stay away from home!

## Telephone

Camp Cuesta has only one phone line and it is used for business purposes only. **Campers are not allowed to make or receive phone calls while at camp.**

## Lost Items

*Label all items brought to camp with the girl's first and last name.* All lost and found items will be kept at camp. You may contact the camp manager to see if the lost or left items are in the lost and found box. Any items left after **August 31** will be donated to a local charity or used by the camp.

## Refunds

A full refund, including deposit, will be made only if a participant cannot be placed in a session of her choice. Deposits are non-refundable in all other situations. All refund requests must be submitted in writing by August 31, and will be considered in cases of medical emergencies. Refunds will not be made if a participant is sent home due to homesickness, misconduct or by parent request. If a participant is sent home, transportation is to be arranged and paid for by a parent or guardian.

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# Camp Cuesta

## Camp Packing List

**\*\*label all items with camper's first and last name\*\***

### Clothing

- Rain gear
- Swim suit
- Pajamas
- Jacket / Sweatshirt
- Long pants
- Tennis shoes - 2 pair
- T-Shirts (1/day)
- Shorts (1/day)
- Underwear (1/day)
- Socks (1/day)
- Long-sleeved shirts (2/wk)

### Personal Items

**\*\*Unscented is best\*\***

- Towel & washcloth
- Soap in container
- Toothbrush & paste
- Deodorant
- Sunscreen
- Insect repellent-NO Aerosol sprays
  
- Comb / Brush, Hair fasteners
- Tissues
- Lip Balm
- Personal Toiletries

### Equipment

- Warm sleeping bag or blankets
- Pillow & case
- Flashlight with new batteries
  
- Water bottle / Canteen
- Laundry bag
- Extra batteries

### Optional Items

- Notebook / Journal & pencil
- Stationery / Postcards & stamps
- Quiet games or books
  
- Disposable camera
- Hat or bandana
- Sunglasses

### Please Leave at Home

**\*\*these items are not allowed at camp\*\***

**Food/ Snacks/ Drinks**

**Cell Phones**

**Radios, MP3 Players**

**Electronic games and appliances**

**Sandals**

**Aerosol spray cans**

**Makeup**

**Dangle / Hoop earrings**

### Items to have ready at Check-In:

- Any medications in their original container
- Completed Health History and Health Exam form
- Completed Parent Release Form
- Money for Camp Store (optional). Please place in an envelope with your child's full name and amount on it. This envelope will be returned to you with change at pick-up time.

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