Family Guide to her Bear Necessities
Camp Martha Johnston
2020

Building girls of courage, confidence, and character.
Hello and Hi!

Are you ready for your best summer yet? At Girl Scouts of Historic Georgia we believe each camp season brings out the best you, yet. With each new experience and opportunity to grow, we are adding must haves to our world changing, kindness sharing, next-level skills.

At camp, that means getting comfortable meeting new friends, finding your truth and learning how to express it, and deciding to be a good steward to this big, beautiful world. That’s right! Camp is a bear necessity – to forward thinking, daily courage, a strong female voice, to Girl Scouts.

Because at camp, she will be a part of 100 year old Girl Scout traditions. She will build skills in the outdoors that show her that she can crush it. And, she will feel the encouragement of an all-girl environment from her Girl Scout sisters from across Georgia.

You're helping her build a strong foundation of go getting, innovating, risk-taking and leading by choosing camp as a part of her best self, bear necessities. You rock.

See you at camp!

Keli Neon Berkman
Camp Director, Assistant Director of Outdoor Program
Girl Scouts of Historic Georgia

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Get In Touch

<table>
<thead>
<tr>
<th>Camp Questions and Concerns</th>
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<th>478-254-9942 (Office) 478-365-7917 (Cell)</th>
<th><a href="mailto:kberkman@gshg.org">kberkman@gshg.org</a></th>
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<tbody>
<tr>
<td>Registration Changes, Payment Questions and Cookie Points Help</td>
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<td>706-395-8711 (Office)</td>
<td><a href="mailto:chysmith@gshg.org">chysmith@gshg.org</a></td>
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Getting to Camp

1500 Girl Scout Road
Lizella, GA 31052

Once you reach the address listed, turn into Camp Martha Johnston’s entrance (McGee/Old Side). You will be directed to park on the grass alongside the gravel road. We will help you retrieve your luggage and direct you to check-in at McGee Lodge.

When should I get there?

We know that some of you will be traveling quite a ways to get to camp this summer – you rock! Please try to come during the hours suggested, as it will keep lines down and your experience as happening as possible.

Resident Camper Arrival Times

<table>
<thead>
<tr>
<th>Week</th>
<th>Arrival Time</th>
<th>Grades</th>
<th>Session Names</th>
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<tbody>
<tr>
<td>3: June 21-26</td>
<td>Between 3 &amp; 4 PM</td>
<td>2 – 5</td>
<td>Brownie Back to Basics Junior Camp Staples</td>
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<tr>
<td></td>
<td>Between 4 &amp; 5 PM</td>
<td>6 – 8</td>
<td>Cadette Live Action</td>
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** Check-out for all grade-levels begins at 3 PM on Friday

What Do I Do When I Get There?

Where do I park? The parking lot, of course! Team members will assist you in parking in the main parking area alongside the gravel road.

Luggage From here you will unload your camper’s luggage. Team Members will let you know which Unit your camper will be sleeping in. Their luggage will be placed in their Unit’s section of the luggage racks. While you are checking in, your camper’s luggage will be transported to their Unit.

Please Note: Bring camper medications and water bottle to the Lodge with you.
**Check-in** Walk to the Lodge, to put your name on the, “We’re here!” List. Here you will receive your official roadmap to check-in. This is a souvenir that will go home with your camper on Friday and a way for you all to participate in the whimsy of camp together. Let’s get started on the check-in process!

**Swag-up** Visit the swag table to get your 2020 Camper T-shirt. That’s right – every camper gets one just for coming to camp.

**Trading Post Check-in** We want your camper to feel stellar when she goes to the Trading Post throughout the week. Even if you aren’t leaving money, please stop by so that you, your camper and camp knows how much your camper has and things she can buy.

**Mail Drop** Drop letters or packages for camper with our mail team. Want to skip this so she doesn’t see? No worries. Get your stamp anyway and come back when you’ve checked her into her Unit. This is a stellar time to talk to her about writing home and showing her where she can drop letters to go OUT in the mail.

**Meet the Director** Meet the Camp Director before heading up for your wellness check. Be sure to ask questions! We are here to help.

**Wellness Check!** Every camper goes through a health check prior to each session. This includes looking at their feet and hands, talking to them about how they have been feeling and checking for lice.

**Camp Nurse Questions!** Visit the Camp Nurse to go over your camper’s needs regarding medications, the authorized list of over-the-counter medications you filled out on CampDoc and answer any questions you may have. After reviewing with the Camp Nurse your camper’s medications, you will proceed to your Health Check.

**Travel Team Meet-up!** We want to help you get where you are going. Meet us outside of the Wellness Center. We’ll walk you to your camper’s Unit.

**Meet your Unit Family!** Head to your camper’s Unit to check-in with her Unit Leader and counselors. This is your last stop – your journey is complete! Before you leave, your camper may want help making her bed, setting up her space, or simply showing you where she will stay for the week. Once you have had a chance to see your camper’s digs and meet her counselors, you will say, “See you later,” to your camper. From here they will play a few get to know you games before getting started on the day’s big events!

**Resident Camper Check-Out (All Grade-levels)**

You will be required to pick-up your camper between 3 and 4 PM on Friday. The individual picking up your camper must provide photo ID and be listed on the authorized pick-up list. Camp will not release a camper to anyone not listed. You can add someone to the list in CampDoc up until May 31, 2020. If you need to add after this date, please contact the Summer Camp Registrar at summercampregistrar@gshg.org.
What does my camper’s week look like?

In a typical day at summer camp, girls can expect the following schedule:

- 7:30 am - Wakey wakey!
- 8:00 am - Flag Ceremony & breakfast
- 9:00 am - Kapers (daily camp clean-up)
- 9:30 am - Program activities
- 12:30 pm - Lunch & trading post
- 1:30 pm - Camp Sing
- 2:00 pm - Program activities
- 3:30 pm - Turtle Time (snack and mail)
- 4:30 pm - G.I.R.L.‘s Choice
- 5:45 pm - Flag Ceremony & dinner
- 7:00 pm - Evening all-camp or unit program
- 9:00 pm - Get ready for bed

What does a day in the life of a resident camper look like?

Camp Kapers
Group living is a unique experience girls are introduced to at camp. In addition to making new friends and being intentional about considering others’ needs, girls learn to ask for and offer help. Daily camp kapers give girls the opportunity to contribute to their camp community by working together to tidy the common area, bathrooms, restock paper towels or help tidy the lodge.

Trading Post
The Trading Post offers girls the opportunity to make decisions about what they want to purchase using the credit you’ve put on their account during the check-in process. Trading Post items cost between 25 cents and $15 and range from edible treats to cabin time activities to camp keepsakes. While your camper’s money is kept at the Trading Post, the decision on where to spend the money is solely her responsibility.

Mail Time, Mail Time, Mail Tiiiiime
Mail time is near and dear to every camper’s heart. Campers receive mail during Turtle Time in their cabin units. Mail received prior to 11 AM will be delivered that same day.

Make it easier! Bring pre-labeled envelopes with you to the mailbox at check-in or purchase a Camp Care Package to be delivered Monday afternoon of her camp session during the registration process. Two options are available! $25 or Mama Bear $50
Unit Life
A cabin unit is your camper’s “home away from home” while she is at camp. Girls are placed into units based upon their grade-level and camp session. Unit life includes their cook-out night, small group activities, turtle time, wake-up and bed time, and getting to know other girls and their counselors within their unit.

Camp Martha Johnston’s cabins have electricity and twin size bunk beds. Each cabin sleeps 4-10 girls. Each unit will have the appropriate number of counselors based on Girl Scout Ratios. Please note that counselors sleep in a cabin or tent within your camper’s unit, but not in the same cabin or tent.

Buddies
Campers are welcome to sign-up for camp with a friend who is within one grade of one another AND interested in the same session of camp. If camp buddies are two different Girl Scout grade-levels, then they will be placed in a living unit based on the younger camper’s grade. Please note: we can only guarantee placement with one buddy.

Even the best of friends need time to explore their individual interests and make new friends while at camp. Camp buddies stay in the same cabin or tent, but may or may not select the same camp activities. If buddies choose different activities, they will still be together again in the cabin or tent, during unit time, at meals and all-camp activities.

Don’t have a buddy? No problem! Most girls come to camp without a buddy. Camp is a wonderful place for girls to make new friends!

Swim Evaluations
For the safety of your camper, each camper will be evaluated on her swimming skills at the beginning of her camp session. Campers are placed into swimming groups based on ability. All swimmers are under the careful supervision of a lifeguard(s) while at the pool.

<table>
<thead>
<tr>
<th>Camper does not want to take the swim test or does not demonstrate confidence in swimming with their head above the water without touching the bottom of the pool</th>
<th>Red Band</th>
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<tbody>
<tr>
<td>Camper demonstrates confidence putting their head under the water and can swim 25 yards using any forward facing stroke</td>
<td>Yellow Band</td>
</tr>
<tr>
<td>Camper demonstrates confidence swimming 25 yards with any forward facing stroke, can tread water for 2 minutes and is able to jump in from the designated jump area</td>
<td>Green Band</td>
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Campers are provided colored bands indicating their swimming abilities. The lifeguards on duty will indicate areas of the pool where girls may swim based on their band colors.

Camper Communication
Who doesn’t love mail? Mail is very important to campers. Letters can make or break a camp experience. Please keep news light and cheerful. Telling her about the number of fun trips she’s missed or how much the family pet is missing her will only add to any feelings of homesickness.
Since most letters take two to three days to arrive, try mailing a letter a couple of days prior to camp so that the mail will be waiting when she arrives. Packages of games, books, or cards are also a great idea.

**However, please do not send candy, food, sodas, or gum. Your camper will not be allowed to keep this in her unit as it attracts critters.** Does your camper have a birthday? It will be celebrated by the entire camp at a meal.

You may bring mail to camp check-in to be handed out during the week. Please write the day of the week on the letter or package reflecting when you would like your daughter to receive the mail. Mail and emails are distributed each day after lunch. Any mail that arrives for campers after they have gone home will be marked Return to Sender, and sent back.

**Tips for Mail:**
- Make mail positive. Encourage her to try new things and make new friends.
- Ask about what she is doing at camp.
- Let her know how much fun you want her to have at camp.
- Include pre-addressed, stamped envelopes or postcards to remind her to send YOU mail. **Stamps will also be available for purchase at the trading post.**

**Email** Forgot to bring mail? We have the answer. Email the camp inbox at gshgsummercamp@gmail.com. Emails should be text only with no attachments or photos. Place the camper’s session name and camper’s first and last name in the subject line to ensure delivery to the correct camper. **Emails arriving prior to 11:00 AM will be delivered during Turtle Time that day. Emails delivered after 11 AM will be delivered the following day.**

Emails are a one-way communication and cannot be responded to by campers. Should a camper want to respond, they must do so by mail.

**Telephone Use by Campers**
Parents are welcome to contact the camp office at any time with questions or concerns. In general, we work to promote independence and group cohesion in campers by discouraging telephone contact during the camp session. Of course, there are exceptions. The Camp Director will contact the parent/guardian if a camper is having trouble adjusting to camp life after 24 hours onsite or if there are health concerns during the session. We look forward to partnering with you to find the best solution for your camper, which may include having your camper talk with you on the phone. We do not have the technology onsite to allow campers to e-mail.

Due to the nature of camp, the camp staff spends the majority of their day out of the office with the camp community. The camp office is not staffed 24-hours a day. The Camp Director will make every effort to respond to your call or email within 3 hours of your correspondence.

**Do not send a cell phone to camp with your camper.** When some girls have phones and others do not, it is a great distraction; there is increased homesickness and secret keeping, and this interferes with the enjoyment of camp by all. If it is discovered that a camper does have a phone, it will be held at the camp office until she is picked-up on Friday. Your daughter is always supervised by adults in close proximity at camp, and if there is an emergency, camp staff will contact you immediately. Camp staff has access at all times to outside communication.
Lost and Found
Girl Scouts of Historic Georgia is not responsible for any items lost or left at camp. At the close of the session all lost and found items are sorted and stored. Parents/guardians may contact the camp office and arrange a time and date to pick-up the items. Any items left will be held until 30 days after the end of the camp season. At the end of the 30 days, all items are donated to a local charity or camper in need.

Camp Counselors
Girl Scouts of Historic Georgia’s Camp Team are youth-minded adults who are devoted to giving girls the opportunity to learn new skills, develop long-lasting values, and learning about themselves and the world around them. They share a passion for nature and outdoor living. At least two female staff members per group will serve as role models and guides as campers experience all that camp has to offer.

All staff members are required to go through drug screenings, criminal background checks as well as pre-camp training. Team training includes first-aid, CPR, programming, outdoor skills, songs, team-building, dealing with homesickness, grade-level characteristics and MUCH more.

How can I help her stay healthy at camp?

Tips for Total Wellness

**Hydrate, Hydrate, Hydrate!** Pack a water bottle with your camper’s name on it. Talk with your camper about the importance of drinking three to four bottles of water a day at camp. With increased activity in the sun, campers can easily become dehydrated. Camp team members are properly trained on how much water your camper should be drinking and are committed to making sure they drink as much water as possible during their stay at camp.

**Apply, Apply, Apply!** Pack SPF 15 or higher sunscreen in your camper’s bag. Encourage your camper to apply sunscreen at least 10 minutes before she goes out into the sun. Camp team members will always remind campers to reapply throughout the day. Other ways to protect your camper from the sun are hats and swim shirts.

**Rest, Rest, Rest!** The first night of camp is always the latest for campers and camp team members. Everyone is excited about the start of a new adventure. After the first day, campers will be exhausted and ready for bed each night! Encourage your camper to giggle during the daytime and dream the night away.

Medication Administration

Be sure to list all of your camper’s medications on the Health History, including over-the-counter medications. Bring these with you to check-in. All medications for campers and staff are securely stored in the Health Center.

- Only medications that are in the **original container** and are listed on the camper’s health history can be administered.
- All medications, including vitamins, must be in the **original container** and marked clearly with the child’s name and directions for use. Only the dosage listed on the original container will be followed at camp.
• Medication can only be administered to the person listed on the original prescription container.
• After a discussion with the Health Care Supervisor, it may be determined that a camper who uses an inhaler on an as needed basis may carry the inhaler in her backpack to all of her activities. The parent and Health Care Supervisor will determine if the camper can take on this responsibility. In this situation, we recommend a second inhaler remain in the Health Center, in the event the other is misplaced.
• Each counselor on staff is certified in First-Aid and CPR. First-Aid kits are readily available in all activity locations and sleeping areas of camp. Other First-Aid supplies and some over-the-counter medications (see health history in CampDoc for listing) are available for camper use, if administered by the Health Care Supervisor in the Health Center. Please indicate in the Health History which medications the Health Care Supervisor has permission to dispense to your camper in the event she should need them.

Please disclose other health related concerns, such as bedwetting, sleep walking, etc. on the Health History so that we can best meet the needs of your camper.

Head Lice Policy
A head lice check is administered to each camper upon arrival by the Health Care Supervisor. Any indication of head lice will mean immediately removal from the camp session. Campers may return to camp once they are lice free and have been cleared by the Camp Health Supervisor. If your camper is unable to return to camp, the camper will receive a prorated refund up to half of the total camp session fee.

While at camp, please discourage your camper from sharing hair brushes, combs, headbands, scarves, hats, or any other items that may come in contact with another girl’s head and/or hair. For more information about head lice prevention, please visit www.headlice.org.

Campers Sometimes Get Homesick
Every camper misses her family, friends, and favorite pet during her stay at summer camp. Homesickness is normal behavior among both first time and experienced campers, but it usually disappears within the first two days of camp. Campers need this time to adjust to a new routine, new sleeping environment, and an increase in activities.

During their first 24 hours at camp, a camper may send home a letter requesting to come home. If you receive such a letter, consider that it has taken time to reach you. By the time you have received the letter your camper has probably adjusted to camp life. Please call the Camp Director with any concerns. She will be happy to update you on your camper’s well-being.

Occasionally campers will exhibit signs of atypical homesickness. These signs include needing constant attention, clinging to adults, needing someone by her side to fall asleep, disrupting camp activities or crying constantly. In these situations the Camp Director will contact the parent/guardian to partner with them and make a plan for the camper, which may involve the camper going home.

**Please note: if a camper leaves camp due to homesickness, no refund is available.**
Please visit the American Camp Association web site at campparents.org to learn more about how to help prepare you and your camper for her stay at camp. http://www.acacamps.org/press-room/how-to-choose-camp/homesickness#

We will contact parent or guardian if a camper...

- Experiences atypical homesickness
- Experiences behavior challenges (see Behavior Agreement)
- Experiences an allergic reaction
- Spends the night in the health center or misses a day of activities
- Has an acute, sudden illness
- Has a temperature of 100.5 or higher
- Has an active case of head lice
- Falls off a horse
- Needs to be taken to Urgent Care or the hospital
- Or, as the Camp Director or Health & Wellness Director see fit

Meals

Meals for all sessions are served in our dining hall with the exception of cookout night, which is planned and carried out by the campers in their unit. We offer a wide range of nutritionally balanced, kid friendly meals prepared by a Servsafe certified Food Services Manager.

Salad bar and fruit bars are available at most lunch and dinners. Seconds are available after everyone has eaten. Counselors will require each camper to drink one cup of water before drinking juice or milk.

Sunbutter (peanut free) and jelly sandwiches are also available at every meal, if a camper is not willing or cannot have the dish served that meal. Snack is also provided each day in the afternoon.

Day campers will enjoy breakfast, lunch, and snack at camp during the day.

**If your camper has special nutritional requirements, please note that on her health history and speak to the Health Care Supervisor or Camp Director prior to her camp session.

What does she need to bring with her?

Important Tips to Remember

- Campers should dress for an active lifestyle.
- Light colored, comfortably fitting clothing is recommended. Please leave any offensive clothing or any clothing advertising alcohol or tobacco at home.
- Bathing suits should be one-piece or two-piece ‘tankini’ suits.
- Please do not send new shoes to camp with your camper. She will be walking all over camp each day. New shoes or ill-fitting shoes can cause painful blisters.
- Wet shoes or sandals can also cause blisters, so packing an extra pair of shoes is always a good idea. Flip Flops are fine to wear by the pool or in the shower, but closed toe shoes must be worn during all other activities.
• For younger campers: Select an outfit for each day and pack it in a plastic bag. Mark the bag with the day she will wear it. This will help her get dressed in the morning and keep her clothes together, and stay as dry as possible.
• Do not pack forms or medication in her luggage. They will be needed at check-in on the first day.
• Do not bring valuables to camp. Girl Scouts of Historic Georgia is not responsible for items lost or left at camp.

What to leave at home
• Electronics. Cell phones, CD players, iPods, Game Boys, fans, curling irons, etc. will be confiscated and held at the camp office until the camper is checked-out on Friday. **Remember! Camp is not responsible for any of these items being lost or broken while a camper is at camp.** Want to take pictures? Great! Bring a disposable camera with you to camp. That way all your camp memories can be saved in one place.
• Food, gum, candy, or other food.

**Resident Camp Packing List**
1. White T-shirt to tie dye
2. T-shirts: 1 per day + 2 extra *(help protect your camper from the sun – no spaghetti straps)*
3. Shorts: 1 per day + 2 extra
4. Socks: 1 per day + 3 extra
5. 2 pairs of shoes *(with closed toes)*
6. Boots or shoes with a 2 inch heel *(required for horse riding activities)*
7. Shower shoes or flip flops
8. Raincoat *
9. Pajamas or night shirts
10. Bathing suit
11. Long pants: 1 pair *(required for horse riding activities)*
12. Underwear: 1 per day + 3 extra
13. Hat
14. Sweatshirt or light jacket *(you never know)*
15. Swimsuit *(must be a one piece or ‘tankini’ or have a water shirt)*
16. Spare day bag or backpack to carry swimsuit, towel, water bottle, sunscreen, etc. to and from camp activities during the day.
17. Towels and washcloths (2 washcloths, 2 bath towels, and 2 towels for swimming/canoeing)
18. Sleeping bag and fitted sheet or sheets, pillow, and pillowcase for twin size bed
19. Metal or plastic water bottle *(that do not crack when dropped)*
20. Flashlight
21. Stationary and stamps
22. Insect repellent
23. Sunscreen
24. Toiletries: shampoo/conditioner, soap, toothbrush/toothpaste, hair brush, ponytail holders, deodorant, sanitary items, shower caddy, etc.
25. Many girls also enjoy bringing a stuffed animal, a book, travel sized games, a deck of cards, pens, etc. for turtle time.
26. Dress-up Day Swag! Think of it like a camp wide costume day. Campers can elect to participate in dress-up day along with their counselors. Dress-up days happen weekly on Thursdays. Week 3: Wacky and Tacky

**Last, but never least...Pictures!**

We know that you miss your camper, too! By Friday, she will have SO many memories to share with you. To help you feel better about her adventures, we do post pictures on our FB Page daily. Be sure to like [Girl Scout Camp Martha Johnston](https://www.facebook.com/GirlScoutCampMarthaJohnston/).

*We do not guarantee each camper will be posted to the page. Our posts are snapshots of activities campers are participating in. Photos from the full week will be posted to [GSHG’s Flickr Page](https://www.flickr.com/photos/gshg/) as soon as we have a solid Wi-Fi connection!*