

Girl Scouts of Northeast Texas

2019

Parent/ Guardian Guide to
Resident Camp at:

Camp Bette Perot,
Camp Gambill, and
Camp Rocky Point

IMPORTANT INFORMATION ENCLOSED

Dear Parents/Guardians,

This information will help you and your daughter prepare for her experience at our 2019 Resident Camp program!

If you have any questions regarding information provided or Resident Camp programs, please call 972-349-2403 or email: customer care@gsnetx.org.

Thank you for entrusting your Girl Scout to us. We'll see you at camp!

Marianne Bowen

Marianne Bowen
Director, Outdoor Leadership Experience

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REQUIRED FORMS

Camp Doc – Within 3 days of registering, you will receive an email from [CampDoc](#) with a secure username as well as instructions on how to access their system and complete your child's health and medication information. Camper information must be completed 2 weeks after registering for camp. This includes:

- camper information
- camper health history
- dietary needs
- medication
- allergies
- uploading immunization records
- acknowledging the behavior policy/ camper agreement
- buddy request

Please set **register@campdoc.com** as a 'safe sender,' to avoid accidental delivery to junk and spam folders. The CampDoc Help Team can be contacted by email help@campdoc.com or call 734-636-1000 for support.

Please note: A physician signed physical exam form is not required for campers in 2019.

Camper Agreement Form – This document is located at www.gsnetx.org/campforms. You will be able to view and download the GSNETX behavior policy/camper agreement. Please be sure to discuss all items on this document with your camper, so she is aware of her expected conduct while at camp. Once you have reviewed the policy with your camper, you will then initial each box to acknowledge agreement.

Bring the following forms with you to check-in for camp . . .

Camper Release Form – turn this form in at check-in (when parent/guardian drops Camper off at the Bus or at camp). Your Camper will be released on departure day ONLY to the person(s) listed on this form with matching driver's license number. Any changes made after turning in the form must be handled through the Camp Director. We require a separate *Camper Release Form* for each session which your Camper attends.

Medications – This form will be filled out online at www.CampDoc.com. You will then print the form and turn it in at check-in (when parent/guardian drops Camper off at the Bus or at camp). Medications must be clearly marked with Camper's name and in original prescription container. Place form and medication in a zip lock bag with Camper's name. Please do not bring over-the-counter medications to camp (except allergy medications).

BUS CHECK-IN INFORMATION

For some Campers, the transition from home to camp begins with the bus ride. This is a GREAT time for your daughter to begin her camp experience. She can meet new friends, learn camp songs, and get to know the camp staff!

Check-In for Bus Departure to Camp:

- Please note that the bus will depart at the time listed. The bus will not be held for parents/guardians to go pick-up forgotten items.
- Bus check-in will begin at 11:00 a.m. Campers must arrive no later than 12:00 p.m. Buses will depart the JoAnn Fogg Service Center promptly at 1:00 p.m.
- Please make sure your Camper has eaten before checking in OR you may send a snack/drink with them for the bus ride. ***Dining Hall meals are typically served at 8:00 a.m., 12:15 p.m., and 6:30 p.m.***
- Upon arrival at JoAnn Fogg Service Center, you'll be asked to:
 - ✓ Park and unload luggage in designated areas. Luggage may be left outside for loading onto the bus.
 - ✓ Check-In with Camp Staff to review your daughter's medications and *Medication Form*, and *Camper Release Form*.
 - ✓ Leave mail or packages in provided mail bins.
 - ✓ Undergo a head, foot, and temperature check. **We have a strict "No Nit" policy at camp.** If your daughter is found with Lice OR Nits, she may not board the bus to camp. She may be driven to camp in 24 hours upon successful completion of a Lice Treatment and Nit removal, where she will be rechecked before being admitted to camp.
 - ✓ Temperature Check: **Campers with a temperature of 100* or higher will not be allowed to attend camp.**

BUS CHECK-OUT INFORMATION

Check-Out for Bus Departure from Camp:

- Buses will arrive on either Tuesday, Wednesday, or Friday at the JoAnn Fogg Service Center from Camp between 4:00-5:00 p.m. Traffic / weather may impact the bus arrival times.
- Girls will be released from the bus to the designated adult(s) specified on their *Camper Release Form*.
- Adults must show a driver's license and be listed on the Camper Release form to pick up their Camper.
- Adults picking up Campers must arrive by 4:30 p.m.!

IT'S NOT TOO LATE, MAKE YOUR RESERVATIONS NOW!
GO TO: WWW.GSNETX.ORG/CAMPFORMS TO DOWNLOAD THE FORM
ROUND TRIP OR ONE WAY: \$90.00

Bus registration fees are non-refundable.

Bus Pick Up/Drop Off Location:

JoAnn Fogg Service Center, GSNETX Headquarters
6001 Summerside Drive, Dallas 75252



GSNETX will be using Wynne MotorCoaches, LLC as our bus transportation provider again this summer.

A typical Wynne bus is seen to the left.

BUS TRANSPORTATION RULES

- Do not do anything which distracts the driver's attention.
- Remain seated until the bus stops.
- Wear your seat belt if available.
- Keep feet and articles out of the aisles.
- Never throw objects.
- Keep head and arms inside the bus.
- Help keep the bus clean.
- Be quiet when crossing railroad tracks.
- Do not shout, whistle or gesture from the bus windows.
- The rear door must never be opened except in cases of emergency.
- Glass containers are not allowed.
- Do not bring objects which will impair/obstruct the driver's vision/view.
- Follow the Girl Scout Promise and Law.

In case of emergency:

- Remain calm.
- Listen for the counselor's instructions.
- Exit promptly, but do not run.



CAMP CHECK-IN INFORMATION

If you are dropping off your Camper at Camp:

Upon arrival, you will be asked to:

- ✓ Park in a designated area.
- ✓ Check-in at the welcome table.
- ✓ Leave mail or packages in provided mail bins.
- ✓ Your Camper will undergo a head, foot, and temperature check. **We have a strict “No Nit” policy at camp. If your daughter is found with Lice OR Nits, she will immediately be sent home. There are no exceptions! She may return to camp in 24 hours upon successful completion of a Lice Treatment and complete Nit removal, where she will be rechecked before being admitted to camp.**
- ✓ Temperature Check: **Campers with a temperature of 100* or higher will not be allowed to attend camp.**
- ✓ Check-in with the Health Supervisor to:
 - Turn in ALL medications and *Medications Form*.
 - Review Camper Release form
- ✓ Campers who have **mutually requested** each other as buddies on their CampDoc forms will be placed together **whenever possible**. Final placement is at the discretion of the Camp Director. To promote making new friends, no more than 4 girls from a troop will be placed in the same cabin.
- ✓ No tours can be given at this time.
- ✓ Walk Camper to her assigned unit; Camp Counselors will greet Campers. *
- ✓ Tell your Camper goodbye.

* Please wear comfortable shoes & weather appropriate clothing. The Check-In process should take approximately 1 – 1 ½ hours. Individuals with disabilities will be accommodated whenever possible; email camp@gsnetx.org one week in advance to make arrangements.

CAMP CHECK-IN TIMES

Camp check-in will begin at 2:00 p.m. Campers must arrive no later than 3:00 p.m.

- Please note that no guided or self-guided camp tours are available at check-in.

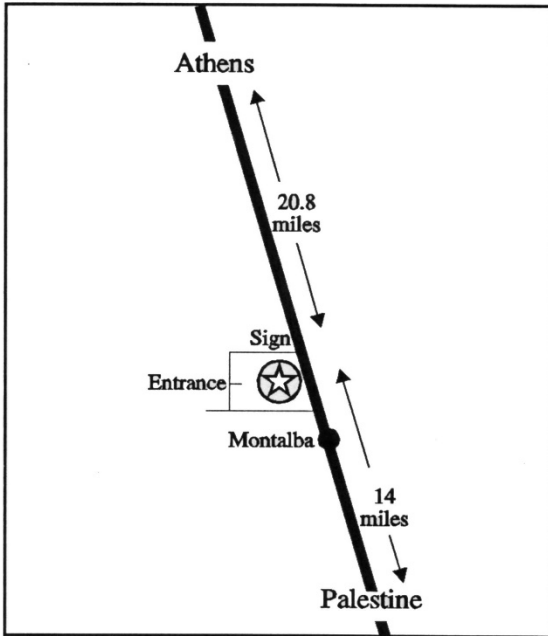
CAMP CHECK-OUT TIMES

If you are picking up your Camper at Camp:

- **Camp Check-Out is between 3:00 and 3:30 p.m.** You will be asked to stop at a designated point and the authorized pick-up person(s) will be asked to present their driver's license which matches the information provided on the Camper Release form at camp check-in. Once confirmed, you will be provided directions on where to go to pick up your camper.
- In an effort to promote self-reliance, each girl at camp packs up her own belongings prior to moving them to the designated pick-up area. Our counselors will provide encouragement during the process and assistance as needed.
- Please note that no guided or self-guided camp tours are available at check-out, you will be asked to remain in your vehicle.



DIRECTIONS TO CAMP



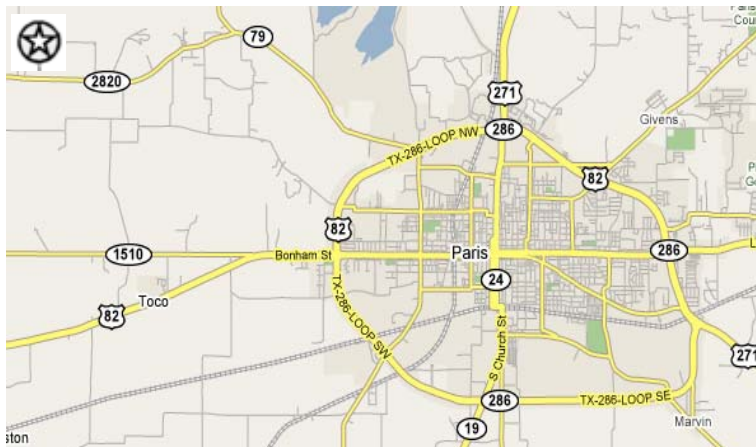
Camp Bette Perot

From Dallas area: I-20 east to Highway 19; turn south (right) on Hwy 19, go through Athens; stay on Hwy 19 approximately 21 miles; turn right at camp sign (Beaver Creek Ranch, Camp Bette Perot) County Rd 459. Go two miles to where the road T's. Turn left at 458 and follow road ½ mile to camp entrance.

May also take 175 to Athens, turn on 19 South then follow directions above.

*Note-GPS often provides incorrect directions.

Contact number: 214-770-1452



Camp Gambill

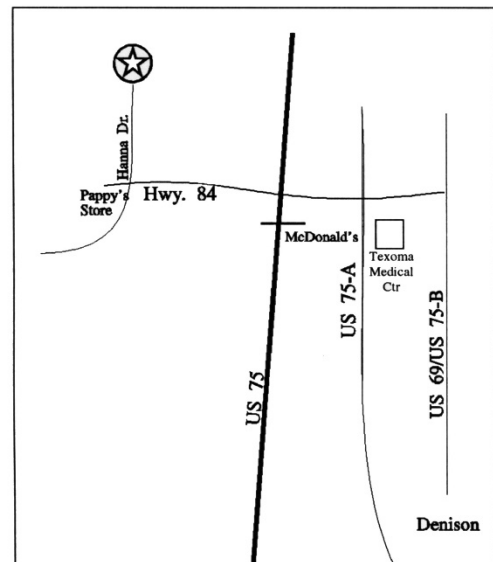
From Dallas area: Take US-75 north to TX 121 towards Bonham. Then take Highway 82 towards Paris. Take FM 38 to Maxey, go northwest on FM 38 for three miles to FM 2820. Turn right on FM 2820. The camp entrance is approximately two miles down on the left.

Contact number: 903-783-0292

Camp Rocky Point

From Dallas area: Take US – 75 north past Denison; follow signs for Durant; exit FM 84 exit # 70, go west (left) approximately 7 miles; turn right onto Hanna Drive, go approximately 1 mile to camp gate.

Contact number: 903-465-5270



PACKING LIST

Pack everything into an old suitcase or duffle bag marked with Camper's name. Bedding or bedroll should be placed in a separate drawstring or tied bag. No cars will be allowed in units, so DO NOT OVERPACK! (Your daughter will be responsible for transporting her luggage to the unit.)

You will need a Zip lock Bag for each the following:

Zip lock bag #1: Medications & Medication Form- Must be turned in at Check-In.

Zip lock bag #2: Insect repellent and sunscreen (clearly labeled with girl's name on each item). May be packed in bag. Will be given to camp counselor upon arrival in the unit.

For younger Campers, we encourage you to pack each day's outfits in a larger zip lock bag marked with the day of the week that the contents are to be worn.

Mark Everything with Camper's Name!

Needed Items:

- Medication Form/Prescriptions
- T-shirts & shorts
- White shirt to tie-dye
- Underwear
- Swimsuit (one piece or tankini preferred)
- Open-weave, mesh bag for trips to pool /lake
- Towels & washcloth(2 is enough for long sessions)
- Pants or jeans
- Raincoat or poncho
- Sleepwear
- Light jacket or sweatshirt/ hoodie
- Twin size sheets (2) & light blanket OR sleeping bag
- Small pillow and pillow case
- Closed toe, closed back, solid body sneakers (2 pairs)
- Ankle-covering socks (worn at all times)
- Ponytail holders for long hair
- Hat or bandanna
- Mess Kit (or fork, spoon, bowl, plate) in mesh bag
- Drinking cup for cookout night
- Flashlight with extra batteries
- Toiletries (hairbrush, toothbrush/paste, deodorant, soap, etc.)
- Mosquito netting for platform tent units at Bette Perot and all units at Rocky Point. Camp provides the poles.

- Sunscreen (waterproof/sweat-proof)
- Insect Repellent
- Small backpack to carry items around camp
- Water Bottle (ESSENTIAL)

Optional:

- Camera, extra film or batteries
- Favorite stuffed animal
- Stationary or Journal
- Pre-stamped, pre-addressed envelopes
- Pen or pencil

DO NOT BRING to camp:

- CELL PHONES
- Halters, bare midriff, or tube tops (tank tops/spaghetti straps are not permitted at camp)
- No short shorts – must have 3inch inseam
- Valuable jewelry
- Electronics
- Snacks (will be provided at Trading Post).

ALL CAMPERS should bring something to Tie-Dye

Camp Bette Perot (for horseback riding participants)

- 1-2 pairs of jeans or long pants
- knee socks or ankle socks
- 1 pair of boots/sturdy shoes with defined heel (already BROKEN IN)
NO SNEAKERS while riding. (Boots are available at camp to borrow)

Camp Gambill

- Pair of old tennis shoes or aqua socks/shoes to wear in the lake (no sandals)
- For riding sessions, 1 pair jeans or long pants & boots/sturdy shoes with heel

Camp Rocky Point

- Pair of old tennis shoes or aqua socks/shoes to wear in the lake (no sandals)
- Mosquito Netting (camp provides poles)

Items highlighted in GREEN are available in any of our GSNETX Shops!

BUNK1.COM

GSNETX Resident Camps partner with Bunk1 to help keep Girl Scout Campers and their families connected! Bunk1 allows your family to experience your Girl Scout's camp adventure through secure pictures and emails, without compromising the valuable lessons of independence learned at camp. All areas of Bunk1 are password protected and intended only for users affiliated with the camp, so you can feel confident about becoming members of our private online community. Through your Bunk1 account picture viewing is free. **Please note, not all campers will be pictured on a daily basis and camp internet access may prevent us from uploading photos some days.** There is a fee for sending one-way Bunk Notes and purchasing photos and/or gifts.

RETURNING PARENTS will login using their email address and password.

NEW PARENTS will follow the instructions below.

TO GET STARTED:

To set up a new account and visit our Online Community:

1. Go to our website at **www.gsnetx.org/camp**
2. Click Bunk 1 link on right side of the page.
3. Click "Need an account or have an invitation code?"
4. Enter your Pre-Approved Registration Code:

<u>BETTE PEROT</u>	<u>GAMBILL</u>	<u>ROCKY POINT</u>
2019PEROT	2019GAMBILL	2019ROCKY
5. Fill out all the required information
6. Purchase Bunk Note credits (you will need a credit card)
7. View camper pictures and send an email to your camper!

FREQUENTLY ASKED QUESTIONS ABOUT BUNK 1

How do I view pictures?

After you have signed in, click "Photos" on the left to be taken to our photo gallery. Photos are organized into albums and available to view as thumbnails or as a slideshow. Use the "favorites" icon to save the photos you love and make it easy to find after the summer. If you would like to purchase high resolution images or photo gifts (t-shirts, mugs etc.), add them to your photo basket by clicking the basket icon. **There is no cost to view pictures.**

What do I do if I lost my username and password?

Go to www.bunk1.com and click "Need to reset your password?". You will be prompted to enter your email address and will then receive an email containing a link to reset your password.

Can other relatives use these services?

Absolutely! As soon as you login, you will notice a button under the heading "Quick Links" to "Invite Family Members". Click that button, enter their details and they will be sent an email. PLEASE NOTE: This will prompt them to set up their own account. It does not provide them access to your account OR your Bunk Note Credits.

How do I send a Bunk Note (one-way email) to my camper?

Follow the instructions above except, after registering, simply sign in and click on the Bunk Notes button. Enter your camper's name, select the correct unit, type your message, and hit the "Send" button. Bunk notes are delivered once a day with other camper mail.

Why do I have to pay to send Bunk Notes (one-way email)?

Each day, the Bunk Notes system bundles and sorts the messages for us to print out and distribute to campers. (They are not distributed on check-in or check-out days.) It also protects us from computer viruses and allows us to easily manage these emails. Your payment helps us cover the cost of the system, paper, ink, and labor and, more importantly, frees us to do what we do best – be with your kids! Bunk Note credits cost \$1 each and are purchased in packs of various sizes.

QUESTIONS OR PROBLEMS?

Please call Bunk1 at 1-800-216-9472 or email support@bunk1.com.

CAMPER MAIL

Camper mail is delivered once a day. Mail is not distributed on check-in or check-out days. We encourage friends and family to send letters if they choose not to use Bunk1 for communication. Parents/guardians may leave letters in the designated mail bins at check in, to be delivered throughout the week. For friends and family out of town, we recommend sending mail at least one week in advance so that your camper may receive a letter Monday or Tuesday. Please allow 4 days for US Postal delivery. Your letters should be both positive and encouraging. Please avoid phrases like “we miss you a lot” or “your pet hasn’t eaten since you left”. Include the following information on the envelope to ensure prompt delivery:

Camper’s Full Name	Camper’s Full Name	Camper’s Full Name
Unit or Session	Unit or Session	Unit or Session
Camp Bette Perot	Camp Gambill	Camp Rocky Point
2008 An Co Rd 458	47 Camp Gambill Drive	1586 Hanna Drive
Palestine, TX 75803	Sumner, TX 75486	Denison, TX 75020

We recommend that you bring letters for your Camper to leave in the designated mail bins at check-in. Please write the Camper’s first and last name, her unit, and the day of the week you want the Camper to receive it, on the outside of the envelope, and place in baggie or rubber band letters together. Sorry, no food can be accepted at the bus stop.

*Please note that mail received after Camper leaves may not be forwarded or returned.

FOOD

In an effort to satisfy the appetites of campers, a variety of food is provided. Our professional kitchen staff works hard to provide dining hall meals that are reviewed by a dietician, nutritionally balanced, and preferred by campers. Water is served first at all meals to encourage hydration before other beverages. Milk and cereal are provided at every breakfast and a full salad bar is available with lunch and dinner. Girls attending a week long session will cook outdoors at least once during the week (weather permitting).

DIETARY RESTRICTIONS

The kitchen staff will do their best to accommodate special dietary requests such as vegetarian, vegan, diabetic, nut allergies, and gluten free as much as possible. However, it may not be possible to accommodate all dietary requests such as those which require strict processing or preparation of food. If your camper has special dietary needs that require specific meal planning such as listed above, you must contact the council **at least 2 weeks prior** to the session at camp@gsnetx.org with an explanation of your accommodation request. Please also note these dietary restrictions or requests on your Camper’s *Camp Doc Health Form* and inform the Health Supervisor during the check-in process.

MEDICATIONS

It is the camp policy to collect all medications (including Epi pens and inhalers) at Health Check-In. **DO NOT PACK IN BAGGAGE**. All medications must be:

- Accompanied by a *Medication Form*
- In the original container marked with your camper's name, medication name and doctor's name. Please be sure medication has not expired and will not expire while at camp.

Medications must be in original containers and prescribed specifically for the camper. The camp will assist campers who need regular medication on a set schedule. Medications will not be dispensed in any manner other than what is specified on the label without written instructions from a physician.

Campers that occasionally need treatment such as medication for a headache, allergies, or lactose intolerance will need to be able to communicate to staff that they need this medication or it will not be given to them. The camp carries over-the-counter medication such as Tylenol, Ibuprofen, Tums, Benadryl, and cough drops that parents may authorize the camp to administer on the *Medication Form*. **Please do not send over-the-counter medications to camp** (except allergy medications).

Ear drops – Campers may be swimming daily. If your child is prone to ear infections, it should be noted on her *Camp Doc Form*. Send the appropriate prescribed ear drops. Camp provides an alcohol/vinegar ear drop solution to all campers.

Insect Repellent/Sunscreen – Resident camp is held in rural areas; insect bites, including mosquito, tick, and chigger may be a result of the resident camp experience. **Girls will spend the majority of their time outside and therefore sunscreen is essential.** Please send insect repellent and sunscreen, clearly labeled, in a zip lock bag. (Please give to the Camp Counselors when your Camper arrives in their unit.)

SICKNESS and INJURY

If your daughter is sick for more than 24 hours, has a fever of 100 degrees or higher, or if an injury or illness prevents her from participation in normal camp activities you will be required to pick your child up immediately. Please list emergency contact information and ensure that these individuals are available to pick your Camper up from camp if an emergency occurs.

You will be contacted by a designated member of the camp staff if:

- Your child runs a fever of 100 degrees or higher for more than 4 daytime hours or overnight from the time it is first reported to and documented by the camp medical staff.
- Your child is injured or becomes ill at camp requiring on site medical attention which includes a stay in the health lodge lasting longer than 4 daytime hours or overnight.
- Your child is injured or becomes ill at camp requiring transport to a medical facility by camp staff or EMS.
- Your child menstruates for the first time while at camp.
- Your child is admitted to the health lodge for treatment or observation which involves a stay of more than 4 daytime hours or overnight.
- A camp medical staff member is concerned about an issue your child is having at camp which may include but is not limited to: vomiting, digestive complaints, etc.
- Treatment for reported illness or injury will be administered in accordance with the parental permissions provided on CampDoc forms.

EMERGENCY INFORMATION

The Camp Director and Assistant Camp Director for all the camps can be reached 24-hours a day. Although they are not always near a phone, a message may be left and your call will be returned. If an emergency or other situation arises at or on the way to/from camp that impacts pick up/drop off times or location (including the bus) parents/guardians will be notified by GSNETX.

Camp Bette Perot: 214-770-1452

Camp Gambill: 903-783-0292

Camp Rocky Point: 281-770-3122

TYPICAL WEEK AT CAMP

We try to provide a complete and fun-filled day, every day of camp. Every unit follows a general schedule, such as meals and rest time (also known as "Turtle Time"). Those girls that come to very specific programs, such as horses, high adventure, boating etc., will spend most of their time doing activities that are specific for their program. All campers will have the opportunity to swim (barring inclement weather).

Daily Activities

Camp Bette Perot, Camp Gambill and Camp Rocky Point, provide a wide variety of activities. Activities vary by locations, but include items such as: swimming, low and high ropes course, hiking, arts & crafts, fire building, tie-dye, horseback riding, archery, and boating!



IMPORTANT HORSE INFORMATION

To participate in horseback riding, each camper **MUST** bring long pants/jeans and boots with a defined heel that will catch in the stirrup. Safety helmets are worn by all campers and are provided by the camp. There are boots available for use at camp if you do not have a pair.



SWIMMING / WATERFRONT ACTIVITIES

All campers are tested by the Pool/Waterfront Staff and placed in swimming/waterfront activities appropriate to their ability; the Pool/Waterfront Director has the final decision in placement. As safety is our prime concern, ALL staff strictly adhere to American Red Cross and Girl Scout Safety Activity Checkpoint standards. *** For Camp Rocky Point & Camp Gambill, girls must bring water shoes for water activities. ***

GIRL SCOUT RECOGNITIONS

Several camp units plan their activities around particular Girl Scout recognitions. Within their units, campers will be doing various activities required for badge work completion. A recognition sheet will be sent home with your Camper that will document any recognition requirements completed while at camp. These may be purchased at any GSNETX Shop. Campers will also receive (1) camp-specific patch upon completion of their session.

PHOTOGRAPHY

We want campers to photograph the camp experience. Please be sure that the campers' name is clearly marked on the camera. Camper agrees not to take pictures which may create privacy issues. Disposable cameras will be confiscated and not returned if inappropriate photos are taken. Inappropriate digital photos will be deleted and the Camp Administration will return the camera at camp checkout. The camp, camp staff, and GSNETX are not responsible for lost or damaged cameras.

VISITORS

Visitors are not allowed during sessions. Visitors are distracting to the Campers and often increase homesickness, rather than alleviating it.

PETS

Domestic animals or pets, other than service animals, should not be brought to any Girl Scouts of Northeast Texas camps at any time, including check-in/out.

PHONE CALLS

The camp telephone is for emergency and business calls only. We do not permit direct calls between parents/guardians and Campers due to the large numbers of girls, staff, and the limited accessibility of phones at camp. In the event you need to contact the Camp Director, the phone numbers are:

Camp Bette Perot: 214-770-1452

Camp Gambill: 903-783-0292

Camp Rocky Point: 903-465-5270

TECHNOLOGY

No electronic devices are permitted at GSNETX camps. These include but are not limited to iPods, tablets, laptops and other portable electronics. Cell phones and/or cell watches are not allowed at camp for any session. They are easily lost or damaged in the camp environment, and the camps do not have reception for most cellular carriers. In addition, cameras on cell phones can create privacy issues. Cell phones/watches may interfere with your camper's ability to build trust, friendships, and independence.

If a camper breaks this rule and is found with a cell phone or electronic device, it will be held by the Camp Administration until the end of camp. The camp, camp staff, and GSNETX are not responsible for lost or damaged cell phones/watches or electronics.

HOMESICKNESS

Homesickness is a natural reaction for anyone away from home, especially for the first time. It is normal for many youngsters to miss home and family. All camp staff members are trained to help girls cope with this situation and will work with your daughter on an individual basis. The feeling usually passes in a day or two, and the Camper enjoys the rest of the session. Please remember that if you receive mail that your Camper is homesick, this letter may have been written during her first 36 hours at camp. If the problem persists, the Camp Director will contact you. Camp fees will not be refunded if a Camper leaves because of homesickness.

Tips to help avoid homesickness:

1. Talk to your child before she goes to camp and encourage her to spend the whole night at a friend's house before her session.
2. Explain that homesickness is a natural, normal feeling.
3. Avoid phrases like "just call if you want to come home" or "you don't have to stay if you don't want to". Instead, express your confidence in your daughter's ability to complete her session.
4. Send positive, encouraging letters. Please avoid phrases like "we've been having fun at Disney World while you've been at camp" or "things haven't been the same since you've been gone".
5. Include your child in the shopping and packing process.

LOST and FOUND

Each Camper is responsible for the care and safekeeping of her belongings. This will be simplified if the Camper knows what she has, and has helped pack it herself. Every item should be marked with Camper's name. Girl Scouts of Northeast Texas is NOT responsible for damage or loss of personal possessions. These items will remain at the camp and will return on the bus to be transferred to the JoAnn Fogg Service Center (JAFSC) in Dallas for a second week. Any unclaimed items will be held at JAFSC for only two weeks after each camp session. Items will be donated/disposed of after two weeks at the JoAnn Fogg Service Center. Visit the JAFSC during business hours to view and or claim lost and found items.

ALCOHOL / DRUGS / FIREARMS / TOBACCO

No tobacco, electronic smoking devices, alcoholic beverages, firearms, fireworks, abuse of prescription drugs, marijuana or narcotics are allowed on any Girl Scout property or at any Girl Scout activities. Any infraction will result in the Camper being sent home with no refund.

Parents/Guardians must immediately pick up their Camper. **All GSNEX properties are smoke free which includes electronic smoking devices. This policy applies to everyone on property, including during check-in and check-out times, and while in personal vehicles.**

PERSONAL SPORTS EQUIPMENT

Girl Scouts of Northeast Texas is not responsible for any personal sports equipment brought to camp and it is strongly discouraged. There are plenty of opportunities for staying active at camp!

CAMPER EXPECTATIONS

Per the Camper Agreement the expectations of each Camper while at camp are as follows.

- Camper agrees to abide by the Girl Scout Promise and Law. She will inform her Unit Counselor in the event of an emergency, homesickness, harassment, bullying, or any other issues that may arise.
- While at Girl Scout camp, girls are active members of our camp community and are assigned daily chores or kapers. Kapers include but are not limited to picking up trash, collecting firewood, setting the table, and cleaning the bathroom.
- No electronic devices are permitted at GSNEX camps. These include but are not limited to iPods, tablets, laptops and other portable electronics. **Cell phones and/or cell watches are not allowed** at camp for any session. They are easily lost or damaged in the camp environment, and the camps do not have reception for most cellular carriers. In addition, cameras on cell phones can create privacy issues. Cell phones/watches may interfere with your camper's ability to build trust, friendships, and independence. Cell phones/watches/personal electronics are not appropriate at camp and we **agree to leave the cell phone/watch and other personal electronics at home.**
- If camper breaks these rules and is found with a cell phone/watch or electronic device, it will be held by the Camp Administration until the end of camp. The camp, camp staff, and GSNEX are not responsible for lost or damaged cell phones/watches or electronics.
- Written permission from GSNEX is required prior to publication, distribution, or posting of any images (photos) taken at camp.
- Camper agrees not to take pictures which may create privacy issues. Disposable camera will be confiscated and not returned if inappropriate photos are taken. Inappropriate digital photos will be deleted and the Camp Administration will return the camera at camp checkout. The camp, camp staff, and GSNEX are not responsible for lost or damaged cameras.
- Bullying and harassment of any kind will not be tolerated at Girl Scouts of Northeast Texas camps and may result in a camper being sent home without a refund of any fees if she is bullying or harassing another individual.
- If I learn that my camper is/was involved or affected by any incident of harassment or bullying of any kind while attending camp, I will immediately notify GSNEX of the details of such incident(s) in writing so that those incidents may be addressed appropriately.

GSNETX RESIDENT CAMP BEHAVIOR POLICY

Girl Scouts of Northeast Texas advocates a positive guidance and discipline policy with an emphasis on positive reinforcement, redirection, prevention, and the development of self-discipline. The Girl Scout Promise and Law will serve as our code of conduct. Resident Camp rules and policies are established for safety and to ensure that we have a common standard of behavior. Please do not contradict the established resident camp rules and policies.

Corrective discipline will be a creative, caring effort on the part of the counselor. Staff will suggest positive alternatives to unacceptable behavior before it gets out of control.

Problem-solving techniques:

1. Discuss rules and policies with camper(s) setting both personal and/or physical boundaries, and identify infraction(s).
2. The possible consequences of breaking any camp rule and/or policy include:
 - a. Restriction from activity
 - b. Extra duties
 - c. Conference with Camp Administrative Staff
 - d. Parents notified as appropriate
 - e. Removal from the camp without refund of any fees
 - f. A combination of the above

Camp staff retain the discretion as to which consequence(s) should follow, regardless of whether it is a first offense or whether other disciplinary consequence(s) are available.

3. Enforcement of all resident camp rules and policies at all times will be without malice and consistent in application.
4. At no time will discipline deprive a camper of sleep, food, or restroom privileges; placing a camper alone without supervision; or subjecting a camper to ridicule, shame, threat, corporal punishment (striking, biting, kicking, squeezing); or excessive physical exercise or physical restraint beyond what's necessary to remedy a situation.
5. Periodic evaluation of camper groups will be done to ensure that the camp environment is not contributing to behavior problems.

POLICY ON BULLYING

Bullying of any kind or form will not be tolerated at Girl Scouts of Northeast Texas camps. Engaging in any type of bullying or related behavior may result in a camper being sent home without a refund of any fees.

BULLYING INVOLVES AN IMBALANCE OF POWER AND CONTROL, AND IS A PATTERN OF BEHAVIOR, REPEATED OVER TIME AND CAN INCLUDE:

- a pattern of aggressive, intentional behavior meant to hurt or humiliate someone else
- pushing, shoving, kicking or otherwise physically attacking another person
- purposely excluding or ostracizing someone repeatedly
- repeatedly spreading rumors or gossiping
- repeatedly using words or actions to intimidate someone
- teasing another person about her body, intelligence, race, religion, or other characteristic that upsets the person
- a pattern of name-calling
- any of the above conduct that occurs electronically via texts, emails, social media or the internet

BULLYING OR TEASING?

- teasing is unfortunately a part of growing up, almost everyone experiences it
- teasing becomes bullying when it is repetitive or when there is a conscious intent to hurt another individual
- teasing that is directed at another person based on her race, national origin, religion, disability, or other lawfully protected characteristics can be considered unlawful harassment and should not be tolerated

CYBER BULLYING:

- making threatening phone calls, text messages or emails
- posting cruel pictures or messages about someone online (including post camp)

FREQUENTLY ASKED QUESTIONS

- **Do I need mosquito netting?**
Camp Bette Perot Campers – only Raccoon Ridge (platform tents), not for other sessions
Camp Rocky Point Campers – YES for all units!
Camp Gambill- no.
- **Where do I purchase mosquito netting?**
At the GSNEXTX Shop or local Army Surplus stores. Poles for mosquito netting are provided at camp.
- **Does my camper need a physician signed physical exam in 2019?**
No, GSNEXTX is not requiring a physical exam.
- **When is Check-In and Check-Out for parent pick-up and parent drop-off?**
Camp Check-In: 2:00-3:00 p.m.
Camp Check-Out: 3:00 – 3:30 p.m. Please do not arrive before 3:00 p.m.
Bus Check-In: Bus check-in will begin at 11:00 a.m. Campers must arrive no later than 12:00 p.m. Buses will depart JoAnn Fogg Service Center promptly at 1:00 p.m.
Bus Check-Out: 4:00 – 5:00 p.m. (Traffic and weather may impact the bus arrival times.)
- **Can I send snacks?**
DO NOT send snacks or candy to camp. Snacks are available at our Trading Post. Snacks and candy in the cabins and tents will invite unwanted visitors such as ants, so camp counselors will store any snacks/candy brought by campers in an appropriate location to be returned at the end of the week.
- **Are ear drops given after swimming?** Yes, we provide ear drops. All Campers receive ear drops after swimming unless otherwise specified on the CampDoc form. Please only send prescription ear drops.
- **What is appropriate swim wear?** One-piece bathing suits or tankinis are preferred. If your camper wears a bikini, please send a t-shirt cover up for swimming.
- **Do I need to send all medications to camp?**
Only send unexpired prescription medications to camp including inhalers, epi-pens, etc. We have other over-the-counter items, except allergy medications, and will administer as needed per your instructions.
- **Do I need insect repellent/sunscreen?** Yes! All insect repellent/sunscreen will be turned into their Camp Counselors. Place in a zip lock bag with camper's name and unit on the bag. Every effort will be made to ensure products are applied throughout the day. However, encourage your daughter to speak to her Camp Counselors if she needs more insect repellent/sunscreen.
- **Sleeping Arrangements?**
It is Girl Scouts of Northeast Texas practice that, while attending our camp facilities, adult counselors sleep in a separate room/cabin/tent within the same unit as the girls in their group. Cabin and tent units have a designated "counselor" cabin/tent for adults; girls will sleep in the remaining cabins/tents in that unit. Our lodges have a group sleeping area for girls and a separate "Counselor" room for adults, all within the same building. No adult may sleep alone in a room, or in the same bed, with a girl.
- **What is the Trading Post?** It is a small shop at each camp where the girls go to choose a snack and drink which is included in the camp fee. They will also choose a fun souvenir during one Trading Post visit. The girls are assigned a specific time by unit to visit the Trading Post. Girls should not have any money at camp for security purposes.

CHECKLIST OF FORMS

CampDoc – Online Health Management System

The following form must be reviewed in your camper's Camp Doc account.

- GSNETX Resident Camp Behavior Policy/ Camper and Parent/Guardian Agreement*

This document is found online in your CampDoc account and at www.gsnetx.org/campforms

The following form must be scanned and uploaded to your camper's CampDoc account.

- Immunization Form*

Form may be found at www.gsnetx.org/campforms

For those campers registering after May 19 your forms are due ASAP- no later than 2 weeks prior to your camp session.

CampDoc Help Team - email help@campdoc.com or call 734-636-1000 for support

Forms to turn in at camp check in:

- GSNETX Camper Release (turn in at Camp Check-In)
- CampDoc Medication Form (turn in at Camp Check-In)

Additional Information and Forms:

- Add Bus Transportation Form (www.gsnetx.org/campforms)
- Cookie Dough Reimbursement Form (www.gsnetx.org/campforms)
- Girl Scout Shop

Camp Pack and shirt:

Friendships do begin around the campfire! Our G.I.R.L. Retail and Design Team created the art for this package because it is what they believe in. The camp pack includes a towel and water bottle with ring straw lid, both with the campfire motif, a GSNETX s'mores scrunchi and a selection of 3 fun games to play on the bus or in the cabin. Total pack price is \$32.50 + tax, but if purchased online by March 24, the price is \$27.50 + tax!

Being sold separately is the Campfire t-shirt. It is a super soft Teal Ice shirt – front pocket area has a GS S'mores and the back is printed with a beautiful campfire with the saying "Friendships begin around the campfire". The shirts are priced: Youth Small – Large and Adult Small – XL \$14.00 + tax. Adult 2X & 3X \$16.00 + tax.

Bette Perot Camp Pack and shirt:

Cowgirl Up!!! Every girl wants a horse and we've included a 7" plush show pony with a GSNETX bandana in this pack. There is also a light blue Cowgirl Up journal with matching pen to write down all your days' adventures at camp and gather new friends' information so you can keep in touch after camp. Our Cowgirl Up! Violet water bottle with ring straw lid helps round out the pack which will all fit in our Cowgirl Up! Backpack with reflective strips so your buddies can see you on the trail. The total pack price is \$26.00 + tax, but if purchased online by March 24, the price is just \$21.00 + tax!

Being sold separately is our Cowgirl Up t-shirt. Show your horse spirit with our sky blue shirts with beautiful multi-colored horses. The shirts are priced: Youth Small – Large and Adult Small – XL \$14.00 + tax. Adult 2X & 3X \$16.00 + tax.



For questions call our Customer Care at 972-349-2403 or email rescamp@gsnetx.org