

Camp Nawakwa Parent Packet

Welcome to Camp!

Thank you for registering your daughter for Camp Nawakwa. 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. Sleeping accommodations include primitive tent camping, yurts, platform tents, cabins or lodges.

Contact Information

Questions about camp: Lisa Freeman 888.747.6945 ext. 4025 or lfreeman@gsnwgl.org

Questions about payment or session assignments:

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: 715.239.6775

Forms We Need from You:

Health History and Physical 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 Service Center. **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.**

If attending a program with three (3) or more overnights, 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 weeks prior to the camp session start date. Mail to: GSNWGL, 3511 Camp Phillips Road, Schofield, WI 54476

Camper Confidentiality 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 return four weeks prior to camp session start date to: GSNWGL, PO Box 9427, Green Bay, WI 54308-9427

Horse Waiver Form

If you are attending a session involving horseback riding complete a waiver form and bring it to camp with you.

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

Check-In/Check-Out

Check-in is **2 - 3 p.m.** on the first day of your session. Check in will be at Hobbs Dining Hall. Follow parking directions, proceed to Hobbs for registration and health check (bring in completed paperwork - health history and physical exam form, parent release form, waivers and any medications.) Place luggage at the sign for your camper's unit and the camp truck will deliver it. Visit the Camp Store where all money must be turned in to be put on account for your camper. Please allow extra time for check-in, as you will be turning in paperwork and helping your daughter get settled in her unit.

Check-out is **2 – 3 p.m.** on your last day. Follow parking directions. All campers' luggage will be in groups according to unit. Be sure to pick up any camper medications. The campers can checkout with their counselors. **If the camper will be checked out by an adult other than her parent, that person must be included on the parent release form.**

**FOR SAFETY, A PHOTO ID IS REQUIRED WHEN CHECKING OUT YOUR CAMPER
AT THE END OF EACH SESSION**

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 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 Nawakwa 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 a communicable disease or lice 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 Nawakwa, 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.

Telephone

Camp Nawakwa 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.**

**GIRLS WILL NOT BE ALLOWED TO GET DROPPED OFF AT CAMP
WITHOUT A COMPLETED HEALTH HISTORY AND PHYSICAL 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. Mail should be addressed as follows:

E-mail

Don't have time to write a letter? We are excited to tell you about our partnership with Bunk1.com! Bunk1's secure, easy-to-use summer website services let you stay in touch with your camper all summer. Please read the attached document from Bunk1 to find out how to send daily emails to your camper. The messages will be printed and delivered to the girls each day at noon. *Please note that if your camper is in one of the trip programs, she will get the messages when she returns to camp.

Camp Store

Campers may shop at the Camp Store with you on opening day and closing day. You may also wish to leave spending money for your camper. Each camper will be able to go shopping during the week. Items for sale include batteries, notepaper, envelopes, postcards, pens, stamps, and snacks. No money is allowed in the unit. All money is turned in during Check-in. Campers going on trips may want to bring extra money for souvenirs. Prices are approximately \$0.25 to \$50.00.

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

Sample Daily Schedule

Campers begin their day at 7:15 a.m. when the wake-up bell is rung. Breakfast is at 8 a.m., lunch is at 12:30 p.m., and dinner at 6:00 p.m. Girls will spend the morning or afternoon doing an activity with their patrol. On Tuesday or Wednesday nights all patrols do a cookout that is planned by the girls. Opening and closing night we have a campfire that all patrols attend. Girls or patrols may do skits, songs or games. Other evenings may be spent camping out overnight, cooking out a meal or other activity. Lights-out is 9:30 or 10 p.m. Campers have the opportunity each day to swim, boat and visit the Camp Store. Other activities include archery, low ropes course, arts and crafts, nature activities, cook outs, camp outs, fishing, and more. There is one shower house at camp. Girls are scheduled to shower every other day.

June 27- July 2	Wild West Week- Grab your cowgirl hats and chaps and live in the wild, wild west.
July 11-16	County Fair Week- Join the animals at camp for games, food and fun.
July 18-23	Hawaiian Week- Put on your grass skirts and enjoy a luau!
July 25-30	Around the World in 6 Days- Let the international staff share stories, food and fun from their home countries.
August 1-6	Pirate Week- Argh maties! Don't forget your eye patches and wooden legs.

To make every week of the summer special we have added a theme to each week!

All-Camp games, crazy meals, and campfires will focus on the theme of the week. If your daughter would like to participate in the fun, send along clothing items, accessories, decorations, music, or anything else that may fit in during the week she will be at camp!

Laundry Facilities

We do not have laundry facilities available for camper use. On the health form and confidential sheet, indicate if the camper is a bed wetter (which is not unusual and nothing to be worried about). Your camper should talk with her counselor, or another staff person with whom she feels comfortable, if she has an accident during the night. Staff will discreetly take care of laundering the bedding and clothes.

Lost or Damaged Items

Neither Camp Nawakwa, nor Girl Scouts of the Northwestern Great Lakes, Inc. can be responsible for the loss or damage to a camper's personal belongings. The camp director must check all specialty equipment before use in any programs. Campers should not bring personal sports equipment to camp without prior approval of the camp director. Campers are not allowed to bring curling irons, hair dryers, radios, portable stereos, VCRs, portable DVD players, ipods, videogames, animals, pets, weapons, vehicles, or cell phones. Electricity is not available in most camper cabins or tents. *Label all items brought to camp with the girl's first and last name.* All lost and found items will be taken to the Eau Claire Service Center. Any items left after **September 30** will be donated to 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 PHYSICAL EXAM FORM IN HAND.**

Camp Nawakwa

Resident Camp Packing List

label all items with camper's first and last name

Clothing

- Rain gear
- Swim suit (2 if you're in a water program)
- Pajamas
- Jacket / sweatshirt
- Jeans or other long pants (2/wk)
- Tennis shoes (2pair)
- Sandals for showering (1pair)
- 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
- Shampoo
- Comb / brush, hair fasteners
- Tissues
- Lip balm
- Personal toiletries

Equipment

- Warm sleeping bag or blankets (3)
- Pillow and case
- Flashlight with new batteries
- Laundry bag
- Extra batteries
- Mess kit (Cup, Plate, Fork, Spoon, Knife)
- Water bottle / canteen

Optional Items

- Notebook / journal & pencil
- Stationery / postcards and stamps
- Quiet games or books
- Address book
- White T-shirt for tie-dying or painting
- 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

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 Camper Confidentiality and 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.
- Horse program waiver (if needed)

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