

GIRL SCOUTS CAMP FAMILY GUIDE

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GENERAL INFORMATION

REGISTRATION

PRE-REGISTRATION & NON-REFUNDABLE DEPOSIT

Pre-registration is required for every camp session.

- Go to www.gsewni.org and choose the session you want.
 - A \$30 (day camp) or \$50 (resident camp) non-refundable deposit per session is required at the time of registration.
 - All camp fees must be paid in full and all camp forms must be completed and returned ***no later than 2 weeks before*** the start of the camp session.
 - Camper registration may be cancelled if full payment and forms are not received by due date.
- You will receive a confirmation email with IMPORTANT INFORMATION after you register. If you do not receive a confirmation email, contact customercare@gsewni.org.
- Camp fees can be paid with Cookie Dough, cash, money order, Visa, MasterCard or check made payable to GSEWNI. Cookie Dough payments must be made in person at the council office or over the phone at (509) 747-8091 ext. 200.

FINANCIAL ASSISTANCE

Girl Scouts strives to make camp available to all girls, regardless of a family's economic situation. To encourage participation, our council has allocated funds to help those in need of financial assistance. Financial Assistance is carefully considered and the amounts offered are based on available funds and need, not merit. These funds are meant to be supplementary and the family/troop/service unit is expected to pay as much as it can towards the program, including the use of Cookie Dough. Applying for assistance does not ensure placement or approval.

Financial Assistance is reviewed when the following conditions are met:

1. Be a currently registered Girl Scout
2. Check that all outstanding debts have been paid to council
3. Register for the camp session(s) and pay all applicable deposits
4. Apply for financial assistance at least 4 weeks before the session

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The Girl Scout Financial Assistance application is available online at <https://gsewni.wufoo.com/forms/w2u8sb61d25jl8/>.

If you would like to make a donation to help send a child to camp, please contact our office. GSEWNI is a non-profit organization and your donation qualifies for tax a deduction, but more importantly, you would be making a difference in a young girl's life.

CANCELLATIONS & REFUNDS

- A full refund is given if a camper cannot be placed in a program or if it is necessary for the council to cancel the program.
- A full refund, minus the non-refundable deposit, will be given if the request is made in writing at least two weeks prior to the start of the selected session, or if the cancellation is due to illness or injury and a physician's note is provided.
- No refunds will be made for campers who arrive late, leave early, attend only part of the program, fail to show up, or for those who are asked to leave because of behavior issues.
- Refund requests must be submitted in writing to customercare@gsewni.org.

FORMS

The following forms must be received no later than **2 weeks before the start of the session.**

- ☐ **Code of Conduct:** Behavior agreement that campers and families sign, agreeing to abide by all camp and council rules. Used as the first reminder if behavior problems arise.
- ☐ **Camper Release Form:** Grants permission for camper to be picked up from camp. Parents must list themselves on the form in addition to any other adult who may pick up the camper. Changes to this form may only be made in person and in writing.
- ☐ **Health History:** Each camper is required to have a health history form. Girls will not be allowed to attend camp without a current form.

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Forms are available by clicking on the links below or you may contact customercare@gsewni.org for a paper copy.

[Day Camp Forms](#)

[Resident Camp Forms](#)

The Girl Scout membership year began on October 1, 2019. Any forms submitted prior to October 1 will not be valid for day camp this summer. However, if you have submitted these forms after October 1, 2019 we only need you to update us on any new medications or health concerns for your camper by resubmitting the relevant pages on the Health History form.

HEALTH & SAFETY AT CAMP

Our camps follow standards set forth by Girl Scouts of the USA and the American Camp Association. A qualified health supervisor is on duty at all times to supervise the distribution of medications and oversee the health and wellness of campers and staff. All camp staff are First Aid and CPR-certified and trained to respond to minor scrapes, bumps and bruises.

HEALTH CHECK/LICE POLICY

Upon arrival, all campers receive a health screening by trained staff. Any camper with a temperature over 100°, who has evidence of nits or lice, or who is otherwise ill will be sent home. After a minimum of 24 hours, if there is no longer evidence of head lice or nits, the camper may return to camp with approval from the Camp Director. Camp fees are not refunded when a camper is sent home with a pre-existing condition.

ALLERGIES

Through information provided by you on your camper's Health History, we attempt to identify and reduce the use of ingredients that may cause allergic reactions for those with food allergies. Please describe in detail on this form any allergies to medications, food, environment, etc., including a description of severity, typical reaction, preferred response, and whether the allergy is airborne, ingested, or through direct contact. If your child has special dietary needs, please let us know **at least 2 weeks** in advance.

Campers with life-threatening health concerns or allergies must submit an Emergency Action Plan (available from school district or physician) at least two weeks prior to attending camp.

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*Note: There is **always a risk** of contamination, despite care on our part. Girl Scouts of Eastern Washington and Northern Idaho does not assume any liability for adverse reactions to foods or items a camper may encounter during their stay at camp.*

MEDICATION

On the Health History, the medication section must be filled out if medications are required. DO NOT pack any medications in your camper's bags, including epi-pens, prescriptions, inhalers or over-the-counter medication/vitamins. All medications are required to be turned over to the health supervisor when your camper arrives. We will only accept physician-prescribed and/or over-the-counter medications to be dispensed at camp in their original containers with the camper's name on them. Expired medications will not be accepted.

ILLNESSES & INJURIES

We want to partner with you for the health and safety of your camper. You will be contacted should your camper experience any of the following health concerns.

- Fever over 103°F or a persistent fever over 101°F
- An injury that requires medical care outside of camp
- An injury or illness occurring on an out-of-camp trip
- An injury or illness that might exacerbate an existing condition
- Frequent bedwetting
- Any illness that lasts more than 24 hours or prevents your camper from rejoining her group within 24 hours
- Persistent vomiting or diarrhea
- Any previous request by you

Should a camper become ill or injured at camp, the staff will administer first aid and follow written procedures. This may include a visit to a local doctor's office or urgent care (limited medical and accident insurance is included in the camp fee for injuries or illnesses contracted only while at camp). If a camper's illness or injury is severe, she will be given emergency care at the scene and be transported to the hospital emergency room. Parents/guardians will be notified, but in life-threatening situations, treatment may begin before notification. If a camper requires a long rest

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period for recovery or she cannot remain at camp, she will be sent home and the camp fee may be prorated.

SPECIAL NEEDS

If your child has special needs, (including but not limited to: diabetes, severe asthma, seizures, serious behavioral issues or severe allergies) you must contact the Camp Director at least two weeks before the start of the camp session.

On a case-by-case basis, we will consult with the parent/caregiver to determine if accommodation and appropriate care is available. The parent/caregiver is responsible for providing additional training to the staff, if needed. If we are unable to accommodate a special need, we do our best to provide information for other camps or programs that may be better suited for your child.

GIRL SCOUT POLICIES & EXPECTATIONS

CODE OF CONDUCT

Before camp begins, girls and families are expected to review the Code of Conduct Form. Please be familiar with these expectations and be sure to review them with your camper before camp. Camp staff will review these expectations with campers on the first day of camp and if any behavior or safety concerns arise.

BEHAVIOR & DISCIPLINE

Undesired behavior is often the result of a need for extra support, guidance and understanding while adapting to camp. Our staff will respond accordingly and may collaborate with families to help the child succeed. However, camp cannot serve children who display chronic or severe disruptive behavior. This includes behavior that:

- ☐ Requires on-going staff attention/intervention.
- ☐ Inflicts physical or emotional harm to children or staff (including hazing, harassing or bullying).
- ☐ Is destructive. Families will be financially responsible for all damages incurred.
- ☐ Continually ignores or disobeys camp safety rules.

If a child becomes a serious discipline problem, the Camp Director will notify the family of the situation and discuss a solution. If improvement does not occur or a solution cannot be determined, the child may be dismissed from the program immediately. **No refund will be issued.** Attendance at future summer programs will be at the discretion of the Girl Experience Director.

TECHNOLOGY POLICY & PHONES

Camp is a chance for your child to “unplug”. **DO NOT SEND CELL PHONES** – your camper will not be allowed to keep a phone with her. Similarly, all other technology use will be restricted during camp.

Campers do not have access to a telephone and cannot be called directly. If there is an emergency, contact camp.

Day Camp: (509) 747-8091 ext. 26 or (509) 435-1325

Resident Camp: (208) 664-6827

LOST AND FOUND

Girls will be presented with the days’ Lost and Found and encouraged to grab their lost items. It is especially helpful if everything your camper brings to camp is **LABELED WITH HER NAME**. If something is left behind we recommend that you call camp as soon as possible and staff will look for anything that did not make it home. It will be the family’s responsibility to retrieve the items (i.e. pick them up or pay for shipping). All unclaimed items will be donated to a charitable organization.

GIRL SCOUT DAY CAMP AT THE PROGRAM CENTER

WELCOME!

We are pleased to welcome you and your camper to our Day Camp. Our weekly summer sessions serve girls entering grades K – 8.

At camp, girls can enjoy a program tailored to provide experiences in leadership, STEM, arts and crafts, cooking, drama, swimming, and other skill-building fun. Each day, girls lead the way by planning their own activities with their camper group and counselors.

LOCATION & HOURS OF OPERATION

Girl Scout Program Center
1404 N. Ash
Spokane, WA 99201
(509) 747-8091 ext. 200



Hours:

Monday - Friday 9:00 am to 4:00 pm

Extended Care: 7:30 – 9:00 am and 4:00 – 5:30 pm

Campers who are dropped off or picked up 10 minutes early or late will be charged the extended care fee for that morning or afternoon (\$5).

****We will be closed Friday, July 3rd.***

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DAILY ARRIVAL & CHECKOUT PROCEDURES



Please drop your child off between 9:00 and 9:15 so that she can get the full camp experience each day. Our afternoon ends with a flag ceremony at 3:45pm, so please wait to pick up your camper until after we finish. If you need extended hours before or after camp, they are available for an additional fee of \$5/morning and \$5/evening. However, you know your camper best! Please be mindful that a day of camp is filled with fun and exciting activities and younger campers may be tired if they attend both morning and afternoon extended care.

When you arrive, you will need to walk your camper in to the Program Center Gym to sign her in with your signature and arrival time. Similarly, when you pick your camper up, they will need to be checked out by an authorized adult, whose name must be listed on the Camper Release Form. We WILL NOT release a camper without proper ID from those picking them up, or to anyone NOT LISTED on the Camper Release Form. This policy is in effect for the protection of the children. If you need to pick up your child before 3:45pm or contact your camper during the day, please call camp or arrange at drop-off.

On the first day of camp, please allow more time for dropping off your camper in order for camp staff to check and confirm that all forms have been filled out and medications have been properly recorded.

PACKING LIST

Modest dress is expected at camp. DO NOT pack/wear: low hanging or sagging pants, short shorts, halter tops, low cut/see through/strapless shirts. Clothing may not advocate immoral conduct, disrespect of others or depict weapons, tobacco, alcohol or drugs. Campers not meeting standards will be asked to change. The Camp Director will have the final say regarding the appropriateness of any clothing worn at camp.

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Every day, girls should bring the following to camp, with HER NAME LABELED:

- ☐ Sunscreen (*SPF 30 or higher*)
- ☐ Water bottle
- ☐ Sturdy sandals or shoes (*NO FLIP FLOPS*)
- ☐ Swimsuit (*preferred: one piece or tankini*)
- ☐ Towel
- ☐ Warmer clothes as required by inclement weather

Please ensure that your camper DOES NOT bring:

- ☐ Candy/gum
- ☐ Toys
- ☐ Valuables
- ☐ Technology including headphones, MP3 players, iPods, cell phones, video games, etc.
- ☐ Clothes that shouldn't get messy

Girl Scouts is not responsible for lost, stolen, or damaged items.



CAMP LIFE

DAILY AND WEEKLY SCHEDULES



Campers work together to create their own experiences at camp by building their own schedules of activities. Counselors facilitate this process and guide campers as needed, ensuring that all girls have a voice and campers are able to fully experience the theme for the session.

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An example day at camp may be similar to the following:

9:00-9:15 – Drop off: Go to the gym and sing songs

9:15 -- Flag, Announcements

9:30 – Group games in the gym

10:00 – Make/eat snack in the Café

**10:30 – Investigate water evaporation and water filters in
Computer Lab**

11:00 – Build a water evaporator to test evaporation of salt water

12:00 – Lunch

12:30 – Practice skit for All-Camp

1:00 – Head to the park for swimming

1:30 – Swimming at AM Cannon Park

2:30 – Record results of water evaporator experiment

3:00 – Kapers + Planning for tomorrow + Closing Circle + Flag

3:45-4:00 – Pick up during songs/games in the gym



A newsletter will be available during the week to let you know about some of the activities your camper may be experiencing, such as science experiments, cooking, field trips, or All-Camp.

Also as part of their daily activities, girls are asked to

complete Camp Kapers to help keep our camp clean. Kapers will include sweeping, mopping, wiping down counters, or picking up trash.

At the end of the week, campers will spend the afternoon celebrating their achievements in an All-Camp activity and during our Scouts Own/Closing Circle, where girls reflect on what they learned and will receive awards to recognize any badge work they may have done over the course of the week. All-Camp will typically be from 1:30-2:30 and Scouts Own will typically be from 3:00-3:45 on Friday afternoons. Girls often spend time throughout the week preparing for All-Camp, and families are invited to come see the skits or presentations. Please check the weekly newsletter for more details.

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CAMPER GROUPS & COUNSELORS

Girls will be placed in units together based on the grade they will be entering in the 2020/2021 school year as follows:

- Daisies: Kindergarten and 1st
- Brownies: 2nd and 3rd
- Juniors: 4th and 5th
- Cadettes: 6th, 7th, and 8th



Within each unit, girls will be further divided into smaller camper groups and assigned a counselor who will work with the girls to plan their weekly schedule as they decide as a team what activities to do. As a team, they can choose to plan activities with any other camper group at camp, regardless of age. For example, a group of Cadettes may want to help a group of Daisies cook lunch and they could plan the menu together.

Based on grade levels, groups will be different sizes: Daisies will have 1 staff for 4 campers or less, Brownies will have 1 staff for 6 campers or less, and Juniors and Cadettes will have 1 staff for 8 campers or less. In such small groups, girls can build meaningful friendships and tailor their weekly program.

SNACKS, LUNCH, & COOKING

Girls will be able to have a healthy light snack every morning and afternoon, and will also receive lunch every day. Beyond the food provided by camp, girls are encouraged to cook lunch or snacks in our kitchens at least once a week.

We do our best to cater to allergies and dietary restrictions using substitutions and avoiding certain foods for everyone, but occasionally we may need to provide a substitute snack or food for your camper.



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ACTIVITIES/FACILITIES

Beyond cooking, girls at camp may perform scientific experiments, play games, create art projects, climb on our indoor rock wall (Juniors and up), and otherwise explore the limits of their imagination. We have a book and game library, arts and crafts room, two kitchens, a full gym and a dress up room for skits. Girls work with their counselors to reserve these facilities as part of their planning for the week.

FIELD TRIPS



As part of camp, girls will have the opportunity to go on field trips. We transport girls either in our council vans with trained drivers, in school buses, by walking, or by taking the city public transportation. Spokane's AM Cannon Park is within a five block walk from camp and we often go there to swim, play on the playground, or use

their grassy areas. On any field trip, a minimum of two staff will be present to chaperone girls and assist in case of emergency. Field trip notifications will be listed in the camp newsletter or on the girls' weekly schedule.

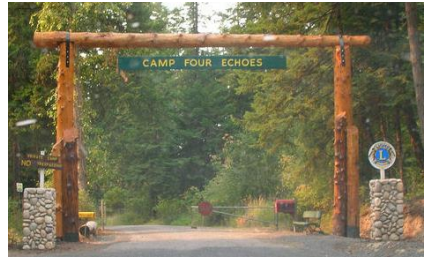
GIRL SCOUT RESIDENT CAMP CAMP FOUR ECHOES

WELCOME!

For over 80 years, girls entering grades 1-12 have been attending Camp Four Echoes located on the shoreline of Lake Coeur d'Alene, ID.

LOCATION & HOURS OF OPERATION

Camp Four Echoes
22799 S. Four Echoes Road
Worley, ID 83876
(208) 664-6827



For driving directions, click [here](#).

ARRIVAL & DEPARTURE PROCEDURES

Camper check-in starts at 1:00 pm on the first day of the camp session.
Check in can take up to an hour; please plan accordingly. Pets must stay in vehicles or at home; they are not allowed. Please DO NOT arrive early.

When arriving at camp:

1. Check-in at the main gate where you will be given the unit in which your camper will be staying.
2. Once you have your camper's unit assignment, drive to the upper parking lot to park your vehicle. If you need accessible parking, please inform the staff that will be at the parking lot.
3. Walk down to the lodge with your camper to complete the check-in process. **Keep your camper's luggage in the car;** you will drop it off in the designated spot after you say goodbye.
4. Please remember to take the following **completed** forms with you in a day pack to the lodge for check-in:
 - Camper paperwork (if you have not already turned it in):
 - Health History
 - Camper Release
 - Code of Conduct
 - Share Your Camper

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- Medications
- Money for the Trading Post
- Bathing suit, towel, sunscreen and water bottle

Once at the lodge, staff will give your camper a general health check, including a lice and athlete's foot inspection. They will also collect missing paperwork, Trading Post money and any medications and/or over-the-counter drugs. During this time, families have the opportunity to meet staff and take a walking tour of camp with a staff member. After you've seen everything you wanted to you will drop your camper off downstairs and say your good-bye's. On your way out of camp, **you will drop your camper's luggage off at the main gate.**

Older campers who wish to transport themselves to camp must contact the Camp Director prior to arrival and will only be allowed to drive themselves and their sibling(s). Parent permission must be obtained and copies of appropriate license, registration and insurance must be provided. GSEWNI is not responsible for personal vehicles on camp property.

Camper pick up is at **1:00 pm**. **Photo ID** is required to pick up your camper. Drivers will be directed to the Meadow. This area is to the left after you come through the gate. Staff will greet you when you arrive in the Meadow.

Please stay in your car. Your ID will be checked and your camper will be brought to you.

- ✓ Don't forget to ask staff for your camper's medications. **She will not have them.**
- ✓ Pick up your camper's luggage on the way out of camp at the main gate.



PACKING LIST

Modest dress is expected at camp. DO NOT pack/wear: low hanging or sagging pants, short shorts, halter tops, low cut/see through/strapless shirts. Clothing may not advocate immoral conduct, disrespect of others or depiction of weapons, tobacco, alcohol or drugs. Campers not meeting standards will be asked to change. The camp director will have the final say regarding the appropriateness of any clothing worn at camp.



It is not necessary to spend a lot of money on equipment for summer camp. We encourage you to try to borrow items or purchase them at discounted rates from thrift stores or yard sales. If you prefer to bring your own program equipment, such as lifejackets, sports gear, etc., please contact the Camp Director prior to arrival. Any personal equipment is the responsibility of the camper.

Each session has a theme, and your camper may want to bring special items to participate more fully in the theme. Look for more specific packing suggestions in your welcome letter in your registration confirmation email.

Please pack with your camper so she knows what's in her luggage. Girl Scouts is not responsible for lost, stolen, or damaged items. Use this checklist to help guide your packing, and make sure you send all items with HER NAME LABELED.

Sleeping Gear: (Rolled and secured with straps)

- ☐ Pillow and pillow case (optional)
- ☐ Sleeping bag (or sheets and warm blankets)
- ☐ Large garbage bag for overnight
- ☐ Twin fitted sheet (optional)

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Clothes

- ☐ 2 pairs of pants
- ☐ 5-6 T-Shirts
- ☐ 1 hat or bandana
- ☐ 3-4 pairs of shorts
- ☐ 1 sweatshirt
- ☐ 1 jacket
- ☐ 1 pair of shower shoes
- ☐ Underwear and extra socks
- ☐ 2 long sleeve shirts
- ☐ Warm pajamas
- ☐ 1-2 swimsuits
- ☐ 2 pairs of shoes (1 MUST be good for walking/hiking)



Toiletries

- ☐ Non-scented soap in a plastic container
- ☐ Comb/brush & hair ties/bands
- ☐ Toothbrush/Toothpaste
- ☐ Non-scented or lightly scented, shampoo/conditioner
- ☐ Washcloth
- ☐ Deodorant
- ☐ Sanitary items
- ☐ 2 towels (1 for swimming & 1 for bathing)
- ☐ SPF lip balm
- ☐ Waterproof or sports sunscreen (must have at least SPF 30)
- ☐ Insect repellent (non-aerosol with less than 30% DEET)

Must-Have Items

- ☐ Flashlight
- ☐ Water bottle
- ☐ Any medications needed
- ☐ Backpack for day trips

Optional Items

- ☐ Books/reading material
- ☐ Paper/pen/stamps
- ☐ Money (for Trading Post)
- ☐ Dirty clothes bag
- ☐ White t-shirt (in event of tie-dying)
- ☐ Pocket knife (will be collected and stored by staff; campers can access for appropriate activities)
- ☐ Mess kit (non-breakable plate, cup, bowl and silverware with a mess bag)



DO NOT BRING**

- ☐ Weapons or weapon look-alikes
- ☐ Tobacco
- ☐ Alcohol
- ☐ Drugs
- ☐ Matches/Lighters
- ☐ Electronics of ANY kind (including phones; please call camp to contact your camper)
- ☐ Animals or pets

****If found, these items will be confiscated and may lead to dismissal from camp.**

CAMP LIFE

DAILY & SESSION SCHEDULES

Campers work together to create their own experiences at camp by building their own schedules of activities. In addition to swimming, arts and crafts, and hiking, your camper may have the opportunity to go boating, shoot archery, or participate in challenge course activities.



Counselors facilitate this process and guide campers as needed, ensuring that all girls have a voice and campers are able to fully experience the theme for the session. Staff will also help girls focus on any badges specific to their interests, as Girl Scout Badges are a strong component of our camp. Girls will leave each session with a badge sheet to demonstrate their accomplishments.



Weather permitting, campers will swim daily. On the first day of camp, all campers will be given a swim check to assess their abilities. Swimmers will only be allowed to swim in the areas that are appropriate for their swimming abilities. Lifeguards and look outs will be present during all waterfront activities.

Also as part of their daily activities, girls are asked to perform Camp Kapers to help keep our camp clean. Kapers will include sweeping, wiping down counters, cleaning toilets, raking, or picking up trash.

MEALS

Camp menus are reflective of a typical school lunch menus and meet recommended dietary guidelines. Most camp meals are prepared by food service staff; however, girls are also given the opportunity to cook at least one meal outdoors. Please note all dietary restrictions (diabetic, vegetarian, allergies, etc.) on the Health History. For specific questions or concerns about menus, contact the camp director.



Meals are eaten in our beautiful camp lodge, “family-style.” Each table has two counselors, and room for six girls. Campers will be able to be “hoppers” as least once per session, where they will set the table, bring food back and forth from the kitchen, and clean up after the meal is over.

FACILITIES/ENVIRONMENT

At Camp Four Echoes, girls may stay in cabins, chalets, teepees, gazebos or tree houses! Each shelter houses 3-6 girls, depending on the unit. In accordance with Girl Scouts of the USA, camp staff do not share a cabin with the girls. Rest assured, however, campers are never far from the eyes and ears of our staff at all times.

All of our campsites have a covered picnic shelter, a fire circle, hand washing station, flushable toilets, and enclosed, non-heated cabins.

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The terrain at camp is quite uneven, with dusty and rocky hills that can become difficult to navigate. We strongly suggest sturdy close-toed shoes with socks. For regular daily activities, the girls can wear recreational sandals such as “Teva” or “Chacos” (off brands welcome!). Sandals must have a back straps.

Not camp appropriate: straps are too flimsy to provide support.



Great for camp! Strong straps that keep feet supported in all terrain.

We encourage all campers to visit the facility before camp. This can be done at an event with your troop or by contacting mmastel@gsewni.org.

CABIN MATES



Campers can request to be placed in the same cabin as another camper that is attending the same program during the same session. Both campers need to be the same grade. When you register your camper online, you will see a place to list a cabin mate. However, if you would like to add someone later, please contact customercare@gsewni.org with both campers' full names, grades, and session.

The Camp Director can only guarantee one cabin mate per girl. Ideally, each girl would request the other, and there are no guarantees if a girl requests more than one cabin mate or if girls request each other in a string of requests (for example, if Isabelle requests Makayla, Makayla requests Evelyn, etc.).

MAIL & CARE PACKAGES

Mail is sent and delivered daily at camp. To ensure your camper has mail while she's at camp, please mail letters *prior* to your camper's arrival or pre-write letters and bring them to check-in. Cheerful, upbeat letters add extra fun to the adventure of going to camp and they are great keepsakes.

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Mail can be sent to:

Camp Four Echoes
(Insert Camper's Name & Session Name)
22799 S. Four Echoes Road
Worley, ID 83876

Tell your camper "I Love You" while she's at camp with a Camp Four Echoes drawstring backpack care package filled with camp-themed goodies.

To place an order, add a care package to your camper registration or contact the council store at (509) 747-8091 ext. 201. Orders must be placed at least two weeks prior to the start of the session.



TRADING POST

Your camper will get the opportunity to purchase camp memorabilia (sweatshirts, stuffed animals, water bottles, bandanas, etc.) at the Trading Post. If you would like to send money with your camper for shopping, we recommend between \$15 - \$35. Money can be added to her Trading Post account at registration or will be collected at check-in and deposited in your camper's Trading Post account. Trading Post accepts cash, check, and Cookie Dough cards. Any unused money deposited electronically at the time of registration will be donated back to GSEWNI at the end of the summer (not refunds given). Any unused money deposited into a camper's account at the time of check in (in person) will be returned to the parent/guardian at the end of the session.

HOMESICKNESS



Being homesick is natural and is experienced by almost all campers on some level. We believe that when camp staff and parents work together, each girl gets the most of her camp experience.

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You can help your camper by:

- **Discussing it with her prior to camp.**
- **Encouraging her to talk with her counselors about how she is feeling and what she is thinking about camp.**
- **Making her aware of what camp life is like.**
- **Involving her in the planning/preparation. Help her as she packs her belongings.**
- **Practicing having time away, like staying at a friend or families house overnight.**
- **Encouraging her to bring something familiar from home, such as a favorite stuffed animal, or a photo album.**

In the unfortunate event your camper shows anxiety we will call you and ask you how you would like us to proceed.