Dear Parents, Guardians, and Troop Leaders,

Thank you for choosing Camp Nesbit. A week at Camp Nesbit, a volunteer-run camp, is a week you will remember forever! Girls will explore nature, learn new skills, gain independence, and have a ton of fun in a safe, girl-led environment.

Camp Nesbit has so much to offer: swimming and boating, and everything else in-between. Be sure she’s ready (and you are too) by reading through this confirmation packet.

See you at camp!

Kay ‘Stretch’ MacGregor
Camp Director

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**Parent Checklist**

- **Final payment**, due May 19, 2021. Please mail to: GSNWGL
  
  4693 N Lynndale Drive
  
  Appleton, WI 54913

- Confidential Sheet and Camp Nesbit Parent Release Form (pg. 9-10), completed and ready to **hand in at check-in**.

- Health History Form (pg. 11-12) is signed and dated by a parent/guardian. **Do not mail. This form is required to be in hand upon check-in.** Physicals are NOT required. Immunizations are required and MUST be current.

- All necessary items on packing list.

- Label all medications and pack in **original containers** (your camper must turn these in to the Health Supervisor upon arrival at camp).

- Trading post money and Canteen money ($5.00) should be brought to check-in at camp with name and amount on each envelope.

- Bring mail to check-in so she can get mail while at camp.
Check-In/Check-Out

Check-in starts at 2 p.m. EST on the first day (Sunday) of camp. Check-in is as follows (All times are Eastern Standard)

K-3: 2 p.m.
4-6: 3 p.m.
7-12: 4 p.m.

(Families will be checked in together according to the youngest camper’s scheduled time) Check-in will take place in the parking lot. Parents will remain in their vehicles, with masks on, during the entire check-in/drop off process. You will need to stay within the line of traffic to enter. Please make sure you have used the restroom before camp arrival, as no restrooms will be open for use.

To make the check-in process easy, have the following items ready, in this order,

1. Camper release form and camper confidential sheet,
2. Trading post money (cash, check, Cookie Dough, Fall Bucks in an envelope marked with your daughter’s name) and canteen money ($5 in a separate envelope with your daughter’s name on it)
3. Camper health form and any medications-in original containers. Vaccine portion must be completed with dates of vaccines.
4. Camper 14 day pre camp health log.
5. Your camper will need to step out of the vehicle to have their temperature, head and feet checked.
6. Parents will help unload their camper’s luggage and say goodbye at the vehicle. Your daughter’s counselor will take her to the cabin.

At check-out the following Saturday, please arrive according to the following schedule: (All times are Eastern Standard)

K-3: 9:00 - 9:30 a.m.
4-6: 9:45 – 10:15 a.m.
7-12: 10:30 – 11:00 a.m.

A staff member will meet parents at the gate. **Parents will need to have their driver’s license available to show and sign their daughter’s Camper Release Form.** Your daughter will be ready for pick-up in the parking lot.

Health History and Medication

The Health History form (at the end of this packet) needs to be completed within six months prior to your daughter’s camp session with a copy of her insurance card attached. Girls will not be able to attend camp without this form completed in its entirety. **Please DO NOT SEND the form in ahead of time;** it needs to be in-hand on the first day of camp upon check-in. Be sure to report everything that may affect your camper at camp: recent illnesses, injuries, allergies, etc. Omitting items does not help us correctly care for your daughter while she is at camp. The vaccine section of the form MUST be filled out with dates. Writing “up to date” will not be accepted.

If your daughter has special health needs of which the camp staff should be aware, please contact the Camp Director at least two weeks prior to her camp session. We want to make sure every girl has a great experience and by letting us know we are better able work with your daughter.

While we take every precaution possible at camp, illnesses and/or injuries can occur. Our Health Supervisor is responsible for the well-being of everyone at camp. All visits to the Health Supervisor are documented in our logbook and you will be notified of incidents beyond basic cuts and scrapes.

Medication

By law, all medications (prescription, over-the-counter, topical ointments) must be collected by the camp Health Supervisor upon check in. Only medications written on the health form can be dispensed, so please make sure you note all medications that are sent with your daughter.
Pack all original medication containers in a zip-lock bag with your daughter’s name on it.

- Keep medication in original containers, which identifies it as your camper’s medication, the instructions for dispensing, etc. Any medication not in the original container will NOT be dispensed. This includes inhalers, epipens etc. Camp Nesbit stocks over the counter medications for girls during the week. There is no need to send Tylenol, Pepto Bismol, etc.
- Medication labels MUST match what is written on the health form.
- All medications must be current. No expired medications will be accepted.
- Campers may not keep any kind of medication in their possession.
- The Health Supervisor will keep your daughter’s medications, ointments, etc. in the health center during her stay at camp.
- Inhalers, bee sting kits, and other necessary items will be kept with campers at all times as determined by the Health Supervisor and as noted on the Health History Form.
- If your child has specific health needs (injections, specialized equipment, dietary concerns), please contact the Camp Director two weeks prior to your daughter’s camp session so our staff can prepare to meet her needs.
- Due to allergies, please DO NOT send essential oils to camp with your camper.

The Health Supervisor will ensure that your camper receives her medication. Emergency medications, like those required for allergies, are kept close at hand by her counselor, if needed.

NOTE: If your camper is not taking normally prescribed medication while she is at camp, you MUST still inform the staff at camp of her condition.

Requirements for Vaccines

A. Immunization Policy GSNWGL—Beginning in 2021, Girl Scouts of the Northwestern Great Lakes will require campers be in compliance with the recommended childhood immunization schedule published annually by the American Academy of Pediatrics (AAP), the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention (CDC), and the American Academy of Family Physicians prior to attending their camp session.

For information about Vaccinations Schedule—
https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html

B. GSNWGL supports medical exemptions to specific immunizations as determined for each camper (e.g. congenital conditions, compromised immune systems, or taking specific medications) when accompanied by a physician’s note. Non-medical exemptions to required immunizations will not be accepted.

C. The health and safety of our Girl Scouts is always first and foremost. Immunization requirements for participation at camp provide a safe environment for all those participating.

D. According to the World Health Organization, to reach herd immunity for a disease like measles, 93 to 95 percent of the population needs to have been vaccinated. In 2019 the U.S. had 1,261 cases of measles, the highest on record since 1992. Before starting camp, all campers and staff should be in compliance with the recommended vaccines.

E. This wasn’t required last year, why the change?
Based on the recommendation of American Academy of Pediatrics (AAP), the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention (CDC), and the American Academy of Family Physicians and Lincoln County we are updating our policy to ensure the safety of the girls, and adults who attend our summer camps.

F. If I didn’t know this policy was changed when I registered, can I get a refund on our camp?
Yes, please submit an email to info@gsnwgl.org explaining the need for a refund.

G. My camper is partially immunized. Is there and exception for this?
No.

H. Does my camper need the new COVID-19 vaccination?
At this time the vaccine is only approved for children starting at 16 years old, so we will not require this vaccine for campers for summer 2021.
Illness, Communicable Disease, Lice

Do not send your daughter 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, which means that we will not allow anybody 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. If head lice have been detected, the camper will be sent home, and they cannot return until 24 hours after treatment is complete. We will expect the parent/guardian to pick up the camper as soon as possible.

Summer Thing Camp Nesbit - Covid-19 Operations Plan

- Check-in will be drive through.
- Each camper/staff member will provide a record of 14-day pre camp health log at time of check-in. (see confirmation packet)
- Masks will be required by everyone at camp. The only times you will not have to wear a mask are when eating meals, showers, swimming and sleeping.
- Each cabin will be 5 girls and 1 staff as the Cohort (half capacity). Cabin access will be limited to whoever is assigned to that cabin.
- Each camper will be assigned her own bunk (top and bottom) and storage cabinet.
- Each cabin will have hand sanitizer at entrance and a cleaning bin with supplies to clean cabin several times a day (supplies will be stored in the cleaning closet and cleaning will be done by staff only)
- Temperature checks will be done each morning.
- Cabin Cohorts will have scheduled times for shower use. Leaving time for thorough cleaning and disinfecting between each use.
- Hand sanitizer will be used at each entrance to buildings.
- Bathrooms to be used will be assigned by cabins. They will be cleaned several times a day (by a staff member). Disinfection will be done after each use.
- Cabin Cohorts will eat, swim and participate in common area activities, following a schedule to avoid mixing of any Cohorts.
- Meals will be served cafeteria style at scheduled times. Seating will be by Cohorts in designated spaces in small groups. Dining hall, rec hall, outside space or covered/tent areas.
- Windows will be open in all buildings to allow good circulation of fresh air.
- Any shared equipment used for activities will be cleaned and disinfected thoroughly between uses.
- The camp health center has a separate quarantine area.

First Day

After check-in, girls will meet their counselors and move into their cabins. Girls’ swimming ability will be evaluated before they can swim at camp. We do this so that girls can enjoy their swimming and lake experience. Girls will also participate in fun activities to get to know the other campers in their cabin.

Emergency Contacts

Make sure that you or your daughter’s emergency contacts will be available while your daughter is at camp. Reasons camp staff would contact you include but are not limited to the following:
- Homesickness that is getting worse or 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 leave camp.

Behavior

Camp staff will do everything possible to help campers adjust to camp life. All girls are expected to follow the Girl Scout Promise and the Girl Scout Law while at camp. Occasionally at camp, campers may share private, salacious, or sensitive information with their peers that may be potentially upsetting to other campers. We encourage you to speak with your camper before they arrive about conversations and interactions with peers and what is appropriate and inappropriate to share with others while at camp. Please encourage your camper to report any upsetting conversations or topics to their counselor or other staff members while she is at camp so that we may work with our campers to understand appropriate boundaries and coach them with their cabin mates to resolve these issues.
If a situation arises, every effort will be made to correct the issue and ensure a positive camping experience for all campers. At the discretion of the Camp Director, parents/guardians will be notified of behaviors. Camp Nesbit reserves the right to send home any girl or adult, who consistently exhibits unsuitable behavior, endangers the camp community, or whose actions towards other are un-acceptable. This is at the expense of the parent/guardian; we will not grant a refund of session fees.

Council policy states that girls and adults may not use weapons, alcoholic beverages, non-prescribed drugs, or tobacco products including e-cigarettes and vaporizers, etc. at Girl Scout functions.

The following are the expectations of all campers:

- Respect and cooperate with girls and counselors in your unit and throughout camp. Make an effort to get to know girls in your unit and try to find ways to include other girls.
- Wearing masks, following social distancing guidelines and adhering to COVID-19 policies.
- Tell a counselor if you are having a problem at camp. It’s okay to tell if you (or someone you care about) are having trouble getting along with another camper, are frightened, don’t feel well, or miss your family.
- Disagreements at camp will be settled by talking through the problem. Adults at camp will help girls discuss their differences and find solutions.
- Theft will not be tolerated at camp.
- Offensive or abusive language is not permitted.

- Physical threats, physical violence, sexual activity, aggressive behavior, destructive behavior, and/or threats of destructive behavior will be taken seriously and not tolerated.
- Self-destructive or abusive threats or actions will be taken seriously.
- Harassment and teasing of other campers will not be tolerated.
- Use or possession of alcohol, recreational drugs, tobacco is illegal and therefore, prohibited.
- Pets/Animals are not allowed to be brought to camp.

Homesickness

It is natural for children to experience homesickness while away from home and their regular routine. Our staff has training and experience in working with campers who are homesick. We will work with the campers to help enable them to have fun and participate in all camp activities. **Campers are not immediately sent home when they experience homesickness.** Parents will be contacted at the discretion of the Camp Director.

Talk to your daughter about some of the things that will be different, such as strange sounds in the woods at night, sharing a cabin with other girls, and eating meals in a large dining hall. Prepare campers to expect to compromise with other campers, help with clean-up, and share the counselor’s attention. Talk about all the great things that will happen at camp: making new friends, learning new skills, having fun, and receiving mail. **Do not make promises that she can go home whenever she wants to or that she can call home whenever she needs to. Do not send her with “secret” cell-phones/smart watch to contact you whenever she wants.** Please encourage her to have the confidence to enjoy her experiences at camp and have the courage to be open to new friends and activities. Most importantly talk to her about how excited you are for her to go to camp and all the fun she will have. Do not tell her how sad you will be without her and how much you will miss her. While this is ok to do in a small amount, it only makes her think about how sad you are without her and that she might be missing out on something at home which in turn makes her more homesick.

The following are research-based suggestions from camping professionals at the American Camp Association:

**Before Camp:**

- Girls are more likely to have a positive experience if you prepare for camp together.
- Pack her favorite stuffed animal.
- Do practice nights away from home before coming to camp.
- **DO NOT** tell your child that you will ‘rescue’ her from camp if she doesn’t like it. **DON’T BRIBE.** The reward will be self-confidence and independence. Please don’t tell your camper she will be able to call you, or that you will call her. These promises only increase homesickness, since that becomes all a homesick child can think about.
- Reinforce that you know she will have a great time at camp and she will be safe.
• Encourage her to write letters home. Send her with paper, pens and stamped and addressed envelopes.
• Ask your child if she thinks she will get homesick.
• Acknowledge her feelings regarding camp before she leaves.
• Let her know things at home will be taken care of – pets will be fed, etc. It’s very hard for her if she feels worried or guilty for being away from home.

**During camp:**

• Drop off a letter or care package (no food) during check-in to ensure she receives mail.
• Send her positive letters from home.
• Avoid the temptation to pick up your child early.
• Don’t feel guilty about encouraging your child to stay at camp.
• Trust your instincts; most homesick incidents will pass.

**Keep in Contact**

**Mail**

Everyone loves to get mail at camp! Some campers write often, and others not at all. However, your camper would LOVE to hear from you!

Sometimes, the cure for homesickness is mail from family and friends. We suggest you bring packages (no food or snacks) and mail on check in day or mail the first letter a day or two before the session begins. Please allow time for mail to arrive within her session. Be aware that you might receive a letter after her arrival back home, mail delivery is slow! Late mail will be returned to sender.

Mail should be addressed as follows:

- Camp Nesbit
- Campers Name
- General Delivery
- Sidnaw, MI 49961

*To help us ensure that your camper is able to mail letters home, please send addressed and stamped envelopes with her to camp.

**Do’s and don’ts of letter writing**

- **DO** tell her how much you love her.
- **DO** tell her you hope she is having fun and can’t wait to see her!
- **DO** ask questions about her cabin mates, swimming, favorite counselors, etc.
- **DON’T** tell her bad news such as family illness or death of a pet.

**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. **Please do not send a cell phone to camp,** as we want to focus on creating a healthy team environment. Cell phones distract from this process and can create homesickness problems for the entire group. Any cell phones sent to camp will be held in the camp office until the end of the week.
Daily Life at Camp

Trading Post and Canteen

Want to take your camp love home with you? The Trading Post is filled with journals, pens, toys, cuddly buddies, jewelry, goodies, and more! The Trading Post will be stocked with the latest in summer fun so be sure to send your camper with money to spend at the Trading Post. Please put money in an envelope marked with her name and turn in at check-in.

You can leave money for the trading post when you drop your camper off (any dollar increment you choose). Please note, after your camper’s time at camp, any unused trading post balances will be refunded in cash and sent home with your camper. Fall Bucks and Cookie Dough can also be used at the Trading Post. Campers must come with their Cookie Dough and Fall Bucks information in order to redeem it. Unused Fall Bucks and Cookie Dough will be returned.

The girls have a chance to go to the Canteen every day to purchase a snack. They are limited to two 50¢ items each day. Please put $5.00 in an envelope with your camper’s name on it for Canteen.

Lost or Damaged Items

Neither Camp Nesbit nor Girl Scouts of the Northwestern Great Lakes can be responsible for the loss or damage to a camper’s personal belongings. Campers should not bring personal sports equipment to camp without prior approval of the Camp Director. Campers are not allowed to bring curling irons, straighteners, hair dryers, radios, portable DVD players, iPods, iPads, tablets, cell phones, video games, animals or pets, weapons, or vehicles. If campers bring electronic items to camp, the Camp Director will take it, put it in a zip lock bag with her name on it and return to parents at check-out.

Please label all items brought to camp with your daughter’s first and last name. All lost and found items will be sent to the Girl Scout’s Marquette Business Office. If not claimed, items will be donated to charity.

Laundry Facilities

We do not have laundry facilities. On the health form and the confidential sheet, please indicate if your 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 her bedding and clothing if time allows before heading home.

Refunds

Requests for refunds/cancellations due to a communicable illness diagnosis, quarantine, symptoms (lice, COVID-19, etc.) or medical emergency will be considered on a case by case basis. Please contact us with any questions at 888.747.6945 or info@gsnwgl.org.

Requests for refunds/cancellations for other situations will require at least a two week notice, submitted in writing to info@gsnwgl.org.

All camp sessions are subject to cancellation or rescheduling by GSNWGL. If a session is cancelled by GSNWGL, and the camper is unable to attend an alternate session, all fees will be refunded including the deposit.

Refunds will be issued in the same forms as they were paid. If a payment was made in cash, refunds will be issued in check form. Registrants must be paid in full 30 days prior to camp. Refunds will not be issued for cancellations received less than 30 days prior to the camp session. Exceptions may be considered for emergency situations only.

No refunds will be made for campers who arrive late, leave early, attend only part of the program, fail to show up, or for those asked to leave because of behavior issues. If a participant is sent home, transportation is to be provided by the parent or guardian.
Overnight Packing List

Please label ALL items with your camper’s first and last name.

Required Items at Check-In

☐ Medications in original container in a zip-lock with her name on it.
☐ Completed Health History form with attached copy of insurance card.
☐ Completed Camper Release form, Confidential Sheet, and 14 day Pre-camp Health Log.
☐ Money for trading post and canteen. Please place money in separate envelopes with the amount and your camper’s name on it.

Clothing
☐ Rain gear (raincoat, rain boots)
☐ Swimsuit (two if attending a water session)
☐ Warm Pajamas
☐ Jacket/sweatshirt
☐ Tennis shoes (two pairs)
☐ T-shirts (one for each day)
☐ Shorts (one pair for each day)
☐ Underwear (one pair for each day) + extras
☐ Socks (one pair for each day) + extras
☐ Long-sleeved shirts (two per week)
☐ Jeans or other long pants (two per week)
☐ Masks (one for each day + extras)

Equipment
☐ Warm sleeping bag and blanket
☐ Pillow with pillowcase
☐ Flashlight with new batteries
☐ Water bottle/canteen
☐ Laundry bag
☐ Extra batteries

Optional Items
☐ White shirt or other item for tie-dyeing or painting
☐ Stationary, postcards (stamped and addressed)
☐ Quiet games or books
☐ Notebook, journal, pens, pencils
☐ Hat and bandana
☐ Sunglasses
☐ Tissues
☐ Hair ties, barrettes, etc.
☐ Lip balm
☐ Other personal toiletries

Personal Items
☐ Towel and washcloth (separate beach towel)
☐ Soap in container (unscented is best)
☐ Personal Hand Sanitizer
☐ Toothbrush and toothpaste
☐ Deodorant
☐ Sunscreen
☐ Insect repellent (no aerosol sprays)
☐ Shampoo
☐ Comb/brush
☐ Tissues
☐ Hair ties, barrettes, etc.
☐ Lip balm
☐ Other personal toiletries

Do Not Bring
☐ Food, snacks, or drinks
☐ Cell phone, iPods, Apple watches, etc.
☐ Electronic games or appliances
☐ Aerosol spray cans
☐ Makeup
☐ Dangle/hoop earrings

Packing Tips for Campers

Pack clothing/equipment into one duffel bag, tote, backpack, or old suitcase your daughter can carry (all luggage must be carried quite a distance). Girls should help pack their own gear so they know what they are bringing to camp. Put camper’s first and last name on ALL of her clothing and equipment. Use nametags or a laundry marker. If you bring a laundry bag for her dirty clothes, please label that bag with her name.

The packing check list is for your convenience. Avoid unnecessary purchases. If you can substitute something on the list with an item you already have, feel free to do so. Remember, she will be outdoors most of the time and, therefore, needs clothing suitable for warm days and cool mornings/evenings, as well as rain. We suggest she brings enough clothes to have a complete change every day. Leave anything of value at home. We cannot be responsible for missing articles or items ruined while at camp.
Driving Directions to Camp Nesbit
Sidnaw, MI 49961

From Green Bay/south:
- It is approximately 170 miles from Green Bay to Sidnaw.
- Follow US Hwy 141 N to Michigan border.
- Follow 141 N until you reach M-28.
- Take a left on M-28, and follow to the town of Sidnaw (about 8-10 miles). You will see a sign for Camp Nesbit, take a right.
- Turn left at the next Nesbit sign you see. If you hit the dirt road you have gone too far.
- Take a right at the gate, 1.7 miles past the previous sign.

From eastern U.P.:
If taking M-28:
- Follow M-28 west to US 41 split; take a left and follow M-28 to Sidnaw.
- You will see a sign for Camp Nesbit, take a left.
- Turn left at the next Nesbit sign you see.
- Take a right at the gate, 1.7 miles past the previous sign.
If taking US 2:
- Take US 2 west to Crystal Falls, turn north on US 141 to the M-28 intersection. Turn left and travel west on M-28 to Sidnaw.
- You will see a sign for Camp Nesbit, take a right.
- Turn left at the next Nesbit sign you see.
- Take a right at the gate, 1.7 miles past the previous sign.

From western U.P.:
- Take M-28 east to Sidnaw.
- Take a right at the sign for Camp Nesbit.
- Turn left at the next Nesbit sign you see.
- Take a right at the gate, 1.7 miles past the previous sign.

You may choose to use Mapquest/Google Maps to get directions from other start points. If you do, use Sidnaw, MI as your town destination and follow the final directions to camp noted above. If you get lost on the way, you may call camp at 906.355.2152.
Confidential Sheet

The counselors at Camp Nesbit will be responsible for your daughter during her stay at camp this summer and want to know about her before she arrives. Your expectations and her wishes are important and necessary for us to be aware of so that she has a positive experience. Please complete and turn this form in at check-in.

Camper’s name:_________________________ Age:________________
Program name:_________________________ Dates attending:_________________________

1. In discussing camp with my daughter, she would like to experience…

2. Does your daughter have any fears? □ No □ Yes, please explain.

3. Check all that apply, my daughter: □ Sleepwalks □ Has nightmares □ Wets the bed □ Other:______________________
   If you checked any of the above, how do you handle these situations?

4. Has your daughter’s menstrual period started? □ Yes □ No
   If not, is she prepared for this should it start? □ Yes □ No

5. Is this your daughter’s first extended period of time away from home? □ Yes □ No
   If yes, please describe your positive approaches of encouragement so we can reinforce them if necessary.

6. Has your daughter experienced homesickness in the past, or are you concerned that she may experience it at camp?
   □ Yes □ No
   If yes, please list what we can do to help her.

7. Does your daughter have skills or talents she would like to share at camp? □ Yes □ No

Please indicate any additional information or special needs that would be helpful for us so we can make her camp experience a positive one.
Dear Parent/Guardian:

This form is used as a security measure and protection for your daughter’s well-being. We want to make sure only those people authorized to do so pick up your daughter. Please bring this completed form to camp.

WE WILL NOT ALLOW ANY CAMPER TO LEAVE CAMP WITH ANYONE OTHER THAN THOSE INDIVIDUALS LISTED BELOW! Individuals picking up girls will be asked to present ID. Be sure to include both parents’ names if it is okay for either one to pick up your child.

YOU are the person who registered this camper. Therefore, this form has been sent to you and only you can use it.

Program Name | Dates
---|---

My daughter (print full name), __________________________________________, has my permission to go home with the following people from camp:

<table>
<thead>
<tr>
<th>NAME</th>
<th>RELATIONSHIP TO CAMPER</th>
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Signature of Parent/Guardian | Date
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Camp Health History Form

Please print clearly in ink
This form should be completed for ALL campers attending day, resident, or troop/weekend camp

- □ Girl Member □ Adult Member

**Girl Information**

<table>
<thead>
<tr>
<th>Field</th>
<th>Information</th>
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</thead>
<tbody>
<tr>
<td>Troop #:</td>
<td>Individual: ☐</td>
</tr>
<tr>
<td>First Name:</td>
<td>Middle Name:</td>
</tr>
<tr>
<td>Mailing Address:</td>
<td>Last Name:</td>
</tr>
<tr>
<td>City:</td>
<td>State:</td>
</tr>
<tr>
<td>Zip:</td>
<td>Phone: ( )</td>
</tr>
<tr>
<td>Cell: ( )</td>
<td>Email:</td>
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**Parent/Guardian Information**

<table>
<thead>
<tr>
<th>Field</th>
<th>Information</th>
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<tbody>
<tr>
<td>Parent/Guardian Name (1):</td>
<td>Mailing Address:</td>
</tr>
<tr>
<td>Phone: ( )</td>
<td>Cell: ( )</td>
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<tr>
<td>Parent/Guardian Name (2):</td>
<td>Mailing Address:</td>
</tr>
<tr>
<td>Phone: ( )</td>
<td>Cell: ( )</td>
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</tbody>
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**Custodial Care Information:**

- □ Both Parents
- □ Mother Only
- □ Father Only
- □ Other:

**Health Information**

<table>
<thead>
<tr>
<th>Field</th>
<th>Information</th>
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</thead>
<tbody>
<tr>
<td>Name of Family Physician:</td>
<td>Phone: ( )</td>
</tr>
<tr>
<td>Family Medical/Hospital Insurance Carrier:</td>
<td>Policy or Group No:</td>
</tr>
<tr>
<td>Family Dental Insurance Carrier:</td>
<td>Policy or Group No:</td>
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</tbody>
</table>

**Immunization Record**

**DO NOT write up-to-date!!**

Which of the following have you had?

- □ Measles
- □ Chicken Pox
- □ German Measles
- □ Mumps
- □ Hepatitis A
- □ Hepatitis B
- □ Hepatitis C

Please give all dates of immunization.

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Dates: Mo/Yr.</th>
<th>Mo/Yr.</th>
<th>Mo/Yr.</th>
<th>Mo/Yr.</th>
</tr>
</thead>
<tbody>
<tr>
<td>DTP</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TD (Tetanus Diphtheria)</td>
<td></td>
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<tr>
<td>Tetanus</td>
<td></td>
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</tr>
<tr>
<td>Polio</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>MMR</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OR Measles</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OR Mumps</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OR Rubella</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Haemophilus Influenza B</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Hepatitis B</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Varicella (Chicken Pox)</td>
<td></td>
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</tr>
</tbody>
</table>

Date of last health examination: □ M □ D □ Y

Were there any medical problems at the time?

- □ Yes
- □ No

If yes, please explain:
Does participant have any physical, mental, or psychological conditions requiring medication, treatment, or other special restrictions or considerations?  ☐ Yes  ☐ No
If yes, please state restriction/consideration and reason:

Does participant take any prescribed medications or over the counter drugs on a regular basis?  ☐ Yes  ☐ No
Please fill in the parent section of the medication record form that is provided. List any prescription or over the counter medications your camper will be bringing to camp. ***All prescriptions MUST be in their original container***

*Please note: we can only administer prescription medication according to directions on the label, unless we have a signed doctor’s note.*

**Over the counter medications**

We have the following over the counter medications at camp. Check all items that we may give your camper, if she should need medication. All medications are given based on your individual child’s weight or age as listed in the instructions.

☐ Acetaminophen (such as Tylenol or other non-aspirin pain reliever)
☐ Ibuprofen (Motrin, Advil)
☐ Throat Lozenges
☐ Antihistamine (such as Benadryl)
☐ Calamine, Caladryl, or other anti-itch lotion)
☐ Antibiotic Ointment (such as Polysporin or Neosporin)
☐ Hydrocortisone cream
☐ Antacid (Tums)
☐ Antifungal ointment or spray (for athlete’s foot)
☐ Sunscreen (SPF 30 max)
☐ Bug spray (10% deet max)

Comments:
______________________________________________________________________________________________

Is the participant restricted or limited from participating in any physical activity?  ☐ Yes  ☐ No
If yes, please explain:

Please provide a record of past medical treatment, if any, including injuries or surgeries:

Participant has the following health conditions/allergies/dietary restrictions (food and medications):

☐ ADHD  ☐ Asthma  ☐ Diabetes  ☐ Headaches  ☐ Seizures  ☐ Other ________________________________
☐ Allergies (specify) ___________________________________________________________________________

Emergency Contact (Non-parent)

Name:

Relationship:  Middle Name:  Last Name:

Phone: (    )  Cell: (    )

Parent/Guardian Authorization

This health form is complete and accurate. I know of no reason(s), other than the information indicated on this form, why my daughter/girl should not participate in the prescribed activities, including field trips, except as noted. In the event that my daughter/girl needs medical attention while participating in Girl Scout activities, I authorize the adult in charge to see that my daughter/girl receives routine healthcare, medications, reasonable first aid and to transport my child to a health care facility for emergency services as needed. I give permission to take photographs and/or video of my camper for publicity purposes.

◆ Signature of parent/guardian: _____________________________________________________ Date: ___________

Adult Member Authorization

This health form is complete and accurate. I am able to engage in all prescribed activities as noted. I give permission to take photographs and/or video for publicity purposes.

◆ Signature of adult member: ______________________________________________________ Date: ____________
### Summer Thing at Camp Nesbit
#### Medication Record Form

<table>
<thead>
<tr>
<th>Participant’s Name:</th>
<th>Program Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Name:</td>
<td>Cabin:</td>
</tr>
</tbody>
</table>

**Medication:**

- **dose, route and frequency**
  - (Parent list medication to be given)

<table>
<thead>
<tr>
<th>Time to be given</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Aider/Health Officer Initial and note time medication is given</td>
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</tr>
</tbody>
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Parent/Guardian Signature: ________________________________ Date: __________________
Dear GSNWGL Camp families,

In an effort to minimize illness at camp we ask that you check on the health of your camper daily beginning 14 days prior to camp. The best camp sessions start with healthy campers and this begins at home. Please bring this completed form to camp on opening day.

Please indicate if your camper has any of the following symptoms prior to camp and record a temperature daily. If any temperature or symptoms are present, please have your camper evaluated by a licensed provider and contact camp for further guidance.

**Symptoms:**
- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle Pain
- Sore Throat
- New loss of taste or smell
- Nausea
- Vomiting
- Diarrhea

<table>
<thead>
<tr>
<th>Day:</th>
<th>14</th>
<th>13</th>
<th>12</th>
<th>11</th>
<th>10</th>
<th>9</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temp/</td>
<td></td>
<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>Symptom</td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day:</th>
<th>7</th>
<th>6</th>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temp/</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Symptom</td>
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</tr>
</tbody>
</table>

Please Initial

1. My child has not been around anyone with any of the listed symptoms or diagnosis of COVID-19 in the 14 days before the start of camp. Initial _____
2. No one in our household has been sick in the 14 days prior to camp. Initial _____
3. My child has adhered to our state’s guidelines regarding COVID-19. Initial _____

Our signature indicate that we completed this health screening daily for 14 days prior to camp and to the best of our ability. We understand that arriving to camp healthy is vital to a healthy camp for all campers.

Parent Signature: ____________________________ Date: ______________
Camper Signature: ____________________________ Date: ______________