

# 2025

## *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 [campgambill@gsnetx.org](mailto:campgambill@gsnetx.org).

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Dear Girl Scout Caregiver,

We are so thrilled that your Girl Scout will be joining us at Camp Gambill this summer! This information will help you and your camper prepare and make the best of their experience.

If you have any questions regarding the information enclosed, please contact the Camp Gambill team at [campgambill@gsnetx.org](mailto:campgambill@gsnetx.org).

We can't wait to see you soon!

*Liz Wilson*

Liz Wilson  
Visitor Experience Coordinator

*Brad Sullivan*

Brad Sullivan  
Camp Director

CAMP GAMBILL



GIRL SCOUT CAMP  
EST. 1947

# 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 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<sup>1</sup>

- Dietary Needs Form
- 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 needed as all programming will be led by staff member.<sup>2</sup>
- Camper health history forms (part of annual troop paperwork for parents/caregivers)
- Camper annual troop permission slip (part of annual troop paperwork for parents/caregivers)

*\* For assistance with UltraCamp, please contact [CustomerCare@gsnetx.org](mailto: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.*

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<sup>1</sup>ACA AD.44.1 | <sup>2</sup>ACA AD.42.1



## CAMP CULTURE CODE<sup>5</sup>

GSNETX will be an organization that fosters a just and fair Girl Scout community that strengthens our staff, volunteers, and girls. We are committed to removing barriers and creating an empowering experience for all through a culture of belonging.

The Camp Culture Code is intended to set expectations for campers, camp staff, and families ahead of their time at camp. The Culture Code is a pledge to ensure everyone at camp feels valued and safe. Together, we can create a safe and supportive environment that celebrates who we are as authentic individuals. In an effort to help us all come to camp informed and empowered to be a part of our safe space, we ask everyone to commit to upholding the Camp Culture Code.

We ask that you review this document in its entirety.

Camper and caregiver acknowledge these expectations and will meet them.

It is an expectation of everyone in the camp community to respect one another. Respecting one another's beliefs means making space for them to believe what they do, without judgment. It does not mean that someone else needs to adjust their lifestyle or beliefs to align with someone else's.

Camp is a place where everyone can feel comfortable being their authentic self. GSNETX dedicates ourselves to making all youth feel welcomed, included, seen, heard, and safe. In the space of camp, this culture is especially empowering for youth. Our campers develop the confidence to know who they are, to feel that they are valued, and to experience the warmth and kindness of peers and mentors.

We strive to be a supportive community – one that provides equitable access for all, including those who require additional physical, mental, social, or emotional support. Breaking down barriers and providing access is our ultimate goal, and we use a combination of reasonable accommodations and accessibility to create a culture of belonging.

At Girl Scouts of Northeast Texas, we live by the Girl Scout Promise and Law and are committed to creating a culture of belonging for all.

### GIRL SCOUT PROMISE

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.

*\*Members may substitute for the word God in accordance with their own spiritual beliefs.*

### GIRL SCOUT LAW

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.

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. Rules and policies are established for safety and to ensure that we have a common standard of behavior. The following expectations are essential to the particular environment we support. Please discuss these with your camper and ensure that camper and caregivers can commit to meeting the expectations.

- Campers will actively contribute to a supportive and empowering environment by neither participating in nor tolerating bullying of any kind. Upon witnessing or becoming aware of bullying, campers are expected to promptly report the incident to camp staff.

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<sup>5</sup>ACA AD.4.1

- Campers are expected to demonstrate personal responsibility by taking care of themselves, their belongings, and each other, maintaining personal hygiene and health needs, and actively participating in camp chores to foster a cooperative and supportive community.
- Camp offers a valuable opportunity to disconnect from technology distractions and focus on the present camp experience. No electronic devices may be brought to sleepaway camp. For families and troops, we strongly encourage that electronic devices be limited to adult use for safety and communication related to camp.

Camp staff work hard to help campers adjust to cooperative camp life and have a successful week, and in most cases challenging behavior can be suitably resolved. Please note: GSNETX reserves the right to dismiss a camper from camp early, at family expense and without refund, if participation is deemed unsafe due to environmental, physical, emotional, or other endangerment to themselves or others.

## **CAMP COUNSELORS**

At GSNETX, we work hard to hire a diverse group of staff. All camp staff undergo a rigorous application and interview process, must pass a thorough background check, and complete training on camper safety, mental health, waterfront lifeguarding, target sport training 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.<sup>3</sup>

## **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.

### **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.
- During Troop Camp, 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.

## **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.

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<sup>3</sup>ACA AD.41.1

There will be limited Wi-Fi availability. 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. There will be water stations at each activity spot.
- We make use of sunscreen, shade, and have time for rest in the cabins during the hottest part of the day.

## **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 [campgambill@gsnetx.org](mailto:campgambill@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 [campgambill@gsnetx.org](mailto:campgambill@gsnetx.org) to make plans before your camper arrives.

## **CABIN SPACES AT CAMP GAMBILL**

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

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

## **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 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!

# CAMPER PACKING LIST

(\*Print out the list and check off items as you pack. \*Please bring comfortable, modest clothing that can withstand getting dirty outdoors.)

## Clothing

- ☐ 4 t-shirts (must cover shoulders and stomach)
- ☐ 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*

## Toiletries

- ☐ Medications (labeled with camper name and in adult volunteer or parent possession)
- ☐ Ziptop bag or small toiletry bag for carrying items to the latrine
- ☐ Toothbrush and toothpaste
- ☐ Comb or brush
- ☐ Ponytail holders as needed
- ☐ Soap
- ☐ Shampoo and conditioner (travel-size)
- ☐ Shower cap, if desired
- ☐ Sleeping bonnet, if desired
- ☐ Deodorant
- ☐ Menstrual supplies as needed
- ☐ Sunscreen and Insect repellent

## Linens

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

## Other items

### Required:

- ☐ Water bottle
- ☐ Flashlight or headlamp and extra batteries

### Optional:

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

## Luggage to bring and how to pack

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

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

## Do not send

- Jewelry- risk of loss



Highlighted items can be purchased at the GSNETX shop.



# CAMP ARRIVAL<sup>5</sup>

## 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<sup>6</sup>

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 (exception: limited amount of medication for life-threatening conditions may be carried by camper or leader, such as epi-pen or asthma inhaler).

## CHECK-IN FOR CAMPERS

### Camp Gambill

47 Camp Gambill Drive  
Sumner, TX 75486

972-922-0116

[campgambill@gsnetx.org](mailto:campgambill@gsnetx.org)

**Camper check-in is from 1pm – 2pm 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, 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.

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<sup>5</sup>ACA AD.4.1 | <sup>6</sup>ACA AD.44.2

# 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, participate in camp activities and enjoy our opening campfire. During the week campers will enjoy several fun activities.

## TYPICAL DAY AT CAMP

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

## KAPERS

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 kapers at Camp Gambill include:

- Flag up
- Flag down
- Table hoppers
- Dining hall clean up

## ACTIVITIES AT CAMP<sup>7</sup>

- 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.<sup>8</sup>

## 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 Fridays and Saturdays. Please be aware that campers do NOT have access to respond to emails.

## 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:**

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<sup>7</sup>ACA AD.38.1 | <sup>8</sup>ACA ST.35.1

- 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
- Asking a friend or adult for a hug or other encouragement

## ILLNESS OR INJURY<sup>9</sup>

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<sup>10</sup>

The safety of our campers is a top priority and camp staff is trained in emergency procedures.

- 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 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.<sup>11, 12</sup>
- 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.<sup>10</sup>

If a participant is wearing a cast, boot, brace, etc., they must have a medical release from a doctor stating activities they are permitted to participate in as well as any limitations. Camp staff reserve the right to decline participation in regard to safety.

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.

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<sup>9</sup>ACA AD.43.1 | <sup>10</sup>ACA AD.16.1 | <sup>11</sup>ACA AD.19.1 | <sup>12</sup>ACA ST.23.1

# CAMP DEPARTURE<sup>13</sup>

**Check-out is from 10am – 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 return the breaking camp form, filled out and signed.

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<sup>13</sup>ACA AD.4.1