

Summer Camp Caregiver Guide 2025

Overnight Camp

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Activities at Camp

All Girl Scouts of Central Texas (GSCTX) camps are designed to provide a traditional Girl Scout camp experience with a “twist”.

- The “twist” is the theme of the program chosen at registration. The programs are not intended to be the sole focus of camp, but rather a week of traditional Girl Scout camp with your chosen theme’s flair.
- This is the same for specialty camps (i.e., horses, scuba, etc.) where campers will participate in traditional Girl Scout camp activities as well.

To guarantee the chance to participate in certain activities (i.e., kayaking, sailing, high ropes, etc.), choose a program that lists those activities in the description when registering.

All overnight campers will have the opportunity to take part in traditional camp activities including, but not limited to:

- Campfire
- Cook out
- Swimming
- Songs
- Arts and crafts
- Games

GSCTX camps believe in girl-led program opportunities for Girl Scouts. A certain amount of freedom is offered to campers, as a group, to choose their additional program options throughout their stay, ensuring that no two camps are ever the same!

Every effort is made to follow each session’s design, however weather and other unexpected factors can alter those plans. If you have questions regarding a specific program, contact us at customercare@gsctx.org.

Behavior

Everyone is expected to live by the Girl Scout Promise and Law while at camp. Campers are expected to attend activities, share in daily responsibilities, and fully participate in the life of camp. Camp staff will assist in every possible way to help Girl Scouts adjust to camp life, however, if a camper’s behavior or discipline becomes a serious problem, the primary caregiver will be contacted.

GSCTX reserves the right to send home any camper who consistently exhibits unsuitable behavior, endangers oneself or others, or whose actions towards others are unacceptable.

Inappropriate behaviors include, but are not limited to:

- Biting
- Hitting
- Bullying
- Excessive profanity
- Running away
- Refusal to participate in programs or activities
- Not following staff directions
- Creating an unsafe environment

On this rare occasion, caregivers will be responsible for picking up their camper as soon as possible and no refund for camp fees will be given.

Buddies at Camp

During overnight camp, campers are grouped by their requested program. Campers do not need to request a specific buddy. To ensure two campers are together at camp, register both to the same session. Beds are not assigned but are chosen by campers upon arrival on a first-come first-serve basis. Campers will have the opportunity to save one bed for a friend.

Bugs!

Bugs are a natural part of our outdoor environment at camp. When needed, staff eliminate standing water, treat ant hills, wasp nests, and spider webs. However, the presence of insects can never be completely removed.

We highly encourage campers to protect themselves by:

- Wearing and reapplying insect repellent as directed.
- Not having food, snacks, candy, etc. with them at camp.
- Avoid carrying snacks in their personal bags.

Camp Life

For first-time campers, camp life can be a drastic change from everyday life. Keep these things in mind when discussing your Girl Scout's first overnight camp adventure.

- When campers get together—they can get loud! This is especially true for the dining hall at Camp Texlake.
 - Campers with noise sensitivities are welcome to bring noise reducing headphones.
- Your camper will walk everywhere!
 - Bring a good pair of tennis shoes and several good pairs of socks to ensure a painless experience.
- Showers at camp are much quicker than at home. To ensure everyone can shower and get to bed before it gets late, campers are given between three to five minutes to shower each night.
 - Have your camper practice taking quick showers and still getting everything clean before coming to camp.
- Falling asleep in a large room full of other campers can prove challenging. Campers may continue to whisper, and others will use the restroom throughout the night.
 - Some campers find sleep masks or ear plugs helpful in this situation.

We want your camper to have the best possible experience. Camper communication is the best way to make that happen. Encourage them to speak up if they are still hungry, not feeling well, or scared to try something new. Camp staff can help with most anything, but only if they are made aware of the situation.

Camp Names

The relationship between a camp staff and camper is a special one. While a formal prefix feels stiff, a first name feels too familiar. Camp names have proven a great way to handle this issue and have become a time-honored camp tradition. Your camper may meet a Snickers, Smiley Face, or Ace, as counselors choose names that hold a special meaning to them—like where they're from, or a childhood nickname.

Campers are eligible to use camp names after they have completed their first leadership program.

Cell Phones and Technology

To create a high-quality outdoor experience, we require campers to leave all electronic devices at home. Anything brought to camp will be collected and stored in the camp manager's office until the camper is checked out.

This includes, but is not limited to:

- Cell phones
- Handheld gaming devices
- Smart Watches
- Tablets
- Hair dryers
- Electronic styling tools

We understand that campers have grown up in a world connected by technological devices, so we appreciate your efforts to support this important requirement as we work to balance today's reality with respect for the natural world.

Check-In and Check-Out

Check-in will be implemented in a drive-thru style process. Because of the volume of campers we are moving through the process there will not be much time to chat with your camper's counselor. This means it is very important that you give us as much information as you can about your camper on the "All About My Camper" Form or by reaching out to the camp manager a few weeks before their scheduled arrival date.

- All caregivers and family members will remain in the vehicle throughout the process.
- Only the camper will be exiting the vehicle.
- Please bring all required paperwork, printed out, to turn in.
- You will drive through stations (i.e., paperwork, health check, camp nurse, mail, etc.)
- We have additional staff to help your camper get settled in.
- Please stop for any restroom breaks before arriving at camp.

To streamline the wait time and check-in process GSCTX camps are implementing a **staggered check-in time** for overnight camps:

- **Brownies:** 10-10:30 a.m.
- **Juniors:** 10:30-11 a.m.
- **Cadettes, Seniors, and Ambassadors:** 11 a.m.-12 p.m.

Check-in will run from **10 a.m.-12 p.m.** on Sundays, and while we ask that you follow the arrival times, we understand you may be bringing multiple campers of various levels. Please choose the arrival time that works best for you.

Check-out will also be implemented in a drive-thru only style. Here is what you need to know:

- Check-out is from 10 a.m.-12 p.m. on Fridays for one or two-week campers.
- Check-out is from 10-11 a.m. on Wednesdays for half-week campers.
- Campers will only be released to someone listed on the Camper Release Form.
- The individual will need to provide a government issued photo ID.

- This includes caregivers.
- Unable to make the 12 p.m. check-out time on Fridays? Register your camper for the Extended Care option (Friday check-outs only) and allow your camper to stay until 3 p.m.

If your camper will be arriving late or needs to be picked up early, you must notify the camp's manager as soon as possible. We appreciate your patience as we make sure campers arrive and depart as safely and efficiently as possible.

Important Policies:

- **Smoking:** Thank you for not smoking at camp. GSCTX policy prohibits smoking in or on council property. This includes all electronic vaping devices.
- **Firearms:** The carrying or possession of any type of weapon or firearm, even with a concealed handgun license, on GSCTX council premises (including all camp properties) is strictly prohibited.
- **Pets:** Please do not bring pets to camp during the check-in and check-out processes. Service animals are welcome.

Communication

It is crucial to provide correct contact information on all camper's paperwork:

- This includes online registration, health forms, and camper release paperwork.
- Ensure all phone numbers and email addresses provided are correct and the person(s) listed checks them regularly.
- Any information, updates, or changes, including emergency communications, will be sent via email or a phone call will be made.
- The primary caregiver listed will be contacted, if needed, regarding a specific camper.
- Please answer any calls that may come from camp as it may be urgent.

Health Check at Overnight Camp Check-In

During check-in all campers will be screened for:

- Temperatures of 100° or higher
- General signs of illness (i.e., vomiting, rash, etc.)
- Head lice
 - Check for head lice and/or nits before arriving at camp
 - When possible, leave hair down or loose

Confirmed head lice or nits: The camper will not be allowed to remain at camp. We cannot provide lice treatment or a location for treatment. Campers will need to be treated offsite and may return to camp during a later session when completely lice and nit free.

Confirmed visible signs of illness: The camper will not be allowed to remain at camp. The payment for your session can be applied to a future session, if available, or a 50% refund will be given. You must provide documentation from a medical professional in order to receive a partial refund. Please see full cancellation/refund policy on page 14.

Health and Wellness for Campers

Let us be your parenting partner. We understand that you want your camper to have a strong, fresh start at camp, and this could lead to hesitation in providing camps with personal information about your camper's behavior or past experiences. We assure you that the information you provide will not be misused but will empower staff to assist your camper in making a smooth and happy adjustment to camp.

Campers often use their behaviors rather than their words when something is bothering them. Having advanced knowledge of areas that might be difficult for your camper (i.e., ADHD, neurodivergence, medical condition, learning difficulty, recent loss, or major changes in the family) can make a tremendous difference in helping staff be sensitive to your camper's needs.

The information you provide will only be used when necessary and only be made available to those staff members whose knowledge is directly relevant to the safety and positive delivery of programs for your camper. We encourage you to provide as much information as possible under the important information section of the Health History form.

While we do our best to train our staff to handle a variety of circumstances, they are not experts at dealing with all differing abilities. We do all we can to accommodate every Girl Scout, but our camp may not be the best fit for every camper. It's important that we be able to provide a positive experience for your child. Contact your camp's camp manager to discuss your child's specific circumstances.

Your camper may return home with insect bites, minor cuts/abrasions, or sunburn. While every attempt to prevent these occurrences is made, they are a normal part of outdoor activities. Counselors emphasize regular application of insect repellent and sunscreen, and campers will be responsible for following those instructions. First aid is available to all campers; however, they may need to make staff aware of their needs to be helped. If your camper is unusually sensitive to insect bites or sun exposure, please include that on the Health History form.

Immunizations

All overnight campers must be vaccinated in accordance with Texas Department of State Health Services minimum state requirements for public school.

- A notarized vaccine exemption affidavit will also be accepted.
- Out-of-state campers are required to provide their home state's equivalent documentation.

A vaccine exemption affidavit can be found at corequest.dshs.texas.gov.

Kapers—What are They?

Campers are expected to keep their personal items picked up in common areas and are assigned daily chores or "kapers" to contribute to the camp community.

Kapers may include:

- Picking up trash
- Cleaning the restroom
- Setting the tables
- Sweeping

Lost and Found

Check the lost and found rack during check-out at each camp session. Items left behind will be sent to the Kodosky Program Center the week following each session and all unclaimed items will be donated to charity on September 1. To claim a lost item, email customercare@gsctx.org with as much information as possible.

Help prevent lost items by:

- Labeling items clearly and with permanent marker.
- Involving your camper in the packing process.

GSCTX is not responsible for items that are lost or damaged at camp. Pack items that can get dirty while keeping objects of monetary or sentimental value at home.

Mail

Campers love to get mail! Use one of our three options to connect with your Girl Scout:

1. Bring your camper's mail for the entire week and ensure your Girl Scout gets mail every day. Drop off your mail during check-in.
2. "Snail mail" items to your camper using the camp's mailing address listed on the contact page.
 - Anything mailed USPS after Monday is not guaranteed to arrive before check-out on Friday.
 - Ensure delivery dates of shipped items is no later than Thursday.
 - Mail will not be delivered to campers on Friday before check-out.
 - Anything received Friday or after campers have departed will be returned to sender.
 - Do not send food items or large packages.
3. Send your camper an email to camptexlake@gsctx.org or bluebonnetshores@gsctx.org.
 - Include all requested information (below) in the subject of the email.
 - Emails sent before 11 a.m., Monday-Thursday will be printed and given to your camper that day.
 - Emails sent after 11 a.m. will be printed and given to your camper the next day.
 - No emails will be delivered to your camper on check-out day.
 - Do not include pictures or attachments, they will not be printed.
 - Do not send emails before your camper's session begins.
 - Remember, campers will not be responding to you via email.

Whichever way you choose to communicate with your camper, make sure you include the following information:

- **Camper Name** (as listed on the registration form)
Camper Session (S'mores and More, Hoof Beats, Ultimate Chef, etc.)
Communication tips:
- Keep letters to your camper light and cheerful as not to add to any feelings of missing home.
- Don't forget that campers love to send mail home too! Include pre-stamped and self-addressed envelopes to make writing home a breeze for your camper.

Meals

Overnight camp meals are prepared in a professional, commercial kitchen by staff who have completed mandatory food handling, preparation, and service trainings. A wide range of nutritionally balanced meals are prepared including a salad, fruit, and peanut butter (or sun butter) and jelly option at each meal.

For special dietary needs, the camp's manager must be notified by email at least two weeks before the start of the program. With the proper notification, accommodations can be made for both gluten allergies and vegetarian meals. Our camps are nut-aware, but not nut-free facilities. Other food allergies or dietary needs will be addressed on a case-by-case basis and every effort will be made to ensure that no camper is left out of a camp experience due to dietary needs.

Medications

GSCTX overnight camp infirmaries are well stocked with over-the-counter medications (i.e., aspirin, Tylenol, calamine lotion, hydration packets, etc.) ready to treat campers. To speed up your check-in experience, please do not bring these items unless they are taken on a daily basis. Simply mark on your camper's Health History forms which medications you prefer should the need arise.

When bringing necessary medication to camp it is important to know:

- All medication must be in original containers and have unexpired labeling.
 - Please send prescription or necessary medications only.
- Provide written and legible instructions along with camper's name, dosage, and directions on the required forms.
- All medications should be together in a resealable, clear plastic bag, labeled with the camper's name and program, and given to the health staff during check-in.
 - Please do not pack medications with clothing or you will need to retrieve them to complete the check-in process.
- All medications will be administered according to the prescription or package label. Adjustments to medication dosage cannot be made without written physician instruction.
- Per health department guidelines, health staff cannot administer expired medications.
- In the case that emergency medication (i.e., epi-pen or inhaler) needs to be kept on the camper or with the counselor instead of in the infirmary, be prepared to discuss this with the health staff at check-in.

All medical treatment items will need to be given to the health staff at check-in, any items not strictly needed are recommended to be left at home. This includes, but is not limited to:

- Vitamins
- Essential oils
- Pain relievers

If your camper has an allergy, disorder, or disease that could flare up while at camp, please let the health staff know in writing on the Health History forms. Food allergies need to be communicated to the camp's manager at least two weeks before the start of your camper's session.

Missing Home

At camp we prefer the term missing home to the phrase "homesick". There is nothing wrong with a camper missing home, it is a natural feeling, and they are not "sick". Missing home is a natural result of separating from home and loved ones and almost all children experience this when in a different environment, their feelings simply vary in intensity.

What can cause missing home in your camper?

- Little previous experience away from home.
- Having low expectations of camp.
- Feeling forced to go to camp.
- Little practice coping with negative emotions.
- Feeling unsure whether adults will help them if needed.
- Caregivers expressing anxiety regarding the separation beforehand.

At-home prevention strategies can include:

- Working together as a family to select a camp, plan, and pack together.
- Practice being away from home (i.e., a long weekend at a friend or relative's house)
 - If your camper is still very anxious about overnight camp, consider waiting another year or trying a day camp.
- Attending one of our Open Houses.
- Arranging for a close friend, relative, or camp buddy to attend the same session.
- Preparing stamped and pre-addressed envelopes for your camper to write home.
- Discuss what camp will be like before your camper leaves.
- Allow your camper to pack a favorite stuffed animal or photo as a reminder of home.
- Do not tell your camper that you will "rescue" them from camp if they do not like it.

The most common mistake caregivers make when preparing for camp is the "pick-up" deal. It is normal for children to ask, "What if I want to go home?" Tell your camper that feelings of missing home are normal, but try not to say, "I'll come get you." This becomes a mental crutch and undermines children's confidence and independence.

The camp's procedure for missing home does not typically involve phone calls between caregivers and campers as this usually only increases these feelings. Often missing home is not problematic, however when feelings of sadness and anxiety associated with missing home become so strong that making friends, having fun, sleeping, or eating become difficult, camp staff will contact the primary caregiver. We want to be partners in your camper's summer camp adventure.

Notes from the Nurse

- Fill out all forms completely and to the best of your knowledge. The more we know about your camper's health and needs the better they can be treated, if needed, during their stay.
- Each camper who attends overnight camp must have record of a health examination (physical) given by a licensed physician or nurse practitioner within twelve months of attending camp.
 - It is recommended to schedule this appointment early.
 - A physical from another organization can be accepted if a copy of that form, with the doctor's signature, is provided and the information included is the same.
- Campers with personal or religious objections to the physical examination or immunizations, must submit an original Vaccine/Health Exam Exemption Affidavit, available through the Texas Department of State Health Service, to be allowed to stay on camp.

Packing List

Use this packing list to get ready for camp! Make sure and pack enough for your camper's entire stay, and feel free to add things (i.e., stuffed animal, etc.) as needed. It is highly encouraged to pack items that can get dirty and label each camper's items permanently before coming to camp.

- _____ Twin bed sheets, blanket, sleeping bag, or bedroll
- _____ Pillow
- _____ Flashlight (include new and extra batteries)
- _____ Insect repellent (non-aerosol, and DEET preferred)
- _____ Waterproof sunscreen (SPF 30 or higher recommended)
- _____ Hand sanitizer
- _____ Bandanna
- _____ Duffle bag or trunk (to carry sleeping gear, toiletries, clothes, etc.)
- _____ Drawstring bag or day pack (shoulder bag that closes)
- _____ Swimsuit (one-piece suit or tankini recommended due to activity level)
- _____ Swim goggles (if desired)
- _____ Swim towel
- _____ Hair ties or bands
- _____ Hat with a brim
- _____ Reusable water bottle
- _____ Underwear (for each day plus two or three extra)
- _____ Socks (two pairs per day recommended)
- _____ Shirts (short sleeve, with one long sleeve. Halter or strapped tops are discouraged due to sun exposure)
- _____ Shorts (one pair must be jean or khaki material for cookout day. Ropes course programs will need one pair of cotton or jean shorts that go to the knee. No nylon, wind shorts or workout-type pants are allowed for climbing)
- _____ Sleepwear

- _____ Closed-toe shoes (two pair recommended, no flip-flops)
- _____ Lake shoes (closed toed preferred, old tennis shoes work best)
- _____ Article of clothing to tie-dye (i.e., socks or t-shirt, no underwear)
- _____ Books, cards, travel games (for cabin time)
- _____ Mess kit (non-breakable: plastic plate, knife, spoon, fork, cup, and bowl used for cookout night)
- _____ Dunking bag (mesh drawstring bag to hold mess kit)
- _____ Rain gear or poncho

Personal Hygiene:

- _____ Towel (in addition to swim towel)
- _____ Soap
- _____ Shampoo
- _____ Conditioner
- _____ Washcloth
- _____ Toothbrush
- _____ Toothpaste
- _____ Hairbrush or comb
- _____ Deodorant
- _____ Tissues
- _____ Feminine sanitary products (if needed)

For All Horse Programs:

- _____ Boots or shoes with at least one-inch heel
- _____ Jeans (for barn time)

Optional Items:

- _____ Extra blankets (units with A/C can get cold)
- _____ Mosquito netting (for campers staying in platform tents)
- _____ Personal fan (small enough to blow on one camper, include extra batteries, check camper living unit for electricity)
- _____ Sit upon
- _____ Water shoes for pool (no flip-flops)
- _____ Light jacket or long sleeve t-shirt (for evenings)
- _____ Sunglasses
- _____ Camera (include extra batteries and/or extra memory card. Cell phones are not permitted.)
- _____ Fun, silly outfits (particularly for the dress up dinner)
- _____ Pre-stamped, self-addressed envelopes and letter writing supplies
- _____ Life Jacket if camper is a non-swimmer

Important items NOT to bring to camp:

- | | |
|------------------|---------------------------|
| • Food or snacks | • Jewelry |
| • Electronics | • Breakables |
| • Valuables | • Formal clothes or shoes |
| • Makeup | • Sandals or flip-flop |

Important: GSCTX staff are not responsible for any items lost or damaged during your camper's visit.

Dress Up Dinner: On Tuesday evenings we invite campers to dress up as much or as little as they would like. This can mean a cute dress or costume, a tutu and tiara, or just some crazy socks. It's all up to your camper's imagination. Please do not send anything of value that cannot get damaged or dirty.

Paperwork

There are several required forms that will need to be printed out, completed, and brought with you to check-in at overnight camp.

- The form packet can be found in your MyGS account, on our website, and will be emailed to you after registration.
- Please print all forms single sided as they need to be turned in to different departments.
- A physical signed by a doctor or nurse practitioner is required. Forms other than our own will be accepted as long as the information is the same. The physical must be dated within the 12 months prior to your camper's session. A child well-check is not sufficient unless it is accompanied by a signed note from a physician stating the child is cleared to participate in camp activities.
- We cannot accept forms sent via email. Everything must be brought to camp with you.

Photos

We understand you wanting us to share photos of your Girl Scout's camp experience, and while we do our best to get action photos, our top priority is making sure your camper is having the best summer camp experience possible.

Here are a few things to keep in mind regarding photos:

- Some families do not want their camper's photo taken or posted online, and we absolutely respect that request.
 - No photos will be taken of campers who do not have a photo release on file with GSCTX. The photo release is included in your confirmation paperwork.
 - Campers without a photo release will be asked to wear a nondescript item (i.e., handkerchief or neck bolo) to identify themselves.
- Candid photos are often taken while campers are participating in various activities.
 - If you want to ensure your camper gets in the photos, encourage them not to be afraid to get in front of the camera.
 - Camp staff will not interrupt a camper's experience to take photos, nor will we force campers to take photos if they do not want to.
 - Do not worry if your camper doesn't have a beaming smile in every photo. Sometimes campers are concentrating on an activity and may not be aware their photo is being taken. If there are concerns regarding your camper the primary caregiver will be contacted.
- Camp photos will be posted at [flickr.com/gscctx](https://www.flickr.com/photos/gscctx/) and organized in albums by camp and week.

- A group photo from each session will be uploaded by Wednesday evening of your camper's program week.
- Candid shots of campers during various activities will be uploaded the following week, after your camper has departed.
- Campers are welcome to bring digital or disposable cameras to capture the fun from their point of view.
 - Only digital cameras are allowed, all other devices (i.e., cell phones, gaming systems, etc.) with picture taking capabilities are not allowed.

Refund Policy

GSCTX requires four weeks' notice, in writing to customercare@gsctx.org, to be eligible for a refund, minus the \$100 deposit. Cancellations received less than four weeks prior to the camp start date are not eligible for any refund.

Full or partial refunds will not be offered for changes to programming due to weather, staffing, or other unforeseen circumstances at camp, nor if a camper becomes homesick, ill while at camp, or is sent home due to behavioral issues.

Your camper can be transferred to a later session, if available, in the event a medical emergency arises prior to camp check-in.

- A 50% refund can be issued if a transfer is unavailable.

Transferring or requesting a refund due to a medical reason can only be made with a note from medical personnel.

- This includes refunds for Program Credits.

Refunds are not available for campers who do not check in on the Sunday of their camp session without prior written notification.

The full cancellation/refund policy can be found at gsctx.org/summercamp

Special Needs and Circumstances

To attend overnight camp at a GSCTX facility, campers must be able to:

- Move independently from place to place.
- Effectively interact during group-based program content.
- Meet personal needs (i.e., bathing, toileting, dressing, diet management, etc.)
- Self-manage any of the following:
 - Chronic illness
 - Dietary restrictions
 - Medication requirements
 - Physical activity restrictions

Help us ensure your Girl Scout's success at camp. The GSCTX Camp Guide gives a brief description of each program. Choose a program that best meets your camper's needs.

To find the best placement and discuss your camper's special circumstances contact the appropriate camp manager or customercare@gsctx.org.

Swimming and Swimsuits

All campers will be required to participate in a swim assessment regardless of prior experience. This assessment is outlined in Safety Activity Checkpoints. If you or your camper would like to opt out of the swim assessment, they will be designated as a non-swimmer and will be required to wear a life jacket in the swimming pool. You will also need to bring a signed copy of the swim assessment indicating that the camper is a caregiver selected non-swimmer.

Each camper will be assigned a different color wristband that allows them access to the different areas and depths of the pool based on their demonstrated abilities.

Since the swim assessment is also a requirement for all Girl Scouts to participate in any water activities each year, we will be sending home with your camper the completed form that you will need to provide a copy of to their troop leader.

Due to the active nature of camp and the extended number of hours spent in the sun, we highly recommend you pack either a one-piece swimsuit or tankini.

Visitors

For camper security, camp is closed to all visitors, including caregivers, during camp season. In the event of an emergency, call the camp office or council after-hours phone number to reach the camp manager. The primary caregiver will be contacted if needed during a session, however campers are not permitted to make or accept phone calls while at camp. Special circumstances may arise and will be handled on a case-by-case basis.

Weather Happens

All outdoor activities are dependent upon the weather. In the event of bad weather (i.e., lightning, thunder, high winds, etc.):

- The decision to cancel an activity will be left to the discretion of the instructor leading the activity.
- Staff will attempt (but cannot guarantee) to reschedule any canceled activities.
- Alternative activities will take place.

The camp staff are trained on what to do and where to go in the event of severe weather or other emergencies. We encourage you not to worry, or to put yourself in danger trying to get to camp. In the event of an emergency, the primary caregiver will be contacted as we implement our Emergency Plan.

What if it's Really Hot Outside?

Multiple water stations are available around camp and campers are encouraged to drink plenty of water throughout the day. All campers have the opportunity to swim at least once a day, and those staying in non-air-conditioned units are encouraged to bring a battery-operated, personal sized, clip-on fan.

Get your camper ready for the heat:

- Encourage your Girl Scout to spend extra time outdoors.
- Bring a water bottle and sunscreen to camp.

- Consider packing light colored clothing, cooling towels or bandanas.

What Counselors Wish Caregivers Knew

- Siblings do not necessarily make the best camp buddies.
- Include your camper in the packing process. Make sure they know what is packed and where it is located.
 - Put your camper's name on everything.
 - Bring a small backpack or day-bag to carry gear for daily activities.
 - Bags should be big enough to hold a change of clothes, sunscreen, bug spray and water bottle.
 - Pack separate towels for swimming and showering.
 - Campers will be repacking themselves at the close of their session.
- Please let your unit counselors know if your camper has the potential to wet the bed. This way, counselors can discreetly change bedding and nightclothes while the campers are away from the cabin.
- Help make your camper's experience great!
 - Have mail for your camper each day and include pre-stamped and self-addressed envelopes to make writing home a breeze.
 - Try not to make any major medication changes before sending your Girl Scout to camp.
 - Have your camper practice taking quick showers and washing and brushing their own hair.
 - Please do not tell your camper they can call or go home if they miss home.
 - Campers will be expected to help clean up after themselves. Have your camper practice at home with chores.

When Will GSCTX Staff Call Home?

The primary caregiver will be contacted if a camper:

- Exhibits symptoms associated with COVID-19.
- Has a temperature of 100° or higher.
- Has an acute, sudden illness.
- Needs to be taken to the hospital or urgent care.
- Spends the night in the infirmary or misses a full day of activities.
- Has an active case of head lice.
- Experiences atypical symptoms of missing home (i.e., clinginess, continual crying, disruption of camp activities, or consistent and continual assistance to fall asleep).
- Exhibits behavior challenges including but not limited to:

○ Hitting, or biting	○ Inappropriate language
○ Physical violence	○ Sexual harassment
○ Bullying	○ Endangering oneself or others
○ Stealing	
○ Running away	

Caregivers are welcome to contact the camp office with any questions or concerns.