2023

Adults Guide to Family and Troop Camp at

Camp Gambill

girl scouts of northeast texas



972-349-2400 | 47 Camp Gambill Drive | Sumner TX 75486

Camp is an incredible time of friendship, discovery, growth, independence, and fun memories to last a lifetime. Girl Scout camp builds girls of courage, confidence, and character through community life outdoors. We can't wait to welcome your camper to camp this summer!

Success at camp begins with you, and the information in this guide will help you prepare.

If you have any questions about sleepaway camp, please call us at 972-922-0116 or email us at **camp@gsnetx.org**.

TABLE OF CONTENTS

BEFORE CAMP **3**

Registration for Troop and Family Camp will be in UltraCamp 3

Camp group attendees 3

What is included at Camp Gambill Summer Camp 3

Forms in UltraCamp 3

Camp Counselors 3

Inclusion 3

Preparing for a successful experience

STAFFING **4**

Who are your Program Specialists? 4

INCLUSION **4**

PREPARING FOR A SUCCESSFUL EXPERIENCE **4**

Is your camper ready for summer camp? Review this list to ensure camp readiness. 4

Technology at camp 5

Dietary needs 5

Religious accommodations. 5

Medications. 5

Cabin spaces at Camp Gambill 5

Technology at Camp 5

Summer camp in Texas is hot. 5

Camper mail 6

Camper Packing List 7

Religious Accomodations. 6

CAMPER PACKING LIST **7**

CAMP ARRIVAL **8**

Things to bring to check-in. 8

Medications. 8

How to find camp 8

Camp Gambill 8

DURING CAMP **9**

Typical day at camp ..... 8Typical day at camp 9

Kapers 9

Activities at ~~C~~camp ..... ~~8~~9
Accommodations. 9
Sending ~~E~~emails with Bunk1. 9
Working through missing home. 9
Illness or ~~I~~injury 10
Camp ~~s~~Safety 10

CAMP DEPARTURE ..... **~~10~~11**
~~Things to do for check-out ..... 10~~Things to do for check-out 11

BEFORE CAMP

Registration for Troop and Family Camp will be in UltraCamp.

CAMP GROUP ATTENDEES

Family Camp

- Each family must include at least one registered Girl Scout in grade K-12. Additional family members are determined by the family; you can decide who is in your family, including bringing people who reside in other households.
- Children ages 4 and under are free with their family. Age is as of check-in day at camp. To register your child in that age group for free, select the option "Family Member Age 4 and Under" and then list the number of children you are bringing.
- Please be aware that some activities, such as boating and target sports, have a minimum age requirement. Families should be prepared to supervise children too young to participate while ~~older children~~other family members are participating.
- Please be prepared to meet any needs of young children, such as bringing your own baby food, diapers, bottles, pack-and-play, bassinet, or portable changing pad.
- For elderly family members or members with mobility impairments, please be aware that camp is a natural environment with rough terrain. If you have special needs, please contact our staff to discuss whether our facilities can provide a positive experience for you.

Troop Camp

- Only registered Girl Scouts and adult members are eligible to attend.
- If you wish to camp with siblings or other family members who are not Girl Scout members, family camp may be a better fit for you.
- Family and friends who did not sign up for Troop Camp are NOT allowed to visit camp while the camp program is in session.
- If a family emergency has occurred and you need to bring your camper home early, please call camp and an adult volunteer with your group.

WHAT IS INCLUDED AT CAMP GAMBILL SUMMER CAMP

- All meals, snacks, activities, and cabin lodging are provided.
- Group campfires will be provided as part of the camp program.
- We provide meals in the dining hall at scheduled times. Please arrive on time to participate.
- Families and Troops are welcome to leave and return to camp when desired.

FORMS IN ULTRACAMP[1]

- Dietary Needs Form[1]
- For Troop Camp, you will need to fill out a First Aid/CPR/AED Certification for the certified adult attending camp. A troop camp trained adult is ~~not~~ NOT needed as all ~~programs~~ programming will be led by ~~a~~ staff members.[2]
- Camper health history forms (part of annual troop paperwork for parents/caregivers)
- Camper annual troop permission ~~forms~~ slip (part of annual troop paperwork for parents/caregivers)

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For assistance with UltraCamp, please contact CustomerCare@gsnetx.org.

A deposit of 25% of the total fee is expected on all summer camp registrations. The deposit is non-refundable. The remainder of the balance is refundable up to 30 days prior to the camp start date.

[1]ACA AD.44.1
[2]ACA AD.42.1

~~STAFFING~~CAMP COUNSELORS

~~Who are your Program Specialists?~~

At GSNETX, we work hard to hire a diverse group of ~~program specialists~~staff. All camp staff undergo a rigorous application and interview process, must pass a thorough background check, and complete training on camper safety, first aid, mental health, and more.

Camp staff are onsite to lead programming activities for your group, but staff do not assume supervision of youth campers at family and troop camp. Adult campers are responsible for supervising the campers participating in their group at all times.[3]

INCLUSION[4]

Camp staff have intentional plans to create a welcoming, positive, and constructive environment for the entire camp community, and this environment is critical to the value of camp. At Girl Scouts of Northeast Texas, we live by the Girl Scout Promise and Law, we value diversity and inclusion, and we are committed to creating a culture of belonging for all.

PREPARING FOR A SUCCESSFUL EXPERIENCE

Success at camp starts with you! Knowing what to expect and encouraging your camper to adapt to challenges she may experience can help her get the most out of her time at camp. You are encouraged to consider the following expectations prior to camp:

Camper will abide by the Girl Scout Promise and Law.

On my honor, I will try: To serve God* and my country, To help people at all times, And to live by the Girl Scout Law. (*Girl Scouts of the USA makes no attempt to define or interpret the word "God" in the Girl Scout Promise. It looks to individual members to establish for themselves the nature of their spiritual beliefs. When making the Girl Scout Promise, individuals may substitute wording appropriate to their own spiritual beliefs for the word "God.")

I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.

Is your camper ready for Summer Camp? Review this list to ensure camp readiness

- Camper wants to come to camp.
- Camper is willing to camp in rustic outdoor environment. (Sounds, weather, darkness, wildlife)
- Camper has successfully spent nights away from home and can get herself to sleep at night.
- Camper wants to eat, sleep, and play in a diverse group environment that offers limited opportunities for time alone.
- Camper can manage her own belongings and hygiene, including bathing, toothbrushing, hair care, and dressing in activity-appropriate attire (swimsuit, for example).
- Camper and caregivers are committed to girl remaining at camp the entire week and working through any feelings of missing home that arise – our staff are ready to help your girl succeed.
- Please consider how you can help build your camper's readiness for camp over the coming months.

[3]ACA AD.41.1
[4]ACA CR.1.1

TECHNOLOGY AT CAMP

Camp is a chance to disconnect from technology and connect with community and the great outdoors. While cell phones, tablets, computers, e-readers, smart watches, or similar electronic devices are permitted at family and troop camp, it is recommended to limit technology while at camp and during scheduled activity times in order to maximize presence and connection at camp.

There will be limited Wi-Fi availability~~le in a common location~~. If you require internet access for work purposes while at camp, please provide your own wi-fi hotspot.

SUMMER CAMP IN TEXAS IS HOT

- Camp days are typically sunny and hot, and we still have lots of fun when we are hot.
- Most activities will be offered outdoors.
- We make use of sunscreen, shade, and have time for rest in the cabins during the hottest part of the day.

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DIETARY NEEDS

Dietary specifications are included in the forms in **UltraCamp**. Our camp kitchen staff can accommodate general dietary needs such as vegetarian, gluten free, nut free, or dairy free. Please be advised that food is prepared in shared processing space. If a camper has more sensitive dietary needs, please contact us at **camp@gsnetx.org** prior to June 1 to see how we can best accommodate you.

If you wish to bring some of your own food, such as snacks and drinks, you are free to do so and will have access to a shared refrigerator in the unit shelter. Food is stored labeled with the group name and date.

If you are bringing a baby, please bring any special baby food needed.

RELIGIOUS ACCOMMODATIONS

If religious accommodations are needed at camp, please contact us at **camp@gsnetx.org** ~~camp@gsnetx.org~~ to make plans before your camper arrives.

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~~MEDICATIONS~~[5]

~~For Troop Camp an adult volunteer must have written permission from the parent/guardian to dispense medication for a camper under the age of 18 at camp.~~

~~All medications (prescriptions, over-the-counter, vitamins, herbal products) brought to camp must be:~~

- ~~Stored in the original container~~
- ~~Prescribed for the person taking it, if prescription medication~~
- ~~Unexpired~~
- ~~Stored under lock except when in controlled possession of the person responsible for administering~~

CABIN SPACES AT CAMP GAMBILL

The cabins are air-conditioned spaces furnished with lighting and twin-size camp beds. Cabins include electrical outlets.

Frog Unit cabins sleep 8 people in 3 sets of bunk beds and 2 twin beds., Sleepy Hollow Unit cabins sleep 6 people in all twin beds.

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- ~~Camp days are typically sunny and hot, and we still have lots of fun when we are hot.~~
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~~[5]ACA AD.44.2~~

CAMPER MAIL

Mail time is a favorite camp tradition that can still have a place at family and troop camp. Family and friends are welcome to send mail to their campers.

Mail can be sent in these ways:

- Send mail with adults attending camp, for placement in the designated bin at check-in.
- Send mail via USPS, marked with the camper's name and camp address on the cover of this booklet (consider sending it early to ensure timely delivery).
- Send email via Bunk1. The information on how to send your camper mail through Bunk1 will be sent out to the volunteer who made the reservation prior to the start of camp.

The best mail is newsy, encouraging, and dwells on the fun things your camper is doing at camp. Please avoid sharing information that may be disruptive to a camper's adjustment at camp, such as any ~~bad~~ hard news or language about the house being too quiet, the dog not eating while camper is gone, etc.

All mail should fit into envelopes – please do NOT send packages, food, gifts, or money. Save the gifts and treats to enjoy after camper pick-up!

~~RELIGIOUS ACCOMODATIONS~~

~~If religious accommodations are needed at camp, please contact us at camp@gsnetx.org to make plans before your camper arrives.~~

CAMPER PACKING LIST: (*Print out the list and check off ~~as you are packing~~items as you pack.
*Please bring comfortable, modest clothing that can withstand getting dirty outdoors.)

Camp lasts 3 days, but we request 4 of certain clothing items in case an extra is needed.

- Ponytail holders as needed

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Clothing

- 4 t-shirts (must cover shoulders)
- 4 pairs shorts (with inseam at least 3")
- Long sleeve shirt
- 1 pair of jeans or pants
- 1-2 pairs of pajamas
- 4 pairs of underwear
- Swimsuit (one-piece or modest two-piece that covers the stomach)
- Swim shirt, swim shorts, optional
- 4 pairs of socks
- 1-2 pairs of tennis shoes with closed toes and heels
- Water shoes, sandals that strap onto your feet (not flip flops), or aqua socks (required for waterfront activities)
- Flip flops to wear in shower only, or use sandals
- Hat
- Raincoat or poncho
- Headscarf, if desired

Recommended to bring an extra pair of shorts and t-shirt for waterfront activities

Linens

- Swim towel
- Bath towel
- Laundry bag
- Pillow with pillowcase
- Twin-size sheet set
- Blanket or sleeping bag

Toiletries

- Medications (labeled with camper name and in adult volunteer possession)
- Ziptop bag or small toiletry bag for carrying items to the latrine
- Toothbrush and toothpaste
- Comb or brush

- ~~and fireworks- all strictly prohibited~~
- Soap
- Shampoo and conditioner (travel-size)
- Shower cap, if desired
- Sleeping bonnet, if desired
- Deodorant
- Menstrual supplies as needed
- Sunscreen and Insect repellent

Other items

Required:

- Water bottle
- Flashlight or headlamp and extra batteries

Optional:

- Swim goggles, swim cap ~~optional~~
- Stationery (stamped/addressed envelopes, paper, pen)~~, optional~~
- Small comfort object (such as stuffed animal), books, card game, camera, musical instruments, lawn chairs, etc.
- Religious items if needed (please see note about religious accommodations on p. ~~6~~5)
- Printed family photo to remind you of home
- Sunglasses
- Bandana (for a variety of uses)
- ~~Other optional items: small comfort object (such as stuffed animal), books, card game, camera, musical instruments, lawn chairs, etc.~~

Luggage to bring and how to pack

- Backpack (to carry belongings around camp) with water bottle and other personal items ~~(to carry belongings around camp)~~
- Duffle bag with all clothing and toiletries
- Laundry bag with all linens

**** Campers carry their luggage over rough terrain to their cabins or tents, so rolling suitcases and trunks are not manageable.***

Do not send

- Jewelry- risk of loss
- ~~Tobacco, electronic smoking devices, alcoholic beverages, other drugs, firearms,~~

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CAMP ARRIVAL[65]

THINGS TO BRING TO CAMPER CHECK-IN

- Camper luggage (duffel bag, backpack, and laundry bag)
- Any mail for campers (please see details on camper mail)
- Medications (including inhaler or Epi-Pen)

MEDICATIONS[65]

For Troop Camp, all medications will be managed by an ~~an~~ adult volunteer with your group. The adult volunteer must have written permission from the parent/guardian to dispense medication for a camper under the age of 18 at camp.

All medications (prescriptions, over-the counter, vitamins, herbal products) brought to camp must be:

- Stored in the original container
- Prescriptions must be labeled and ~~P~~prescribed for the person taking it~~, if prescription medication~~
- Unexpired
- Stored under lock except when in controlled possession of the person responsible for administering (exception: limited amount of medication for life-threatening conditions may be carried by camper or leader, such as epi-pen or asthma inhaler)

~~All medications will be managed by an adult camper with your group.~~

CHECK-IN FOR CAMPERS

Camp Gambill
47 Camp Gambill Drive
Sumner, TX 75486

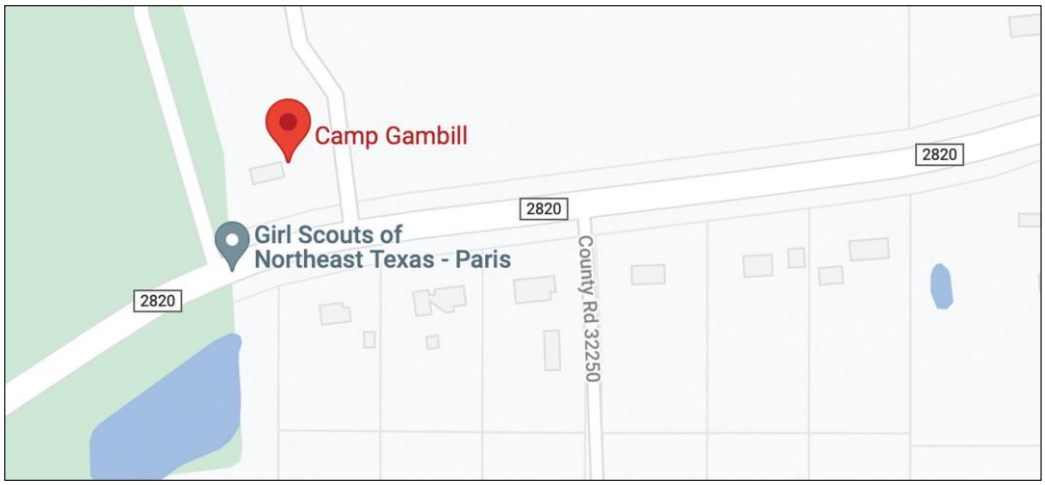
972-922-0116
camp@gsnetx.org

Camper check-in is from 1pm~~-~~–3pm on arrival day. Please have your troop/family arrive during this window to facilitate a positive start to the camp week.

After check-in, troops and families can drive to their cabin units for unloading. Vehicles are then moved to the parking lot at the front of camp for the remainder of the week. At check-in, you will receive a schedule of activities for the week and~~,~~ the breaking camp form, and the fun will begin immediately!

HOW TO FIND CAMP

Camp Gambill
To Gambill, from US-82 traveling east towards Paris, take FM 38 North to FM 2820 East. Travel 4 miles to camp entrance on left side of the road shortly past the Gambill Wildlife Refuge. Or from US-82 West from Paris, take FM 79 West to FM 2820 West. Travel 1 mile to camp entrance on right.



[5]ACA AD.4.1
[6]ACA AD.44.2
~~[6]ACA AD.4.1~~

DURING CAMP

Campers will be busy with camp life once they arrive. The first day, campers of all ages will have a chance to meet other troops/families, tour camp, swim at the waterfront, and enjoy our opening campfire. During the week campers will enjoy several fun activities.

TYPICAL DAY AT CAMP

- Morning wake up
- Flag ceremony, singing trees, and breakfast
- Morning activities
- Lunch
- Turtle time (rest)
- Afternoon activity and Trading Post
- Flag ceremony, singing trees, and dinner
- Evening activity
- Wind-down time

~~ACTIVITIES AT CAMP~~[7]

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KAPERS

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Kapers are chores or jobs that are an essential part of camp. Kaper Charts in main areas indicate which chores Girl Scouts are responsible for.

Some k~~K~~apers at Camp Gambill include:

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- Flag up

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- Flag down

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- Table h~~H~~oppers

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- Dining hall clean up

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ACTIVITIES AT CAMP

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- Camp staff will lead structured camp activities, including target sports, crafts, waterfront activities, and evening activities.
- All activities are optional; campers have the choice of attending the activities they would like to do. Other options for campers to enjoy at their leisure include board games, outdoor sports, and more!
- Family and troop adults are responsible for supervision of campers at ALL times at camp, including maintaining safety-wise ratios during activities, while walking around camp, and during free time.[8]

ACCOMMODATIONS

- Cabins are not locked. Personal valuables are best left at home, locked in your car, or kept with you at camp.
- Families will be sharing group latrines with other families. There will be women's latrines and men's latrines. Latrines will be located within the same area as the cabins. Latrines have private stalls for toilets and showers.
- Pets are not permitted at camp. Certified service animals are welcome.

SENDING EMAILS WITH BUNK1

- Emails - For a small fee, family members can send emails to campers to be distributed during daily mail call ~~Thursdays~~ Fridays and ~~Fridays~~Saturdays. Please be aware that campers do NOT have access to respond to emails.

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[7]ACA AD.38.1

[8]ACA ST.35.1

~~WORKING THROUGH~~OVERCOMING MISSING HOME

It is not uncommon for a camper to miss home in a new environment. Campers can successfully work through challenging feelings to enjoy camp to its fullest.

If your girl is nervous about missing home, you may want to brainstorm how she can tackle any challenging feelings that arise during camp, such as by:

- Focusing on the things at camp she is excited about
- Writing feelings in a journal or a letter
- Saying a favorite poem or song
- Remembering that she is courageous and strong and recalling times she has used courage and strength to overcome challenges

ILLNESS OR INJURY[9]

Routine minor complaints, such as headaches, stomachaches, scrapes, and bruises, are handled by your troop's first aid certified volunteer or family member. Troops and families should bring a fully stocked first aid kit to fit the needs of your campers.

Please notify camp staff if a camper needs to leave in case of major illness or injury. Examples include:

- COVID-19
- Any injury or illness requiring transport to a medical facility
- Any specific concerns that last more than four hours, such as fever or vomiting.

Emergency action plan information sheets are posted in every cabin and building on camp. These include the nearest hospital and emergency numbers.

Please contact camp staff if an emergency arises. We can make necessary calls for emergency vehicles and direct them around camp.

CAMP SAFETY[10]

- Access to camp properties is limited to campers, staff, certified program providers, volunteers, and delivery vehicles.
- GSNETX camp properties are equipped with a security gate that will remain~~ed~~ closed. Troop and family campers are free to leave the property and return as they choose.
- Emergency action plans are in place in the event of a natural disaster and other reasonably foreseeable emergencies. All staff on-site are trained in all emergency situations such as power outages and other local threats and natural disasters typical of the area.[11, 12]
- To maintain a positive environment for all campers, the following are NOT permitted at GSNETX camp:
    - No smoking (cigarettes, electronic cigarettes or vaping, or other substances)
    - No alcoholic beverages, tobacco, or illegal drugs
    - No firearms, fireworks, or weapons (except council-provided target sports activities) alcohol, tobacco
    - No pets. Registered service animals are welcome.
    - No explicit or harmful language, or volatile expressions of emotion.[10]

Camp staff reserve the right to ask campers to leave camp (without refund) if they are not complying with camp policies or if they are creating a hostile environment for other

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campers. Any concerns can be shared with the camp director or assistant director.

[9]ACA AD.43.1 | [10]ACA AD.16.1 | [11]ACA AD.19.1 | [12]ACA ST.23.1

~~[9]ACA AD.38.1~~
~~[8]ACA ST.35.1~~

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~~**Please notify camp staff if a camper needs to leave in case of major illness or injury. Examples include:**~~

- ~~COVID-19~~
- ~~Any injury or illness requiring transport to a medical facility~~
- ~~Any specific concerns that last more than four hours, such as fever or vomiting.~~

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- ~~GSNETX camp properties are equipped with a security gate that will remained closed. Troop and family campers are free to leave the property and return as they choose.~~
- ~~To maintain a positive environment for all campers, the following are NOT permitted at GSNETX camp: firearms, fireworks, alcohol, tobacco, illegal drugs, electronic cigarettes or vaping, explicit or harmful language, or volatile expressions of emotion.[10] Camp staff reserve the right to ask campers to leave camp (without refund) if they are not complying with camp policies or if they are creating a hostile environment for other campers. Any concerns can be shared with the camp director or assistant director.~~
- ~~Emergency action plans are in place in the event of a natural disaster and other reasonably foreseeable emergencies. All staff on-site are trained in all emergency situations such as power outages and other local threats and natural disasters typical of the area.[11, 12]~~

CAMP DEPARTURE[13]

Check-out is from 10~~pa~~am – ~~3~~12pm on departure day in the Dining Hall.

THINGS TO DO FOR CHECK-OUT

- Please tidy up your space and leave it as you found it.!
- Please ~~bring back~~return the breaking camp form, filled out and signed.

[9] ~~ACA AD.43.1~~
[10] ~~ACA AD.16.1~~
[11] ~~ACA AD.19.1~~
[12] ~~ACA ST.23.1~~
[13] ACA AD.4.1