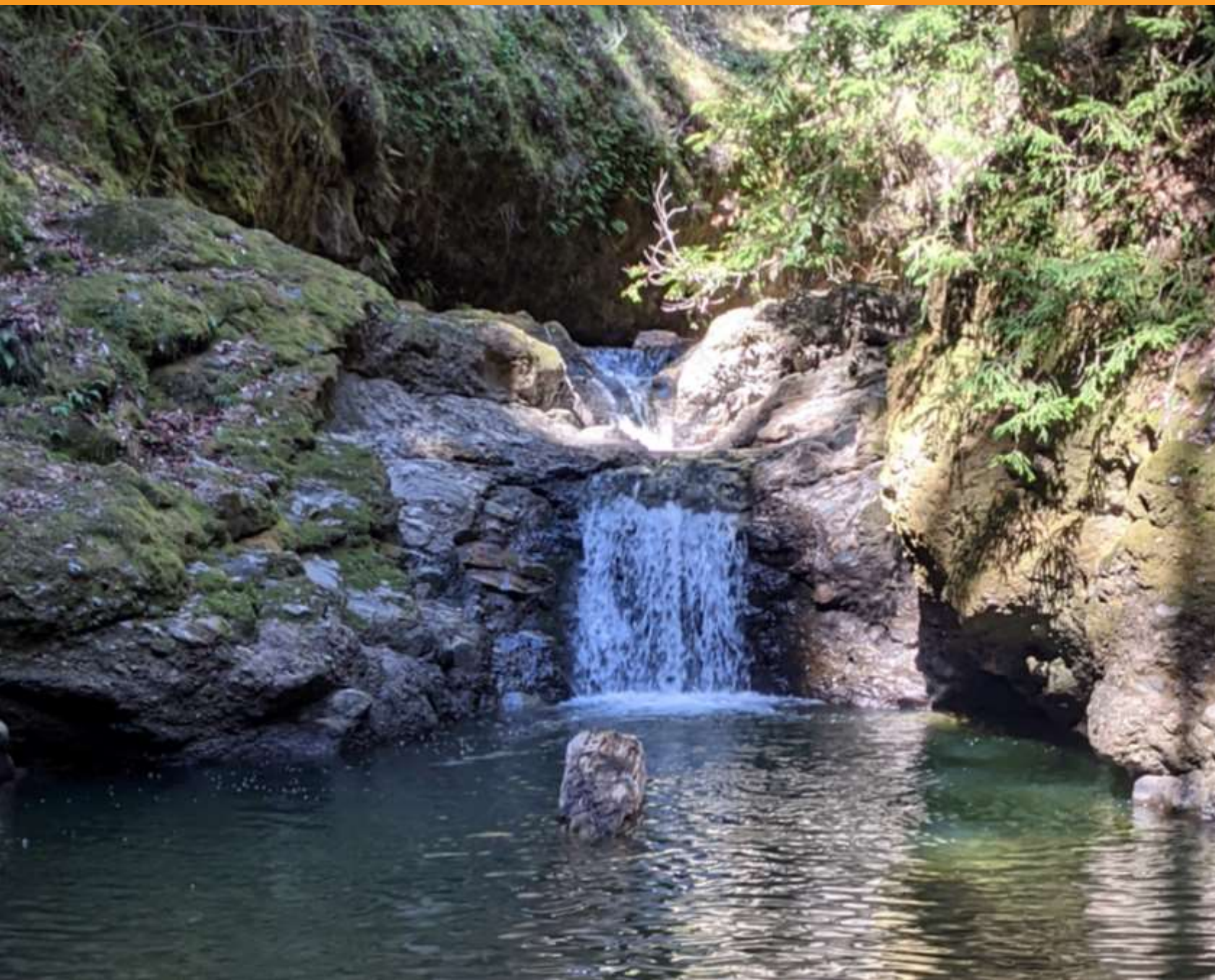




Preparing for Camp at
Hidden Falls



2022 Camper Information Packet

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Letter From Your Camp Director

Get ready for another fulfilling Hidden Falls Summer!

Hidden falls was the first summer camp I attended as a kid. I hold so many fond memories of nights spent sleeping under the stars there and I know your camper will make so many memories of their own. At camp we encourage healthy risk taking as campers get the chance to try new things from hatchet throwing to outdoor cooking. Whether it is their first time at camp or their fifth, your camper will build confidence surrounded by supportive counselors, redwood trees, and big blue skies. This guide will help you and your camper prepare for their session. Please take the time to review it together.

Among the topics covered in this guide are camp policies and procedures, check in and out procedures, what to bring to camp, COVID-19 protocols, and much more. With our expertise and your support, we can all make sure your camper's experience is as adventurous, creative, and amazing as they are! Please email us if you have any questions about any topics covered.

Thank you for giving your camper the gift of a Hidden Falls summer camp experience. We can't wait to welcome them and all their new besties-to-be for our 2022 camping season!



...y Camping,
"Qwerty" Gabler
Director, Hidden

Psst—at Hidden Falls, counselors get to pick camp names! Don't be surprised when your camper refers to people named 'Strawberry,' 'Sparrow,' or 'Peppermint'— even the Camp Director's name is Qwerty!

Virtual Open House

Thursday, April 14 from 6pm-7:30pm
Monday, May 12 from 5:30pm-7pm

Drop in on Zoom to see pictures of the camp and ask any questions that you have.

Join Zoom Meeting
<https://zoom.us/j/97083094921>
Meeting ID: 970 8309 4921

Passcode: Summer22



Contact Information

Camp Phone Number
(only monitored June-August)
831-475-5966

Email:

Camp Office: HiddenFallsAdmin@gsnorcal.org

Medic: HiddenFallsHealthCenter@gsnorcal.org

Registration or Payment Questions

registration@gsnorcal.org

After-Hours Emergency Number

Please only use this number for emergency calls.

1-877-636-1912

Prepare for Camp

Tips for Camper Families

- Before camp, please read all of the materials in this guide, and be sure you have all the items on the pre-camp checklist ready to go.
- Sign on to the [CampDoc.com](https://www.campdoc.com) website when you receive your invitation, and complete the online health form and camper profile. Remember forms are due by June 1!
- Make arrangements for your camper's health exam. Camp health exams must be signed by a licensed physician, physician's assistant, RN or nurse practitioner within 12 months of your camper's camp session. Make your appointment early!
- Start talking with your camper about being away from home while at camp—there are tips in the “Homesickness” section.
- Mark your calendar with their departure date and time, and their return date and time.
- Make final payment no later than 4 weeks before the session.
- Review the packing list to make sure you know what to bring.
- Label all personal items and luggage, including sleeping bag/bedding, with your camper's full name.

Preparing your camper for camp involves more than paperwork and packing. Set them up for emotional success too!

For many children, camp is the first step toward independence and plays an important role in their growth and development. Camp can be a different and new experience, and even seasoned campers may be anxious on the first day of camp as they begin to adjust to a new setting and new people.

Your camper may have second thoughts about going to camp before they leave, and that's okay! We encourage families to keep this conversation **positive and encouraging**.

- Try to avoid making deals or “pick-up promises” (e.g. “I promise I will come and get you any time” or “If you don't like camp after the first day, we will come get you”).
 - Pick-up promises make it very difficult for children to adjust, and often stands in the way of campers being able to work through their homesickness.
 - We want them to be successful here, so we encourage parents to boost camper confidence rather than provide an “out” – let them know that they can do this, and you believe in them!

Our staff work one-on-one with all of our campers to try to help the child understand the feelings they are having and try to involve them in camp activities. Experience tells us that within a few days, the camper will be busy having fun and feeling secure with counselors, new friends and the outdoors.

Don't worry; we'll call you if they're having trouble adjusting! Our **Wellness Advisor** is a dedicated staff member who is focused on looking out for our campers' individual needs. If you ever would like to check up on your camper, please don't hesitate to call the camp number and ask for the Wellness Advisor.

Check-In & Check-Out

On the day of check in, make sure you have:

- ▶ Any waivers required for your camper's program
- ▶ All medications in their original container with the camper's name on the prescription (separate from luggage in a plastic bag)
- ▶ Letters to your camper written and ready to mail or drop off at check-in
- ▶ Day pack is out (separate from luggage) with full reusable water bottle
- ▶ Your camper is wearing comfortable closed-toe shoes

Once you arrive for check-in, you'll be asked to do the following:

- ▶ Staff will direct you to into a lot on the right-hand side. Unless told otherwise, please stay in your vehicle throughout check-in.
- ▶ Pull up to the check in table. A staff member will greet you and collect any needed paperwork.
- ▶ Once cleared, you will be sent to the health check station. One of our health care staff will do a quick health check with your camper and collect any medications.
- ▶ After campers have cleared the health check pull up to luggage drop off. A staff member will assist in grabbing luggage.
- ▶ Campers will say their final goodbyes and join their group.
- ▶ Last stop is mail drop. Leave any mail you have prepared for your camper.
- ▶ When it is clear, a staff member will direct you to leave.

On the day of check out:

- ▶ If you have an emergency and are not able to pick up your camper, contact the GSNorCal office at 1-800-447- 4475 ext. 2091 during regular business days and hours (M-F 8:30 AM to 5:30 PM). If the emergency is NOT during regular business hours, call our emergency line at 1-877-636-1912.
- ▶ Please check your arrival time carefully and arrive on time to ensure a smooth check-out process for all.
- ▶ Pull up to the check-out table. Have your ID ready. A staff member will be there to check it and give you a check-out packet and medications.
- ▶ After signing your camper out, pull up to your camper. A staff member will assist them in loading their luggage. At this point they can load into your vehicle.
- ▶ Wait until directed by a staff member to head out.
- ▶ If a camper has not been picked up within approximately 20 minutes of the designated time camp staff will attempt to contact the parents or emergency contact listed on the health form.

Camp T-shirt, Photo, Patch, and Activity Sheet

As a reminder of the camp experience, a special camp T-shirt, all-camp photo, and commemorative patch will be given to each camper. The cost is included in the camp fee. In addition, each camper will receive an activity sheet documenting the activities they participated in while at camp. T-shirts will be handed out at camp, while the photos, patch, and activity sheet will be distributed at checkout as you sign your camper out.

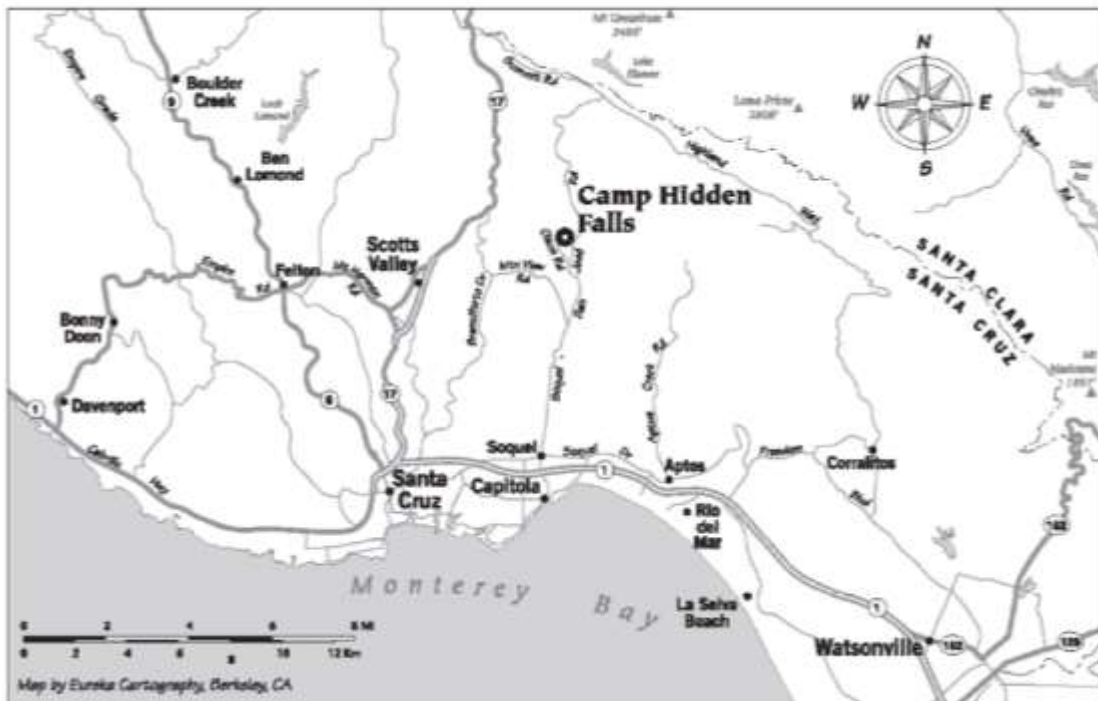
First Day of Session	Arrive	Check-In
Juniors	1:45 PM	2-3
Cadettes	2:45 PM	3-4
Seniors & Ambassadors	3:45 PM	4-4:30

Last Day of Session	Arrive	Check-out
Juniors	9:15 AM	9:30-10:30
Cadettes	10:15 AM	10:30-11:30
Seniors & Ambassadors	11:15 AM	11:30-12

Driving Directions to Camp

Do not navigate to the mailing address! Please navigate to Olson Rd, Soquel, Ca or follow the directions below.

- Take Highway 17 South towards Santa Cruz.
- Follow Highway 17 South toward Santa Cruz for approximately 14 miles.
- Take Summit Road exit. (Sharp right turn)
- At the stop sign turn right and cross over highway.
- At the stop sign on the other side of the highway turn left onto Summit Rd.
- Continue 3.9 miles on Summit Road passing Summit Center store on your left.
- After store, turn right onto San Jose-Soquel Road. Signs says to Soquel, Capitola & Santa Cruz.
- Continue 5.9 miles on San Jose-Soquel Road
- Make a very sharp right hand turn onto Olson Road
- Immediately turn right into the dirt parking lot and follow staff direction



Life at Camp

When campers arrive at Hidden Falls, they will move into a living unit with other campers in the same program (e.g. Fern, Violet, etc.). Depending on the group size and age of the campers, there may be up to 20 campers per unit with 3-4 staff members.

Each unit plans and participates in their own schedule of activities for the session. There will also be plenty of time for other fun camp activities such as, crafts, hikes, archery, songs, games, and more. Plan on lots of surprises, too!

Buddies

If your camper has requested to be in the same program with a friend, and both participants have registered as buddies, they will be placed together. We only accept one set of buddies, and do not place large groups together. Don't worry--most of our campers attend as individuals and make lots of new friends.

Camp Names

A 'Camp Name' is a nickname that all Camp staff use while at Girl Scout camp. They date back to the founding of Girl Scouting, when founder Juliette Gordon Lowe went by "Daisy". She used this nickname to avoid her Girl Scouts having to call her "Mrs. Lowe", which felt too formal. They also could not call her "Juliette", as it would have been considered inappropriate for children to call an adult by their first name.

Now, it's mostly just a fun tradition. Don't be surprised when your camper refers to their counselors by nicknames like Peppermint, Sparrow, or Bear! Campers do not need to select their own Camp Name, as they are only used by staff.

Living Space

Campers at Hidden Falls will live in pop-up tents, hammocks, and/or tree beds. You will be assigned your living unit when you arrive at camp. A bathroom is located near each unit. Showers are located in the central shower house. Each unit has a fire pit, camp stove, picnic table, and bear boxes. Counselors stay in tents with other staff right by the campers' tents.

Program Planning

Overnight camp gives participants the opportunity to spend quality time in a safe, supportive outdoor setting while making friends and learning new skills. It draws together youth from different backgrounds and gives everyone a chance to learn from each other. Campers live cooperatively with others of the same age and interests. Campers learn to become self-reliant, confident, caring young women.

The camp staff will work with the campers to support and guide them in the planning process of their session program. This is referred to as the girl planning process. With every camper having input into the program, no two days at camp will be the same.

Before your camper comes to camp, talk with them about what they want to do while at camp. Camper input is important to us; talking about it before arrival will help your camper participate in planning with their peers.

Wildlife

All of our camps in Northern California are located in natural areas, and wildlife is a part of the outdoor experience! This includes raccoons, squirrels, chipmunks, mice, snakes, deer, and bats. While at camp, campers will learn about the specific types of animals that are common to the area and wilderness safety, such as always using the buddy system, respecting animals from a distance, and never feeding them.

Additionally, Hidden Falls has a large population of mosquitoes. Each camper is asked to apply bug repellent multiple times a day, but it is possible your child will get mosquito bites. Our staff are trained to care for bug bites as needed.

Camper Mail

Communication from friends and family is important to children away from home, and everyone loves getting mail at camp! **Happy mail—not worrisome news, sad messages about missing them, or information on what they are missing out on at home—is the best type of mail to send.** Please do not send food to your camper as it attracts bugs and other critters.

Drop Off Mail During Check-In (Preferred)

When you drop your camper off, we'll have a "mailbox" available, where you can leave any letters, packages, or cards you'd like them to receive while at camp. To ensure that it reaches your camper, please make sure to write their full name, and program, and the date you'd like us to deliver the note to them on the outside.

Sending Letters and Packages by U.S. Mail

Please note that mail delivery can be slow and unreliable. This is why we strongly encourage dropping off "mail" for your camper at check-in. If you do choose to mail items, please everything up to 4 days before your camper leaves camp so that they will receive it on site.

Hidden Falls Mailing Address:

Camp Hidden Falls
Attn: Camper Name and Program
726 Olson Rd
Soquel, Ca 95073

One-Way Camper Email

One-way camper email is available through

HiddenFallsCamper@gsnorcal.org When you send a one-way email,

camp staff will print your email and distribute it to your camper with the postal mail.

- Please use your camper's Full Name & Program as the subject line of your email.

Care Packages

You are welcome to send care packages to camp. Please DO NOT send food or candy, as it will attract bears and other animals.

Some popular non-food items are:

- glow sticks
- playing cards
- bubbles
- temporary tattoos
- stickers
- coloring books
- mad libs
- plushies
- chapstick
- disposable cameras
- pop-its/ fidgets
- sunglasses
- nail polish
- books/ magazines
- battery-operated fans
- anything little and fun!

Phone Policy

Camp offers a great opportunity to learn to navigate social situations while disconnecting from the digital and outside world, helping develop independence, confidence, and self-reliance. For these reasons cell phones, laptop computers, portable DVD players, iPad's, Tablets, MP3 players, E-readers, etc. are not allowed at camp.

Cell Phones

In order to allow campers and staff to fully enjoy and benefit from camp, we do not allow campers to have cell phones. The exclusion of phones from our camp program is intentional, backed by research, and is considered an industry best practice by the American Camp Association. We reassess this decision every year to ensure it is in the best interest of our campers so that they will get the most out of their time at camp.

Campers and families are expected to adhere to this policy. Please understand that cellphones in the unit actively disrupt the wellbeing and experience of other campers. Please do not assist your camper in “sneaking” a phone onto camp, and please account for their devices before drop-off.

Research shows that “unplugging” helps youth to gain fortitude and a much-needed break from the pressures of media. On the other hand, cell phones have a negative impact on both the camper who has it on their person, and on the other campers in the group—they generate homesickness, bullying, and distrust that hurts the camp community.

- Cell phones found on camp will be confiscated and held in the camp office.
- Campers who need music or cameras are expected to use a device without texting, calling, or internet capabilities.

Land Line Calls

The vast majority of campers do not call home. Generally, a session removed from the goings-on of the outside world is what provides the best possible experience; and, phone calls usually exacerbate homesickness. That said, if a parent requests a phone call, or if a camper shows a need to call home, we will accommodate that as best as our resources allow. Our Wellness Manager oversees all family phone calls.

If your camper asks to speak to you:

- The Wellness Manager will already have been working with the child to find out what is happening, to solve any problems, and to decide if a phone call is the best course of action.
- We will call you to let you know that your camper asked to speak with you, and to fill you in on anything that may have contributed to that ask.
- If the camper and Wellness Manager decide on a phone call, you will be contacted to set a time, and then will be called back by your camper.

If you wish to speak to your camper:

- The Wellness Manager will speak with you first to get a sense of what is going on, and to provide you with current information about your camper.
- Before scheduling the call, they will check on your camper, and then advise if a call is recommended or not. Often, phone calls negatively impact the camper's experience.
- If you decide that you would still like to speak with your camper, we will set a time, and then will be called back by your camper.

MESH

Mental, Emotional, and Social Health

Camp Hidden Falls has a dedicated Wellness Manager on staff. They are responsible for the emotional well-being of campers, and will connect with families if their camper needs support. You may hear from the Wellness Manager if they have questions about strategies that will help your camper to be successful at camp, or to keep you updated should your camper be experiencing homesickness, social anxieties, or other mental or emotional strains.

Mental Well-Being

The youth mental health environment has changed dramatically in recent years, and GSNorCal Camp Staff receive extensive training on camper risk factors and behaviors, as well as trauma-informed care training. The camp experience offers many opportunities for campers to find new coping tools and to learn how to navigate life's challenges. Camp adventure programs build self-esteem and resilience, offer a chance to nurture strong relationships with peers and adults, and create opportunities to learn life skills that will bolster campers' social, emotional and physical health.

Our camp staff receive trainings that build a toolbox to respond to a wide range of mental health challenges, including ones specific to the camp environment, like homesickness, social media withdrawal and increased social anxiety. Camp staff are trained to decelerate a child's anxiety, anger, or stress in the moment. They learn how to recognize and respond to a mental health crisis, promote and model self-care and good mental health habits, and how to help campers get the mental health help they need.

We recommend being direct and honest about your camper's mental health in their CampDoc paperwork. The more we know, the better we will be able to support your camper. If your camper attends therapy during the school year, and you would like them to continue to be able to do so at camp, please reach out to us to determine teletherapy options.

Homesickness

This summer, hundreds of campers will experience their first taste of independence at summer camp. For many, it will also be their first encounter with homesickness—but families don't have to feel helpless! Homesickness is normal, and you can help your camper prepare to deal with it well by:

- Encouraging independence throughout the year.
- Discussing what camp will be like before your camper leaves, such as using a flashlight to find the bathroom.
- Reminding your camper ahead of time that you will not be able to contact each other via phone during your camper's stay.
- Contacting your camper by sending letters, care packages, and even e-mails while at camp.
- Packing a personal item from home, such as a stuffed animal.
- Believing in their ability to handle their own emotions and have fun at camp.
- Being visibly excited for them, even though you might miss them as much or more!

Our camp staff has extensive experience with homesickness and they'll be there for your camper 24/7. If you have a concern, voice it to our camp directors before camp, so the staff can help! More resources available at acacamps.org.

Behavior Policy

Girl Scouts of Northern California strives to maintain a camp environment that is safe and fun for each camper, based on the Girl Scout Promise and Law. Our programs and camp environments are designed to provide a welcoming, anti-discriminatory experience for all, regardless of race, creed, or cultural background.

Campers are expected to be friendly to other campers and counselors. Campers have the opportunity to be active participants in designing their group agreements. Language or behaviors that hurt or intimidate other campers and staff members are not welcome.

Swearing, bullying, hitting, fighting, verbal harassment or any other disruptive behaviors are not permitted or acceptable at camp. Smoking, and/or use or possession of drugs or alcohol at camp, on field trips, or in camp vans is not permitted.

Our staff are trained youth development professionals, and have the support of experienced program directors to intervene and provide guidance if necessary. Family assistance will be sought regarding repeated misbehavior, and we will work with you to find solutions that help your camper to understand and abide by camp's policies. Should it become necessary for a camper to leave camp due to extreme behavior, we will expect a parent/guardian to pick up a camper as soon as possible using their own transportation and at their own expense. Session fees are not refundable for campers who return home due to misbehavior.

If you have any questions regarding this behavior policy, please contact us at registration@gsnorcal.org.

Emotional Preparation

Here are ten tips to share with your camper that may help them adjust to camp:

1. Bring stamped, addressed envelopes and/or postcards with you to camp to write home.
2. Bring a few photos of your family, pets, and friends to put near your bed. You can even string up lights, banners, etc; just be sure to bring a little twine or duct tape to make it happen!
3. There's nothing like your favorite stuffed animal, pillow, or blanket to snuggle up with at camp.
4. Bring old clothes. It won't matter as much if they get dirty or lost.
5. Bring a fun book you've been looking forward to reading. You will have quiet time during the day for personal letter writing or reading.
6. Drink extra water at camp so you don't get dehydrated. Bring your own water bottle with your name on it.
7. Put on fresh socks and underwear every day.
8. Be sure and talk to your counselors about how you are feeling or what is happening for you at camp. They are there to help you have a great time!
9. Don't put your dirty clothes back in your suitcase or everything will have a funny smell. Bring a separate laundry bag for your dirty clothes.
10. Give new things a chance, whether it's archery, cookouts, camp songs, or even a long hike. New skills and adventures are what camp is all about!

Packing Tips

Tips for Packing Smart

- ▶ Please mark everything you pack with your camper's first and last name.
- ▶ It is helpful if the camper packs their own gear—that way, they will know what they have brought to camp and will have some experience in packing for the trip home.

Please limit luggage to two pieces: one sleeping bag and one suitcase or duffle bag.

- ▶ All luggage must be clearly tagged with the camper's name, address, phone number, and camp they are attending.
- ▶ Use only luggage that can be securely fastened and do not pack your camper's gear in a trash bag, as it can easily be confused for trash!
- ▶ Bring a bag for dirty laundry. (Trash bags are not recommended, as they are prone to breaking when moved around camp.)
- ▶ Dress for safety. Although it's summertime, there are times when campers will have to wear long pants, so make sure these are packed. We discourage tank tops so that we can minimize sun exposure. If tank tops are packed, make sure they have wide straps for comfort and durability.

The following items are not allowed at camp:

- ▶ Cell phones and personal electronic devices (i.e. iPads, iPods, MP3 players, eReaders, digital cameras, etc.)
- ▶ Pets/live animals
- ▶ Personal sports equipment, wetsuits, bicycles, or craft items
- ▶ Sandals (except for shower use)
- ▶ Candy, gum, or snacks. Food in camper's sleeping area attracts animals, so please don't send them any!
- ▶ Personal vehicles (except for family camp)
- ▶ Knives or weapons
- ▶ Expensive or irreplaceable watches or jewelry
- ▶ Any illegal item (such as drugs, alcohol, cigarettes, or weapons)

Laundry

Laundry service will only be provided during the three-week session. Campers should bring two weeks of clothing; we will launder the first week of clothing for campers to wear during the third week.

Packing Check List

The packing list below applies to ALL programs at Camp Hidden Falls. This is a general guideline. Please pack enough clothes for every day of a two-week session. Campers in the three-week session will have their first week of clothing laundered and returned to them for their third week.

- ▶ We suggest durable and inexpensive clothing— used items are better than new, especially when it comes to shoes.
- ▶ We suggest avoiding packing in many small bags as it is easier to miss luggage on outgoing days. Campers will help move their luggage, so please pack accordingly.

Clothing

- Shorts
- T-Shirts
- Underwear (Bring Extra)
- Socks (Bring Extra)
- Long Pants
- 3-4 Long Sleeved Shirts
- 3-4 Sweatshirts
- 1-2 Bathing Suits
- Pajamas
- Warm Jacket
- Rain Gear – Jacket and Pants or a Poncho
- 2 pairs of sturdy closed toe shoes
- Water shoes or hiking sandals for creek stomping
- Flip flops for the shower
- Cap or Hat
- 4-5 Double layered cloth face coverings or enough single use disposable face masks for your stay

Toiletries

- Shower Towel
- Face Cloth
- Soap, Shampoo/Conditioner
- Deodorant
- Toothpaste & Toothbrush
- Sunscreen (SPF 30+)
- Insect Repellant

Equipment

- Sleeping Bag
- Pillow
- Mess Kit or Heavy Plastic Plate, Bowl, Cup, & Silverware
 - *Tip: You can create a Mess Kit from inexpensive plastic dinner ware and a small “delicates” laundry bag!*
- Flashlight & Batteries
- Reusable Water Bottle
- Beach Towel
- Day Pack or Book Bag

Optional Items

- Paper, Addresses, Pen and Stamps
- Camera
- Address Book
- White Cotton T-Shirt or other item to Tie-Dye
- Costumes
- Fabric, ribbons, and photos to decorate your living area
- Sheets/Blanket to cover mattress
- Favorite stuffed animal

Common Questions

It's common for parents to have lots of questions of what their camper's life will be like while they're with us at camp. Parents and caregivers are often worried about sending their campers to camp, especially for the first time. We are here to support your camper and help them grow! Here are some notes on health and safety, as well as common concerns we hear. For a more detailed version of these concerns and policies, visit camp.gsnorcal.org, but you're welcome to contact our staff with any additional questions.

Accessibility

Girl Scouts of all abilities—including those with disabilities and health concerns—are welcome and encouraged to join us at camp! Prior to registering, we recommend you contact us so we can make sure we are able to provide your camper with the accommodations and support they need to have a great camp experience. Our staff can also help you choose the sessions that are best fit for your camper.

Birthdays

Please be sure to list their birthday on their registration form and we'll make sure they get recognized on their special day!

Bedwetting

If your camper wets the bed, it's not unusual, and you don't have to worry. Please let us know on the camper information sheet and/or health history form. Your camper should speak with their counselor if they have an accident, and staff will discreetly launder the bedding and clothes.

Food at Camp: Meals, Special Diets, and Allergies

Meals: We strive to provide well-balanced, nutritious and child-pleasing menus at camp—and of course the occasional s'more! An experienced food service manager is responsible for meal planning and will ensure that healthy options are always available.

Special Diets & Allergies: Our food service manager is experienced at providing vegetarian, vegan, gluten-free, and lactose-free options and we can usually accommodate most other special diets; however, reaching out before camp will help you, your camper, and the camp prepare appropriately—especially if your camper's needs are significant.

Please identify if your camper has an allergy or intolerance on their health form. We ask that you identify the type of allergy your camper has and provide information on managing an allergic reaction. During meal time, our staff will instruct campers with special diets as to the menu items safe and available at each meal.

For our **gluten-free** campers: although we do provide gluten-free meals, we suggest that you pack a small, well-labeled bag of food (regular grocery sack-sized or smaller) to have available to your camper in the dining hall. You can turn this in at check-in on the first day. We will do our best to return all unused food at the end of the session but please ask your camper to collect this before they leave camp.

Lactose intolerance can be managed completely by camp—no additional food needs to be sent. However, if there are specific brands that your camper is most comfortable using for dairy substitutes, we suggest that you pack a small, well-labeled bag of food (regular grocery sack-sized or smaller) to have available to your camper in the dining hall. You can turn this in at check-in on the first day.

Please note that, while we do minimize **peanut and tree nut use** at camp, we are not completely nut-free, and our kitchens are not cross-contamination free for gluten, nuts, wheat, dairy, or soy. Any snacks that are labeled as processed with or containing nuts will be restricted from campers with allergies.

Depending on the severity of allergies in camp, we'll adjust the meal plan on a session-by-session basis to avoid offering allergy-provoking foods and cross-contamination.

Gender Identity and Pronouns

Camp extends opportunities to campers and staff who identify with the girl experience. Girl Scouts serves campers who have been historically marginalized and systemically excluded from

outdoor spaces. This can and does include cisgender girls, gender-expansive youth/ non-binary youth, and trans-female and trans-male youth. Camp is a space where everyone's identity is respected and celebrated; children should not have to keep their identity a secret to retain a place in our program. Your camper will be invited to share how they would like us to refer to them during their time at camp, and to share their pronouns if they are comfortable doing so.

Our camps work diligently to create a space where everyone is emotionally and physically safe. Our policies surrounding restrooms, cabins, swimsuits, etc all support this work. You can find these policies in detail in our Culture Code.

Please read the Camp Culture Code, which includes a section on gender identity, in full. You can find the Culture Code towards the end of this camper packet.

Bathrooms, Showers, and Hygiene

Bathrooms are located in unit. We will let your camper know the nearest bathroom locations once they are at camp. Showers are centrally located and shared between units.

Please talk with your camper before they come to camp about taking care of their daily personal hygiene needs. Remind them about brushing their teeth, combing their hair, and washing their face every day. The staff will also support these hygiene practices as much as possible. Due to the number of people in camp and the practice of water conservation, campers shower every other day.

Bedwetting

If your camper wets the bed, it's not unusual, and you don't have to worry. Please let us know on the camper information sheet and/or health history form. Your camper should speak with their counselor or another staff person if they have an accident, and staff will discreetly launder the bedding and clothes.

Behavior Policy

Girl Scouts of Northern California strives to maintain a camp environment that is safe and fun for each camper, based on the Girl Scout Promise and Law. Our programs and camp environments are designed to provide a welcoming, anti-

discriminatory experience for all girls regardless of race, creed, or cultural background.

Campers are expected to be friendly to other campers and counselors. Campers have the opportunity to be active participants in designing their group agreements. Language or behaviors that hurt or intimidate other campers and staff members are not welcome.

Swearing, bullying, hitting, fighting, verbal harassment or any other disruptive behaviors are not permitted or acceptable at camp. Smoking, and/or use or possession of drugs or alcohol at camp, on field trips, or in camp vans is not permitted.

Our staff are trained youth development professionals, and have the support of experienced

Health Care at Camp

Our staff and campers work together to take a preventative approach to health care in camp. A Health Care Supervisor is on staff and is responsible for monitoring and administering first aid and routine health care, per Treatment Protocols. Should a camper become ill while at camp, they will be admitted to the camp Health Center or taken to the nearest hospital if needed, and the camp director will contact the emergency contact listed on the camper's health form.

- ▶ Please review our COVID-19 preparedness and response guide, starting on page (16) for a complete guide to camp's 2021 healthcare plan.

Illnesses, Communicable Disease, and Lice

Do not send your camper to camp if they have been exposed to a communicable disease or if they are ill.

Girl Scouts of Northern California does require an immunization history as part of the health form required for camp. Currently, the health history form does include an option for an exemption to vaccinations for medical or personal reasons. To read more about our protocols related to communicable diseases, please read Communicable Disease Protocols for Girl Scouts of Northern California.

If a participant is not immunized, they are required to complete the Immunization

Exemption Form and submit with the health form via CampDoc.

Please check your camper for lice before coming to camp, as all campers will be screened upon arrival. Any child with lice will need to spend at least one night in the health center to receive treatment before joining their unit. You will also have the option to take your camper home to treat them there. You can learn more about lice at headlice.org.

Medication

The following applies to all medications including vitamins, inhalers, prescriptions and over-the-counter medications:

- ▶ All medications must be listed on the health form.
- ▶ Please bring all medications to the bus loading in a labeled ziplock bag—do not pack medications in their suitcase. The only exception to this is inhalers, which campers may keep with them.
- ▶ Medications must be in the original container with the camper's name, address, and complete directions on the container. California law states that medications not in the original container cannot be dispensed by the Health Care Manager.
- ▶ Print the medication confirmation form from your CampDoc account and include it in the ziplock bag.
- ▶ If campers require an epi-pen, we require that you send 2 with them (1 for the health center and 1 for the unit).

State regulations cover the storage and dispensing of medications. All medications must come to camp in original containers and be stored by the Health Supervisor in locked compartments in the camp health

center. The Health Supervisor will dispense medications as indicated by the physician's

instructions for prescriptions and/or by label instructions for over-the-counter medications. If over-the-counter medications should be given different than the label, a note must be provided from an MD or NP.

If a camper refuses to take prescribed medications, this refusal is documented in the health log and the parent/guardian is notified.

Lost and Found

Participants are responsible for all items brought to events or camps. Neither Girl Scouts Northern California nor the camp can be held responsible for the loss or damage to a participant's personal belongings. It is best to have your name on all items. Any items left in the camp lost and found will be held at council for 2 weeks and then donated to a local charity.

Photo Updates

We post 10-15 photos every few days on the GSNorCal Camp Rocks! Facebook page, here: facebook.com/gsnorcalcamps

We do not have a dedicated camp photographer to capture regular photos of every child.

Facebook photos are just a glimpse into what's happening at camp, and they are not intended to provide regular updates or "proof of life". Our capacity to take and share photos varies significantly day to day

Please don't rely on social media for reassurance! If you would like to check on your camper, do not hesitate to call or email.

Safety at Camp

Archery

Campers of all ages will participate in archery. Archery activities are led by a certified archery instructor. Campers may not participate in archery unless a trained adult is present. Campers receive an orientation that includes safety rules prior to participating in this activity.

Aquatics

Water activities are only available when a certified lifeguard is present. Campers will be required to wear lifejackets (PFDs) when swimming at the waterfall in addition to having a lifeguard present.

Emergency Contact

All designated emergency contacts should be available while your camper is at camp. Camp staff may call you for the following:

- ▶ Homesickness of your camper that is getting worse, not better.
- ▶ Inappropriate conduct by your camper.
- ▶ Illness or injury to your camper that continues for an extended period of time, requires medical attention outside of camp, or requires them to be picked up by the parent/guardian.

Remember that your camper will not have access to a telephone. The telephone in camp is for business and emergencies only. If you have an urgent need to talk with your camper, contact the Girl Scout office first: 1-800-447-4475 ext 2091. During business hours (M-F, 8:30 AM-5:30 PM), the council staff will contact the camp director, who will then respond to your call. If it is after hours or on weekends and there is an emergency, our After-Hours Emergency Number is 1-877-636-1912

Unit Life & Care of Camp

We take care of our camp together! Each camp unit may have a “kaper” or job each day. Depending on age and ability, campers may handle nontoxic cleaners in spray bottles to clean frequent touch and common areas. All campers are instructed to wash their hands after cleaning.

Trips out of Camp

Our campers may have the opportunity to take a trip out of camp. Campers will be oriented to safety guidelines and transported to off-camp sites in vans driven by an experienced staff of age 21 or older with a good driving record. All staff drivers have passed GSNorCal’s driving check. Staff members carry a cell phone for emergencies. Programs are staffed by certified or experienced counselors who have training in First Aid, CPR, supervision and safety procedures.

Visitors at Camp

For camper safety and security, visitors are not permitted during camp sessions.

Emergency Line: 1-877-636-1912

Weather & Emergencies

A Girl Scout is always prepared, and that includes at camp. During training, staff will learn and practice emergency weather procedures and emergency action plans. At the beginning of each session, campers will also learn what to do in an emergency and will have practice drills during their time at camp.

If weather is unusually hot or cold, activities will be modified to keep campers safe. Weather alerts are monitored and there are designated storm shelters.

Please remember that during weather alerts phone lines need to remain open to contact emergency services. Do not call during severe weather. If it is after-hours or on weekends, our After-Hours Emergency Number is 1-877-636-1912. The council answering service will contact the appropriate council staff and they will contact you. In case of a natural disaster, information will be emailed and posted online.

Required Camp Forms

After you register for a camp, you will receive an email with all the forms you'll need to fill out before your child joins us for camp. Campers will not be able to stay at camp without turning in the required forms by the due dates listed below. [Campdoc.com](https://www.campdoc.com)

Form Name	Due Date	About the Form
Record of Health Exam & Immunization Form	June 1, 2022	Your camper will need to have a completed Health Exam Form signed by your doctor, which includes an immunization record. Once completed, you'll upload this through your CampDoc portal.
Immunization Exemption Form	June 1, 2022	If your camper is not immunized, you'll also need to complete the Immunization Exemption Form and submit it with the health form via CampDoc.
CampDoc Health Profile	June 1, 2022	You'll need to fill out your camper's CampDoc Health Profile. You will receive a "Welcome Invite" email from CampDoc.com with information about how to complete your camper's health information. These emails are sent within 1-2 weeks of completing your camp registration.
Program Specific Waiver(s)	Check-In	Depending on your camper's program, there may be some additional program-specific waivers for you to fill out. If your camper's program does require additional waivers, they will be emailed to you at your time of registration with instructions on how to complete them.

Fees, Payments, and Cancellations

All camp fees must be paid no later than 4 weeks prior to the camp session your camper is attending. You can pay your bill online with DoubleKnot using the instructions included on your registration receipt.

Your camper's registration will be cancelled if payment has not been received by the due date. If, for any reason, you cannot meet this financial obligation, you must contact GSNorCal immediately at 1-800-447-4475 ext 2091. No participant will be allowed to go to camp unless their camp fee is paid in full.

If you must cancel your camper's registration, please notify us as soon as possible so another child will have a chance to go to camp. Cancellations must be done through Member Services—clicking the "cancellation" feature on CampDoc will not cancel a registration. Refund procedures are outlined online at camp.gsnorcal.org.

Camp Culture Code

Girl Scouts of Northern California's council-run resident camps adhere to GSNorCal's Policy for Building Equitable Community for All. We ask that you review this document in its entirety. All members of the camp community are part of GSNorCal's commitment to inclusive and engaging experiences for Girl Scouts and their adult allies.

- **Please review the full “Policy for Building Equitable Community for All” [HERE](#).**

In addition to GSNorCal's Policy, the GSNorCal Camp Team has prepared the following Camp Culture Code & FAQ to help better prepare campers, families, and staff for some of the unique questions, concerns, and opportunities for inclusion that come up in the residential space of camp.

Camp Culture: What to Expect

Camp is a community. The community of camp is unique; it is shaped by the physical, outdoor space of camp, the teambuilding nature of our activities, and the welcoming environment that we strive to create. This means that camp has its own distinct culture. Your camper should expect to be immersed in an environment that:

- Encourages personal responsibility: campers take care of themselves, camp, and one another.
- Takes place in nature: campers learn environmental stewardship and share space with bugs and critters.
- Is "unplugged" and focused on being present: campers will not have access to electronics.
- Encourages self-exploration: campers try new things, explore their identity, and gain confidence.
- Relies on teamwork: campers work together as part of a team.
- Is respectful and inclusive: campers and staff strive to create a safe space and respect one another's identities.
- Nurtures belonging and the active practice of allyship: Allyship is the active way of life that allows campers to keep an open mind and heart about the lived experiences of others so that they can learn how to nurture equity, opportunity and inclusion for everyone.

What topics are included in the Camp Culture Code?

The Camp Culture Code is intended to set expectations for campers, camp staff, and families ahead of their time at camp. Together, we can create a safe and inclusive environment that celebrates who we are as individuals. In an effort to help us all come to camp informed and empowered to be a part of that safe space, we've included the following content in the Culture Code:

- Section 1: Key Terms
- Section 2: Gender and Identity
- Section 3: Sexual Orientation
- Section 4: Disabilities, Neurodivergence, and Accessibility
- Section 5: Race and Ethnic Diversity
- Section 6: Faith and Spirituality

Why is the Culture Code important?

Camp is a place where everyone should feel comfortable being their authentic self. As the youth mental health crisis grows increasingly urgent, GSNorCal dedicates ourselves to making all youth feel seen, heard, and safe. In the residential space of camp, this culture is especially empowering for youth. Our campers develop the confidence to love who they are, to feel that they are valued, and to experience the warmth and kindness of peers and mentors. The Culture Code is a pledge to ensure all campers and staff feel valued and safe at camp.

How does the Culture Code affect me and my camper?

At Girl Scout Camp, we all commit to actively building a sense of belonging for all of our community members. We ask all staff, volunteers, parents, caregivers, and youth to commit to working towards the practices of LGBTQIA+ Allyship, Antiracism, and Anti-Oppression. The Girl Scout Movement strives to be a safe place to stand against hate and discuss issues that are dividing our nation. If you are someone who is not open to participation in anti-racism and LGBTQIA+ allyship work, our camp programs are not a good fit for you and your child. If you have any questions or concerns about what this commitment to Diversity, Equity, Inclusion and Belonging means, please do not hesitate to reach out to info@gsnorcal.org. We would be more than happy to discuss this Culture Code with you.

Section 1: Key Terms

- Diversity - Psychological, physical, and social differences that occur among any, and all individuals; including but not limited to race, ethnicity, nationality, socioeconomic status, education, marital status, religion, language, age, gender identity, sexual orientation, mental or physical ability, perspectives, learning styles, etc.
- Inclusion - The act of creating environments in which any individual or group can be and feel welcomed, respected, supported, and valued to fully participate and bring their full authentic selves. An inclusive and welcoming climate embraces differences and offers respect in the words/actions/thoughts of all people.
- Equity - The guarantee of fair treatment, access, opportunity, and advancement while at the same time striving to identify and eliminate barriers that have prevented the full participation of some groups.
- Belonging - Feeling accepted as a member or part. Acceptance does not mean you agree on everything with everyone around you. Sharing your differences and still accepting a person creates peace. Belonging focuses on our connections, rather than our differences.
- Discrimination - The unfair or prejudicial treatment of people and groups based on characteristics such as race, gender, age or sexual orientation.
 - Racism- Prejudice, discrimination, or antagonism directed against a person or people on the basis of their membership in a minority or marginalized racial or ethnic group
 - Homophobia- Fear, hatred, discomfort with, or mistrust of people who are lesbian, gay, or bisexual.
 - Transphobia - Fear, hatred, disbelief, or mistrust of people who are transgender, thought to be transgender, or whose gender expression doesn't conform to traditional gender roles.
 - Ableism- The discrimination of and social prejudice against people with disabilities based on the belief that typical abilities are superior. Ableism is rooted in the assumption that disabled people require 'fixing' and defines people by their disability.
 - Religious Discrimination- Opposition or hostility towards another because of their religious beliefs or lack of religious beliefs.
 - Classism- The systematic oppression of subordinated class groups to advantage and strengthen the dominant class groups, assigning characteristics of worth and ability based on social class.
- Privilege- Refers to certain social advantages, benefits, or degrees of prestige and respect that an individual has by virtue of belonging to certain social identity groups. These privileged social identities correlate to people who have historically occupied positions of dominance over others.
- Intersectionality- The acknowledgement that everyone has their own unique experiences of discrimination and oppression and we must consider everything and anything that can marginalize people – gender, race, class, sexual orientation, physical ability, etc.
- Allyship- The role of a person who advocates and actively works for the inclusion of a marginalized or politicized group in all areas of society, not as a member of that group but in solidarity with its struggle and point of view and under its leadership.

Section 2: Gender and Identity

Who will be at camp?

Girl Scouts of Northern California's camps serve campers who have been historically marginalized and systemically excluded from outdoor spaces. We center the voices and experiences of girls and women, and welcome all campers and staff who identify with the girl experience. This can and does include cisgender girls, gender-expansive youth/ non-binary youth, and trans-female and trans-male youth.

Key Terms

- Gender Identity – A person's psychological sense of self. This is how a person has come to understand themselves to be. This may or may not align with their sex assigned at birth.
- Sex assigned at birth – A term that a medical professional uses to describe a child at birth based on their external anatomy.
- Gender Expression – How someone presents themselves on the outside. This may be expressed by the way someone acts or their clothing, and is typically associated with presenting either masculine or feminine.
- Gender-Expansive – A person who may have a more flexible range of gender identity and/or expression than typically associated with the gender binary.
- Non-binary – Describes a person who identifies outside of the gender binary. Non-binary people may identify as being neither a man or a woman, male or female, boy or girl, both a man and a woman, somewhere in between, or as falling completely outside these categories entirely.
- Cisgender – A term used to describe a person whose gender identity aligns with their sex assigned to them at birth.
- Transgender – A term used to describe people whose gender identity and/or expression differs from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation.
 - Trans-Female: a trans female is a woman/girl who was assigned male at birth
 - Trans-Male: a trans male is a man/boy who was assigned female at birth
- Queer - An umbrella identity term used by people who do not conform to norms of heterosexuality and/or the gender binary.

It is critical to note the important differences between definitions of identity, expression, sex, attraction, and other key vocabulary. For more information, go to [The Genderbread Person | A free online resource for understanding gender identity, gender expression, and anatomical sex.](#)

Is Girl Scout camp for “girls only”?

No. Our camps serve cisgender girls, gender-expansive youth, non-binary youth, and trans-female and trans-male youth. Our camps are staffed with youth development professionals of all gender identities.

At GSNorCal, we recognize that gender is not binary, and we reject the notion that everyone must be exclusively male or exclusively female. As members of the Girl Scout community, we embrace a youth-centered approach to notions of sex and gender. We have expanded our understanding of who belongs at Girl Scout camp, and are committed to serving all youth who identify with the girl experience.

Camp is a space where identities and pronouns are respected and celebrated. Some kids who attend camp have come to understand their gender identity does not align with female. Children should not have to keep their identity a secret to retain a place in our program. If a camper identifies as gender-expansive, non-binary, or trans, they will be welcomed at GSNorCal's camps.

Girl Scouts is committed to providing brave spaces that empower girls and marginalized groups through a break from dominant culture. Camp works to provide safety, care, and confidence-building opportunities where our campers can thrive. In an effort to establish this break from dominant culture, GSNorCal does not enroll cisgender boys at our council-run resident camps. Cisgender boys may enroll in family camp programs.

Will my camper be asked to share their pronouns?

Yes. However, we will never force anyone to disclose or discuss these aspects of their identity. We will ask how your camper would like us to refer to them during their time at camp and to share their pronouns if they are comfortable doing so. As with everything at camp, sharing pronouns is challenge-by-choice; campers who would prefer not to share will not be pushed to. Counselors will model this by sharing their pronouns with groups.

It is the camper's decision who they disclose information about their identity to. We value the relationships and trust we build with campers while at camp. For this reason, we will not break the trust and confidentiality of the camper unless it pertains to their or others' safety. This includes, but is not limited to, anything the camper discloses with regards to their gender identity or sexual orientation. We encourage campers to share their identities with people at home if and when they feel safe doing so.

Are all of the camp staff women?

No. Applicants are encouraged to apply without regard to gender identity, gender expression, or sexual orientation. Our staff reflect a spectrum of gender identities and have a wide range of lived experiences. It is important to us that our staff reflect the diverse groups of campers we serve. We believe that our campers should have the benefit of a diverse group of role models.

What about bathrooms and showers?

Privacy is an essential and fundamental right of everyone at camp. This includes toilets, changing areas, and showers, which are single use and all-gender. Staff members have separate spaces to shower and use the restroom that they do not share with campers. At no point are bathrooms occupied by staff and campers at the same time. Campers and staff members can also utilize lockable bathroom stalls as private changing spaces.

What about bunks?

There is only one body per bed at camp. Beds are considered private spaces that are not shared with others. Campers have separate sleeping spaces from staff members. If a camper needs the attention of a staff member during the night, they will have access to the staff member cabin/ sleeping area.

Campers are grouped in living units by age and not by gender identity.

What is the Swimsuit Policy?

For the emotional safety and equity of all our campers, our swimsuit policy for camp includes both a top and a bottom covering for all campers and staff members, regardless of gender identity. Some examples of this may look like a rash-guard and boardshorts, a bathing suit top and bottom (navels do not need to be covered, but chests do), or some combination of the two. This policy is also extended to camp staff.

What if gender identity topics are raised at camp?

We respect and nurture belonging and safe spaces for every camper by respecting their gender identity. While we invite every camper and staff member to share their pronouns, we will only discuss gender identity with campers if questions are raised organically. If questions or issues about gender identity arise among campers, staff are trained to address the questions or issues with respect and in an age-appropriate manner. We do not discuss camper or staff bodies or sex assigned at birth.

This is in alignment with GS NorCal's commitment as outlined in our *Culture Code for Equity & Belonging* and *Volunteer Policy for Building Equitable Community for All*.

Section 3: Sexual Orientation

Sometimes, families and campers may be confused about how gender identity and sexual orientation differ. It's important that this is clear to all, since Gender Identity is a topic we openly discuss at camp, and Sexual Orientation is a topic we do not actively discuss.

- Gender Identity is about how *you* feel about *yourself*. It doesn't involve anyone else and should be respected at all times.
- Sexual Orientation is about how you feel about others, referring to who someone feels romantically and/ or emotionally attracted to. Unlike Gender Identity, it is a topic that is largely irrelevant to most youth programming.
 - **About Key Terms:** There are many identifiers that correspond to people's individual romantic or sexual orientations. Examples include straight, gay, lesbian, bi-sexual, pan-sexual, etc. What identifier suits an individual is a personal choice.
 - Queer is an umbrella identity term used by people who do not conform to norms of heterosexuality and/or the gender binary.

What if sexual orientation topics are raised at camp?

There is no need to "out" or discuss a camper's (or staff member's) sexual orientation, and we do not initiate discussions about sexual orientation or sexuality at camp. We know that questions and conversations sometimes arise organically at camp about "crushes" or attraction, and we are respectful and non-judgmental regarding everyone's romantic and sexual orientations.

Although sexual orientation can be a part of someone's identity, conversations surrounding romantic intimacy are not appropriate at camp, and staff are trained to intervene in these instances with respect and in an age-appropriate manner.

Section 4: Disabilities, Neurodivergence, and Accessibility

Our Camp Directors work directly with families to identify accommodations that can be made in order to meet the needs of every camper, focusing on their strengths, gifts and assets. We are dedicated to meeting each child's needs without excluding or stigmatizing anyone for their differences.

What is an accommodation?

Accommodations are modifications or adjustments made for an individual with a disability on an as-needed basis.

We strive to be an inclusive community - one that provides equitable access for all, including those who require additional physical, mental, social, or emotional support. Providing access is our ultimate goal, and we use a combination of accommodations and accessibility to create a culture of inclusion.

What is the camp environment like?

We have three council-run resident camp sites in Soquel, Arnold, and Fairfax, CA. All locations are in rustic environments and while some parts of camp are ADA accessible, not all parts are. You can explore our sites [HERE](#) to determine which would be the best fit for you and your camper.

In addition to the physical environment, camp is often a busy and loud place. At times, it may be overwhelming for kids who are neurodivergent or have sensory issues. We will gladly talk through what to expect at camp with you and your child, and can discuss accommodations to set them up for success.

If you have any questions or concerns about the accessibility of our camp properties due to physical, mental, social, or emotional needs of your camper, please contact the respective Camp Director.

Section 5: Racial and Ethnic Diversity

GSNorCal strives to promote equity by centering our attention on our Black people, Indigenous people, and People of Color-identified (BIPOC) community members who are furthest from racial justice. Girl Scouts can be catalysts for change, promoting equitable outcomes for all members as they strive to make the world a better place. This is outlined in GSNorCal's [Culture Code for Equity and Belonging](#), which we have included below.

The ongoing violence that is occurring against countless BIPOC reaffirms that racism is not a thing of the past. GSNorCal has made a continued commitment to becoming an antiracist organization. Antiracism is the practice of proactively working towards dismantling racist views, cultures, and systemic practices that have historically oppressed, and continue to prevent BIPOC from participating, prospering, and reaching their full potential in our society. Systemic racism affects everyone, including our campers, and requires care and commitment to dismantle.

At GSNorCal, we are part of a movement to build equity, inclusion, diversity, and belonging. We work to end all forms of oppression. As a leader, that means I...

DISCOVER myself in a racist and unjust world

1. I understand our world was built on structural racism.
2. I recognize there are intersections between racism and all forms of oppression.
3. I acknowledge that white people benefit from unearned privileges based on skin color.
4. I honor the legacy of Freedom Fighters who came before me.
5. I learn key terms to empower myself as a student of social justice.

CONNECT with my heart wide-open

6. I value relationships with people who are different from me.
7. I know hurting hurts, even if I didn't mean to do it.
8. I believe you if you tell me you've been harmed.
9. I can tolerate feeling uncomfortable while I learn.
10. I take the risk and have courageous conversations.

TAKE ACTION to make the world better for all people.

11. I center and nurture the leadership of people of color.
12. I listen and take in feedback as a gift
13. I speak up about racism and all forms of oppression.
14. I work to change policies to be racially equitable.
15. I take responsibility for things I say and do.

Section 6: Spirituality and Faith

Campers and staff are welcome to express their full selves. For some, religion may be a big part of their personal identity. All personal identities are welcomed and celebrated at camp. While we invite every camper and staff member to share their feelings about the world around them, religion is only discussed at camp if the topic comes up organically. Staff are trained to supervise these conversations between campers and ensure that they remain respectful.

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 judgement. It does not mean that someone else needs to adjust their lifestyle or beliefs to align with someone else's.

We reject the idea that one person's belief can invalidate another's identity. Invalidating one's experience or identity causes harm, which is not conducive to a positive community culture. Regardless of a camper's belief system, this means we do not tolerate:

- Passing any type of judgement about another's religious or spiritual beliefs.
- Telling anyone that their beliefs, gender identity, sexual orientation, pronouns, etc. are "wrong".
- Failing to acknowledge one another's pronouns.
- Using personal beliefs as a reason to exclude or bully one another.
- Promoting one's personal religion or spiritual beliefs as "superior" to others.

Thank you.

Thank you for taking the time to read our Camp Culture Code and discuss it with your camper. We sincerely hope that this document reflects a community that you and your camper are excited about being a part of. If you've decided it's not what you're looking for, we'll be happy to talk to you about refunding your camp registration fee. We look forward to seeing your camper at camp this summer.



COVID-19 & Summer Camp

UPDATED March 2022

Safety is a cornerstone of Girl Scouting, and we will continue to put the health and safety of our campers and staff first throughout the summer camp season. We are regularly monitoring COVID-19 updates and recommendations from the Center for Disease Control and Prevention (CDC), Girl Scouts of the USA (GSUSA), the American Camp Association (ACA), and state and local authorities, and will continue to adjust our guidelines and processes with the goal of providing a safe and fun outdoor experience. All of our 2022 summer camp programs will be following the guidelines and processes below.

All information presented in this resource is subject to change. Guidelines and requirements may be changed and/or added at a later time pending changes in recommendations from the CDC, GSUSA, ACA, and state and local authorities.

Before Attending Camp

A healthy camp begins at home and requires a commitment from everyone. For the safety of our camp community, we are asking you to partner with us before checking in at camp by:

- Take a PCR Covid-19 Test within 72 hours of arrival.
- Upload Covid-19 Vaccination info in your CampDoc Health Profile.
- Be honest with us if your camper or someone in your household develops any COVID-19 symptoms, has exposure to COVID-19, or tests positive with COVID-19 themselves.

Campers and staff are not permitted at camp if any of the following is true:

- They test positive for Covid-19 within 10 days of arrival.
- They or anyone in their household has tested positive for COVID-19 in the past 10 days.
- They have had known contact with a person who has COVID-19 in the past 10 days.

For everyone's health and safety, we cannot make exceptions, and we thank you in advance for your not asking our staff to do so. If any of these statements apply, please contact us as soon as possible so that we can work with your family to find the best solution and, if possible, transfer your camper to a later session.

Testing

All campers and staff, regardless of vaccination status, must receive a **negative PCR COVID test** within 72 hours of arriving at camp. Securing this test is an individual/ family responsibility. You must bring your negative test result to check-in. Your camper will not be allowed to exit your car if you do not have these things.

- The only acceptable test for attendance is an FDA-authorized PCR COVID-19 test.

Positive Tests & Refunds: If a camper tests positive for Covid-19 before arriving at camp, we will honor a full refund with proof of that positive test.

Vaccinated Campers

Vaccinated campers are asked to provide a copy of their vaccination card in their CampDoc Health Profile. Vaccinated campers **ARE** still required to provide a negative test result.

General Safety at Camp: Guidelines and Processes

We have diligently researched best practices in the summer camp field and recommendations by the American Camp Association to help us keep campers as safe as possible this summer. These include:

- Frequent Handwashing
- Frequent Disinfection of Living Areas and High-Touch Surfaces
- Testing before and after arrival
- Masking in Indoor Spaces

Please review the policies below with your camper so that they will know what to expect when they arrive at camp.

Testing:

All campers will receive a second test within 48 hours of arrival at camp. This test will be provided by camp.

Mask Wearing

Per current state guidelines, and GSNorCal directives, masks and social distancing are no longer required. Campers can expect to be unmasked throughout their time at camp, except when in transportation vehicles such as busses and vans.

- *Please note that this policy is subject to change if GSNorCal policy changes.*

Cleaning & Sanitizing

Campers and staff will be trained on how to properly wash and sanitize hands, as the number one recommendation from the CDC for infection control. Handwashing time will be scheduled at regular intervals throughout the day.

- Camper's traditional kapers (personal and group camp care responsibilities) will consist of their own sleeping spaces and sites/units including maintaining personal belongings, sweeping, and wiping down their own bed. Daily cleaning will take place by staff throughout camp with high touch areas and shared bathrooms being cleaned multiple times a day. All activity areas and program group sites/units will be deep cleaned between camp sessions.

Sleeping Accommodations

Campers will not wear masks when sleeping. The following precautions will be taken in cabins:

- Beds will be moved to ensure physical distancing parameters are met and ventilation will be fully utilized (i.e. windows open when possible including in tents and using fans where electricity is an option).
- Campers and staff will be required to sleep head to toe and alternated as needed to prevent close proximity of head spaces.

What Happens if Someone Does Get Sick at Camp?

COVID-19 Response Plan

1. Campers who feel ill will be receive a rapid Covid-19 test. Families will be notified if any unscheduled tests are administered.
 - a. If the camper tests negative, they will stay in the health center until their symptoms have alleviated, and will be retested before they head back to their group.
 - b. If they test positive, they will be sent home. It will be the family's responsibility to pick up their camper.
2. If a camper tests positive, all camp families will be notified, and all campers will be tested. A second camp-wide test will be conducted after 48 hours. Any Covid-19 positive campers will be sent home.
3. There is a pro-rated refund if the camper is sent home.

More than 10 positive tests within 24 hours will result in a temporary closure of camp, and all campers would be sent home.

Cancellations

If you choose to cancel camp due to camper's or family's comfort level prior to June 1, 2022 or your camper is unable to attend camp due to exposure, symptoms, or a positive case of COVID-19, please contact us at registration@gsnorcal.org



concept art-
final design may
vary slightly

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- ★ A journal and pen to keep a record of her amazing summer
- ★ A plushie friend to cuddle
- ★ A sturdy aluminum water bottle to stay hydrated on her many adventures
- ★ Sunglasses to protect her eyes while she is exploring outdoors
- ★ Camp postcards and stickers to stay in touch and share the fun with family and freinds
- ★ Multi-colored LED lanyard to light her way in the dark
- ★ Camp patch and sticker-specify camp when ordering



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GSNorCal deluxe backpack



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