

2026

girl scouts 
of northeast texas

Parent/Guardian Guide to Day Camp Camp Whispering Cedars



6010 Whispering Cedar Dr | Dallas, TX 75236

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 214-769-4089 or email us at campwhisperingcedars@gsnetx.org.

¹ACA CR.2.1 | ²ACA CR.2.4.

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Dear Girl Scout Caregiver,

We are so thrilled that your Girl Scout will be joining us at Camp Whispering Cedars 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 team at campwhisperingcedars@gsnetx.org.

We can't wait to see you soon!

Rachel Royall
Camp Director



GIRL SCOUT CAMP
EST. 1926

BEFORE CAMP

REQUIRED PAPERWORK

Camper health profile online via CampDoc¹

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](https://www.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.² Please bring an additional copy for subsequent check-ins if your camper is attending multiple sessions.

CAMP CULTURE CODE³

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 commit to meeting 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.

¹ACA AD.11.1 | ²ACA CR.23.1 | ³ACA 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.

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.



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.

PREPARING FOR A SUCCESSFUL EXPERIENCE

As a participant in summer camp at Camp Whispering Cedars at The STEM Center of Excellence, day campers achieve the following:^{4,5}

- Feel like they belong and develop a strong sense of self
- Improve healthy relationships by communicating ideas with others,
- Increase in STEM value through use of science, technology, engineering, or math to do something that matters to them,
- Outdoor environmental stewardship, and
- Seek challenges and keep trying when things are hard.

Camping progression

Camp activities progress by day and are dependent on the age of the camper. They will have choices of how to participate in activities throughout the day.⁶

Camp activities are supervised by trained staff, and participation is based on camper age, readiness, and safety requirements.

HEALTH & SAFETY

CAMP SAFETY

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

Campers are supervised at all times by trained camp staff during all camp activities and transitions throughout the camp day. Access to camp is limited to campers and council staff. No visitors are permitted except for delivery vehicles. GSNETX camp properties have a security gate that is closed at all times except during check-in time/check-out.

To maintain a positive environment for all campers, the following are not 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.⁷

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.

MEDICATIONS

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

All medications (including inhaler or EpiPen) must be:

- Clearly marked with camper's name
- Stored in the original container
- Must be labeled and prescribed for person taking
- Unexpired
- Place medication in a zip-top bag 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. All medications, including over-the-counter and vitamin-type, must be prescribed by healthcare provider and written documentation must be brought to camp.

Medications will be kept with camp nurse and administered as specified, except rescue medications which will be kept by your camper or camp staff. Medications will be kept in a lock box during your camp session. Health Officer will hand you back the medication.

Insect Repellent/Sunscreen

GSNETX does not provide insect repellent or sunscreen. Send insect repellent and sunscreen, clearly labeled, in a zip-top bag. (Notify the Camp Counselors when your Camper arrives and leave them in campers' bag with a swimsuit and towel.)

ILLNESS AND INJURY

Routine minor complaints, such as headaches, stomachaches, scrapes, and bruises are handled by our camp health officer, 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.⁸

- 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 staff will provide immediate care and arrange emergency medical treatment when necessary to protect camper health safety.

When listing emergency contact information, make sure that these individuals are available to pick your camper up from camp if an emergency occurs. **If we are unable to contact someone to pick up your camper, they will remain in the Health Lodge with a camp team member until someone is able to pick them up.**

MEALS & DIETARY NEEDS

Be sure your camper eats a meal BEFORE coming to camp. Lunch will be provided, as well as a morning and afternoon snack.

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 and cannot guarantee that we are an allergen free facility. If your camper has more sensitive dietary needs, please contact us at campwhisperingcedars@gnetx.org no later than 2 weeks prior to your camp. Please ensure your camper is aware of the dietary needs they are expected to follow.

All snacks provided are healthy individually sized options that could include – popcorn, fruit chips, pretzels, granola bars, cheez-its, animal crackers, etc.



CAMPER PACKING LIST

Campers must arrive dressed appropriately for camp activities each day:

- Shorts must have at least 3-inch inseam
- Shirts must cover shoulders (no tank top or spaghetti straps)
- Closed-toed, closed-back shoes (no Crocs)


Pack everything into a backpack labeled with camper's name. Do not overpack. Campers are responsible for carrying and keeping track of their belongings.

You will need a ziptop bag for each of the following:

- **Ziptop bag #1:** Medications and signed Medication Form (medications must be in original container and labeled with camper's name). Must be turned in at check-in.
- **Ziptop bag #2:** Insect repellent and sunscreen (clearly labeled with camper's name on each item).

Items will be checked at arrival.

MARK EVERYTHING WITH CAMPER'S NAME

REQUIRED	OPTIONAL
<input type="checkbox"/> Backpack to carry items in	<input type="checkbox"/> Hair Brush (after pool)
<input type="checkbox"/> Medication form & prescriptions	<input type="checkbox"/> Light jacket or sweatshirt/hoodie
<input type="checkbox"/> Bathing Suit – one-piece or modest two-piece that covers the stomach	<input type="checkbox"/> Sunglasses
<input type="checkbox"/> Swim towel	<input type="checkbox"/> Swim Goggles
<input type="checkbox"/> Ponytail holders for long hair	<input type="checkbox"/> Swim Cap
<input type="checkbox"/> Raincoat or poncho (as needed)	 HIGHLIGHTED ITEMS CAN BE PURCHASED AT THE GSNEX SHOP.
<input type="checkbox"/> Hat or bandanna – to prevent sunburn on scalp/face	
<input type="checkbox"/> Headscarf, if desired	
<input type="checkbox"/> Sunscreen (waterproof/sweat-proof, spray preferred)	
<input type="checkbox"/> Insect Repellant, spray preferred	
<input type="checkbox"/> Reusable water bottle	
<input type="checkbox"/> Menstrual supplies as needed	

DO NOT SEND:⁹

- Money - there is no place to spend it
- Jewelry - risk of loss or damage
- Inappropriate clothing (midriff, halters, tube tops, or clothing related to alcohol, drugs, or that contributes to an exclusive environment for other campers).
- Technology (cell phones, tablets, computers, iPods, e-readers, cell phone watches, or similar electronic devices – strictly prohibited)

CAMP ARRIVAL

THINGS TO BRING TO CAMPER CHECK-IN

Please have the following ready at check-in:

- Camper Release Form
- Any medications (to be turned in to the Health Officer)

CAMP CHECK-IN TIMES

Check-in Location: Welcome Center

Regular Check-in Time: 8:30 a.m.–9:00 a.m.

Day Camp begins at 9:00 a.m.

Before and After Care are NOT offered.

Arrival Process:

- Check-in is drive-thru only. Parents/guardians must remain in their vehicles.
- Turn in Camper Release Form and any medications on the first day of camp.
- Ensure campers have their water bottle, sunscreen, bug spray, towel, and swimsuit.
- A Camp Counselor will escort campers to their Day Camp group once they exit the vehicle.
- After drop-off, please exit camp using the one-way roadway and observe the 10 MPH speed limit.

Check-in and check-out times are firm. If you are running late or your camper will be absent, please contact the camp directly at (214) 769-4089.¹⁰

DURING CAMP

TECHNOLOGY

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. Disposable cameras are 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 electronic devices.**

PHOTOS

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

We take photos during the week to provide families with a glimpse of camp life, and these can be viewed for free. 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 on Monday evening, but sometimes photos are delayed. Please be assured our staff's time is focused on your camper rather than on the camera.

¹⁰ACA AD.23.1

CAMP DEPARTURE

CAMP CHECK-OUT TIMES

Check-out Location: Welcome Center

Regular Check-out Time: 5:00 p.m.

All campers must be picked up by 5:15 p.m.

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. Campers will only be released to individuals listed on the Camper Release Form with matching identification.

Pick-up will be conducted as a drive-thru process. Parents/guardians will remain in their vehicles.

LOST AND FOUND

If your girl is missing anything, please call camp at (214) 769-4089 to see if it can be located in the lost and found. Pickup can be arranged for any lost items located at camp. Items not picked up by **August 31** will be donated.





Energy in Motion Zone

Cedar Lodge Cabins

Outdoor Soundscape

Reflection Area

Templeton Lodge

Welcome Center & Offices

Courtyard

Program Center

Observation Tower/Deck

Tower Classroom

Outdoor Classroom

Leadership Center

Outdoor Activities Office

Challenge Course

Education Office

Nature Trail

Fire Circle

Tejas Lodge

Connected Botany Space

Day Use Pavilion

Amphitheater

Hickory Hollow Lodge

Sports Field

Aquatics Center

Low Ropes Course

Target Sports Range

Glen Oaks Cabins

Innovation Center

Geology Trail

GeoQuest checkpoints along trail

Makeher Space

Exploration Center

Butterfly Pavillion

Fossil Dig

Native Plant Garden

Back Path

Main Path

Front Gate

WHISPERING CEDAR DRIVE

Legend

- AED
- Health Lodge
- Tornado Shelter
- Bathroom/Latrine
- Handicap Parking
- Parking
- Pavilion
- Flag Pole
- Fire Circle
- Unit Shelter
- Cabins
- Trails
- Road
- Muster sites
- Evacuation routes

