

2025

girl scouts
of northeast texas

Parent/Guardian Guide to Sleepaway Camp at **Camp Bette Perot**



972-349-2400 | 2008 An Co Rd 458 | Palestine TX 75803

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.¹ We can't wait to welcome your camper to camp this summer!²

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 214-770-1452 or email us at campbetteperot@gsnetx.org.

¹ACA CR.2.1 | ²ACA CR.2.4

TABLE OF CONTENTS

BEFORE CAMP.....	3
Required Paperwork.....	3
Camp Culture Code.....	3
Camp Counselors.....	4
Preparing for a successful experience.....	5
Is your camper ready for summer camp?.....	5
Overcoming missing home.....	6
Dietary Needs.....	6
Religious accommodations.....	6
Camper Mail.....	7
 CAMPER PACKING LIST.....	 8
 CAMP ARRIVAL.....	 9
Things to bring to camper check-in.....	9
Check-in for campers.....	9
How to find camp.....	9
 DURING CAMP.....	 10
Typical day at camp.....	10
Kapers.....	10
Sending emails and viewing photos with Bunk1.....	10
Missing home.....	11
Illness or injury.....	11
Camp safety.....	11
Family emergency.....	11
 CAMP DEPARTURE.....	 12
Pick-up of campers.....	12
Bring to camper Pick-up.....	12
Lost and found.....	12

Dear Girl Scout Caregiver,

We are so thrilled that your Girl Scout will be joining us at Camp Bette Perot 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 Bette Perot team at campbetteperot@gsnetx.org.

We can't wait to see you soon!

Renee Pierson

Renee Pierson
Visitor Experience Coordinator

Melissa Pipes

Melissa Pipes
Equestrian Center Manager



BEFORE CAMP

REQUIRED PAPERWORK

☐ **Camper health profile online via CampDoc³**

After registration, you will receive an email from **CampDoc** with a username and instructions for completing the profile. The profile includes:

- Emergency contacts and health insurance
- Camper health history, dietary needs, allergies, medications, illness action plan, mental health needs, emotional needs, social needs, and special needs (no physical exam form required)
- Immunization records
- Buddy request
- Camp culture code agreement

☐ **Medication form from CampDoc**

After completing the medications section of the camper health profile, please print the Medication form and bring with you to camper check-in.

*For assistance with CampDoc, please contact them directly via their website: **CampDoc.com***

☐ **Camper Release Form - gsnetx.org/camperrelease**

Bring this form with you to camper check-in so we know who to release your camper to on closing day.⁴ Please bring an additional copy for subsequent check-ins if your camper is attending multiple sessions.

CAMP CULTURE CODE⁵

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.

³ACA AD.11.1 | ⁴ACA CR.23.1 | ⁵ACA CR.1.1

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.
- 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 from our local communities and internationally from around the world. We believe girls greatly benefit from learning and working closely with those who are different from themselves. 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 counselors are trained to create a positive group environment, facilitate teambuilding, foster belonging, and support independence. At least two un-related female counselors will reside in each cabin at Camp Bette Perot. This aligns with GSNETX Volunteer Policies and Procedures.

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:

Is your camper ready for Summer Camp? Now is the best time to start practicing these things to ensure your camper is a pro by the time she comes to camp. Review this list to ensure camp readiness⁶

- 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.

Camping progression

- Camp activities progress by age and beginning with girls going into 5th grade, they will have choices of activities to participate in throughout the day.⁷
- Girls going into 5th grade will meet the epic challenge of Raccoon Ridge, the platform tent unit. Platform tents are the original Girl Scout camp experience and foster a camper's progression, grit, and accomplishment.
- The tents have giant fans, wood floors, wood support frames, heavy canvas roofs and sides that can be rolled up or down as needed, and beds equipped with bed nets, cubbies, and twinkle lights to make it cozy.

Independence means no direct communication during camp

- This is a chance for girls to have independent adventures, to keep in touch through mail, and to reconnect with family at the end of the week. Girl and caregivers must be comfortable forgoing all direct contact for the week (no phone calls, email responses, or other direct updates).
- Please do NOT tell your camper they can call home during camp, even if they begin missing home.

New friends and old friends

- Most girls attend camp for the first time without a friend they already know, and counselors work to foster friendships in camper groups.
- We are fortunate to host a diverse community at camp, and campers can expect the opportunity to live and play with girls and leaders who are different from one another. Differences may include geography, family structure, race and ethnicity, culture, appearance, ability, interests, and more.
- For girls attending with a favorite buddy, the buddy request can be made in CampDoc and we make an effort to accommodate ONE mutual buddy request in the same grade level where possible, but buddy requests will not be guaranteed. Housing assignments are carefully made to support a healthy camp living environment for the group. You can help your girl by encouraging her to make new friends in their unit, and please do NOT assure your girl that she will be housed with a particular person. If a girl is only willing to attend camp on the condition that her housing assignment is guaranteed, we would like to suggest family or troop camp at Camp Gambill instead, where camping groups determine their own housing assignments.
- All campers have opportunities to see their favorite campers of different ages throughout the week.

⁶ACA AD.32.1 | ⁷ACA AD.32.1

Overcoming missing home

It is not uncommon to experience missing home in a new environment, and campers can successfully work through challenging feelings to enjoy camp to the fullest.

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

- Asking a friend or counselor for a hug, high-five, or holding hands
- Focusing on the things at camp she is excited about
- Writing feelings in a journal or a letter
- Practice communicating needs with a trusted adult
- 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

Please remind your girl that she will stay the entire week, and do NOT tell her she can leave early.

No technology at camp

- Camp is a chance to disconnect from technology and connect with community and the great outdoors.
- Cell phones, tablets, computers, e-readers, smart watches, or similar electronic devices are not permitted at camp.
- If a camper arrives at camp with a cell phone or electronic device, it will be held by Camp Administration until the end of camp. **The camp, camp staff, and GSNETX are not responsible for lost or damaged cell phones/electronic devices.**

No visitors during camp

- Family and friends do NOT visit camp while the camp program is in session.

Summer camp in Texas is hot

- The majority of the day at camp is spent outdoors.
- Camp days are typically sunny and hot, and we still have lots of fun even when we are hot.
- We make use of sunscreen, shade, and having a rest in cabins or tents during the hottest part of the day.

DIETARY NEEDS

Dietary specifications are included in the health profile completed via CampDoc. 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 your camper has more sensitive dietary needs, please contact us at campbetteperot@gsnetx.org prior to June 1 to see how we can accommodate her.

Please ensure your camper is aware of the dietary needs they are expected to follow.

RELIGIOUS ACCOMODATIONS

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

CAMPER MAIL

Mail time is a favorite each day! Families are encouraged to send letters to their camper throughout the week, and planning ahead makes this possible. Mail can be sent in these ways:

- Drop off mail in the designated bin at camper check-in (when leaving camp property), marked with camper first and last name, along with delivery date (Monday through Thursday).
- Send mail via USPS, marked with camper name and camp address (found on cover of this booklet). Consider mailing early to ensure timely delivery.
- Send email via Bunk1 (send Sunday through Wednesday for timely delivery Monday through Thursday.) Bunk1 details are shared at camp check-in.

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. Campers manage their own belongings at camp. Please include your camper in the packing process.)

- Camp lasts 6 days, however we request 7 of certain items in case an extra is needed.
- Please bring comfortable, modest clothing that can withstand getting dirty outdoors.
- When planning hairstyles for camp, please be aware that safety helmets, worn for some activities, must fit snugly onto the head. Ensure camper hairstyle allows a helmet to fit properly onto the head.
- All belongings should be clearly marked with full camper name.
- All belongings should be clearly marked with full camper name.

Clothing

- ☐ 7 t-shirts (must cover shoulders and stomach)
- ☐ 7 pairs shorts (with inseam at least 3")
- ☐ Long sleeve shirt
- ☐ 2-3 pairs of jeans or pants
- ☐ 1-2 pairs of pajamas
- ☐ 7 pairs of underwear
- ☐ Swimsuit (one-piece or modest two-piece that covers the stomach)
- ☐ Swim shirt, swim shorts, optional
- ☐ 7 pairs of socks (plus 1-2 pairs tall socks, optional, to wear with boots)
- ☐ 1-2 pairs of tennis shoes with closed toes and heels
- ☐ Sandals that strap onto your feet (like Chaco or Teva) or aqua socks (optional)
- ☐ Flip flops to wear in showers only, or use sandals
- ☐ Hat
- ☐ Raincoat or poncho
- ☐ Headscarf, if desired

* Some younger campers benefit from having each day's clothing packed in a zip top bag labeled with the day.

Linens

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

Toiletries

- ☐ Medications (in ziptop bag with camper name and medication form, turned in at check-in)
- ☐ 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 for haircare, if desired
- ☐ Deodorant
- ☐ Menstrual supplies as needed
- ☐ Sunscreen and insect repellent (in ziptop bag with camper name)

Other items

Required:

- ☐ Water bottle
- ☐ Flashlight or headlamp and extra batteries
- ☐ Mess kit (spoon, bowl, plate, and cup in mesh bag)

Optional:

- ☐ Swim goggles, swim cap
- ☐ Boots with a heel (boots available in all sizes at our barn)
- ☐ Stationery (stamped/addressed envelopes, paper, pen)
- ☐ Small comfort object (such as a stuffed animal), book, card game, camera
- ☐ Religious items if needed (please see note about religious accommodations on pg. 7)
- ☐ Printed family photo to remind you of home
- ☐ Sunglasses
- ☐ Bandana (for a variety of uses)

* Please limit your packing to the items included on this list.

Luggage to bring and how to pack

- ☐ Backpack (used 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 or tents, so rolling suitcases and trunks are not manageable.

Do not send⁸

- Money – no place to spend it
- Snacks, candy, or drinks – all food during camp is provided
- Mosquito netting – bed nets are provided in platform tents
- Jewelry – risk of loss
- Clothing related to alcohol or drugs or that contributes to an exclusive environment for other campers/staff
- Technology (cell phones, tablets, computers, iPods, e-readers, cell phone watches, or similar electronic devices) - strictly prohibited



Highlighted items can be purchased at the GSNETX shop.

CAMP ARRIVAL

THINGS TO BRING TO CAMPER CHECK-IN

- Camper luggage (backpack, duffel bag, and laundry bag)
- Any mail you are dropping off (please see details on camper mail)
- The pop-up shop will be open only during check-in for parents to purchase camp items for your girl(s). Please bring money if you wish to shop.

Camper Release Form - gsnetx.org/camperrelease

MEDICATIONS

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

All medications (including inhaler or Epi-Pen) must be:

- Clearly marked with camper name
- Stored in the original prescription container
- Prescriptions must be labeled and prescribed for person taking
- Unexpired
- Placed in a zip-top bag labeled with camper name
- Accompanied by medication form (printed from CampDoc)

Please do not bring occasional over-the-counter medications to camp, except for daily allergy or similar medications.

Medications will be kept with the camp nurse and administered as specified, except rescue medications which will be kept by your camper or your camper's counselor.

HOW TO FIND CAMP

Camp Bette Perot

Take TX-19 South from Athens (21 miles) or TX-19 North from Palestine (14 miles).

Turn west onto An. Co. Rd. 459, where there is a camp sign on the west side of the highway just south of the turn.

Travel 2 miles until the road Ts and turn left onto An. Co. Rd. 458.

Drive 0.5 miles to camp entrance on the left.

If searching on GPS, search for Camp Bette Perot parking lot.

CHECK-IN FOR CAMPERS

Camp Bette Perot

214-770-1452
2008 An Co Rd 458
Palestine, TX 75803

Camper check-in at camp is from 1 pm to 2 pm on arrival day.

Please arrive during this time window to facilitate a positive start to the camp week for your camper.

Campers arrive after lunch, so please ensure your camper has eaten lunch before arriving for check-in. Please be prepared to wait in your vehicle through the check-in process.

The check-in process includes:

- Brief camper health screening for temperature and head lice
- Dropping off camper and luggage
- Submitting medication form and medications, if applicable
- Submitting camper release form
- Dropping off any mail you have brought

In order to prevent head lice transmission at camp, campers are screened for lice during the check-in process. If lice or nits are present, check-in for that camper is delayed for treatment off property by parent/guardian, and they can return to camp in 24 hours with successful resolution.

Families unload their camper and luggage and then say goodbye at the center of camp, and families depart camp from there. Camp starts immediately as campers join their group and move into cabins and tents. Families do NOT visit camper living spaces or tour camp.

DURING CAMP

Campers will be busy with camp life as soon as they arrive. The first day, they get to know the other girls and counselors in their cabin or tent, tour camp, get their camp t-shirts, sing songs, become familiar with our dining hall routine at dinner, and enjoy camp traditions at opening campfire. The week goes by quickly!

TYPICAL DAY AT CAMP

- Morning wake up
- Flag ceremony and breakfast
- Morning activities
- Lunch
- Turtle time (rest)
- Afternoon activity
- Trading post and Free time
- Kapers
- Afternoon activity
- Flag ceremony and dinner
- Evening activity
- Sunset time and showers
- Flashlight time and lights out

Girls experience independence in our safe and supportive camp environment. The week at camp is centered around the horses with a trip to the barn being the highlight of each day. Campers can also swim, shoot archery and slingshots, join in a ropes course challenge, try their hand at leatherworking, make a tie-dye t-shirt, and more.⁹ The camp activities progress by age and as girls grow through the program they get fun new opportunities.

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 Bette Perot can include:

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

SENDING EMAILS AND VIEWING PHOTOS WITH BUNK1

We work with Bunk1 for email delivery to campers and to share camp photos with families. Information about Bunk1 will be provided at camper check-in.

Emails - For a small fee, family members can send emails to campers to be distributed during daily mail call Monday through Thursday. Please be aware that campers do NOT have access to respond to emails.

Photos - We take photos during the week to provide families with a glimpse of camp life, and these can be viewed for free. We know you are eager to see a glimpse of your camper enjoying camp life! We will make every effort to provide three photos of each camper, including a group photo of their unit. We aim to begin posting photos Monday evening, but sometimes photos are delayed. Please be assured our staff's time is focused on your camper rather than on the camera.

If you do not want your camper's photo taken at camp, you must email campbetteperot@gsnetx.org at least one week prior to the start date of the session to inform camp staff. Please include your camper's full name and dates of attendance.

⁹ACA AD.33.1

MISSING HOME

Missing home is a natural part of adjusting to a new environment, and our camp staff are here to help campers succeed through any feelings of missing home that arise. We support feelings of missing home from campers in the following ways:

- Comforting her feelings
- Teaching strategies for self-soothing and adapting to challenges
- Engaging her with friendships and fun
- Addressing any problems that are upsetting the camper

Missing home is generally resolved within the first 1-2 days of camp.

ILLNESS OR INJURY

Routine minor complaints, such as headaches, stomachaches, scrapes, and bruises, are handled by our camp nurse, and caregivers will NOT be notified. In the event of major illness or injury, you will be contacted. Examples of health situations that result in caregivers being contacted include:¹⁰

- Symptoms of COVID-19
- Fever over 100°F for more than four hours
- Any injury or illness requiring transport to a medical facility
- Any injury or illness involving a stay of more than four hours in health care
- Any specific symptoms that concern staff, such as ongoing vomiting
- Menstruation that begins for the first time at camp

In limited cases, a camper must be picked up early due to significant illness or injury.

CAMP SAFETY

Safety of our campers is a top priority and camp staff are 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.
- In the event of an emergency affecting a camper, camp directors will notify the camper's emergency contact on file.

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.

FAMILY EMERGENCY

If you have an emergency and need to reach camp, please contact the Visitor Experience Coordinator at 214- 770-1452.

¹⁰ACA HW.8.1

CAMP DEPARTURE

PICK-UP OF CAMPERS

Camp Bette Perot
2008 An Co Rd 458
Palestine, TX 75803

Pick-up is 1 pm to 2 pm on closing day.

BRING TO CAMPER PICK-UP

A government issued photo identification matching the camper release submitted at camp check-in. Please communicate this to any relatives picking up your camper. We cannot release your camper without photo identification matching the camper release form.

Families meet campers at the center of camp. Families do NOT visit camper units or tour camp. Camp staff will assist campers with loading luggage into vehicles.

LOST AND FOUND

If your girl is missing anything, please call camp at 214-770-1452 to see if it can be located in the lost and found. Items can be left in the package pickup box at the front of camp or transferred to any of our shop locations for you to pick up. Items not picked up by **August 31** will be donated.