

Camp Nesbit Parent Packet

Thank you for registering your daughter for Camp Nesbit. 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.

Contact Information

Questions about camp:

Emily Koren 888.747.6945 ext. 6016 or ekoren@gsnwgl.org

Jill Johnson (906)-341-2765 or jjohnson@gsnwgl.org

Questions about payment or session:

Christin Stapelmann 888.747.6945 ext. 5511 or cstapelmann@gsnwgl.org

Yvonne Duwe 888.747.6945 ext. 4510 or yduwe@gsnwgl.org

Emergency phone number at camp: 906.355.2152

Forms We Need from You:

Health History and Health Exam Form

The Health History section of the form needs to be completed within six (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 two (2) weeks prior to her coming to camp.**

A licensed medical professional MUST sign the Health Exam section of the form within 24 months of your child's stay at camp. Please make a copy of the form for your records once it is complete. A copy of the form dated within 24 months of the date of attendance is acceptable.

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

Balance Due

All final payments are due four (4) weeks prior to the camp session start date. Mail to: GSNWGL, 3511 Camp Phillips Road, Schofield, WI 54476.

Confidential Camper Sheet and Parent Release Form

The first page will help us know and serve girls better. The second page is a security measure to ensure girls are picked up by the appropriate person(s). Please send by Friday, June 25 to: GSNWGL, 131 W Washington, Suite C, Marquette, MI 49855 or FAX 906.225.8027

High Ropes Permission Slip

If your daughter is going to participate on our high ropes course, we must have a signed permission form and fee in advance. Please send by Friday, June 25 or bring to camp. GSNWGL, 131 W Washington Street, Marquette, MI 49855 or FAX 906.225.8027.

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

Check-In/Check-Out

Check in will begin no earlier than 3 p.m. Please **arrive** between **3 p.m. and 4:30 p.m.** on the first day of your session (Sunday). Check-in will take place in the Recreation Hall. Please bring health form, any medications and Trading Post money with you to check-in. During check-in we will review paperwork and our Health Officer will complete a confidential health assessment.

Please **pick-up** your camper between **9:30 a.m. and 11 a.m.** on the last day of their session (Saturday). All campers must be checked in and out by an adult with a staff member at the Recreation Hall.

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 .

FOR SAFETY, A PHOTO ID IS REQUIRED FOR CHECKING OUT YOUR CAMPER.

It is very important for our planning time and for security that campers and their families arrive and depart at the specified times. Directions to Camp Nesbit are enclosed.

First Day

After check-in, girls will meet their counselors and move into their cabins. Girls' swimming ability will be evaluated on the first day of camp. We do this so that girls can enjoy their swimming and lake experience. Girls will participate in fun activities to get to know the other campers in their cabin.

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 (e.g. 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 Nesbit 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

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

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!

Mail

Everyone loves to get mail at camp. Cheerful mail, not worrisome news or news what she is missing is the best type of mail to send. If you send a lot of mail at once and do not want your camper to get it all at the same time, just note the day you want it delivered on the envelope. Make sure to include a return address in case we get mail after the camper leaves camp. As mail delivery is slow, mail letters 2-3 days ahead of time so your camper will have mail waiting for her. **Do not send food to your camper.** It attracts bugs and other critters.

Telephone

Camp Nesbit 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.**

Canteen and Trading Post

Campers will have the opportunity to shop in the canteen for treats to eat and in the Trading Post for camp gear. The average amount that girls bring is \$10. To assure that girls' money is not lost in the excitement of camp, all money must be turned in during check-in. The girl's money will be kept track of and any unused money over \$1 will be returned during check-out.

Lost Items

Label all items brought to camp with the girl's first and last name. You may contact the Marquette Service Center to claim lost items. Lost and found items will be kept for 30 days after the last day of camp and then will be donated to a local charity.

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.

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

Camp Nesbit

Resident Camp Packing List

label all items with camper's name

Clothing

- Rain gear (coat & pants)
- Swim suit (2 if you're in a water program)
- Pajamas
- Jacket / sweatshirt
- Long pants (not jeans) to climb in
- Sturdy shoes - NO flip flops, sandals
(two pair, one that can get wet)
- T-shirts (1/day)
- Shorts (1/day)
- Underwear (1/day)
- Socks (1/day)
- Long-sleeved shirts (2/wk)

Personal Items

Unscented is best

- Towel and washcloth
- Soap in container
- Toothbrush and paste
- Deodorant
- Sunscreen
- Insect repellent – NO aerosol sprays
(at least 15% DEET)
- Shampoo
- Comb / brush, hair fasteners
- Tissues
- Lip balm
- Personal toiletries

Equipment

- Warm sleeping bag or blankets (3)
- Bed sheets (twin)
- Pillow and case
- Flashlight with new batteries
- Plastic bag for wet clothes
- Water bottle / canteen
- Laundry bag
- Extra batteries
- One Compact sturdy duffel bag, backpack, or
Suitcase to hold all equipment

Optional Items

- Notebook / journal and pencil
- Stationery / postcards and stamps
- Quiet games or books
- Address book
- Disposable camera
- Hat or bandana
- Sunglasses
- Shower shoes

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 (a picture ID is needed to pick-up your child)
- Money for Camp Store (optional). Please place in an envelope with your child's name on it.
This envelope will be returned to you with change at pick-up time.

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