

A purple banner with diagonal stripes and several white starburst graphics. The word "LIMITLESS" is written in white, bold, uppercase letters with a dark purple outline.

**LIMITLESS**

**Camp Tanglewood  
Day Camp**

Hello Camp Family!

The new year has arrived, and we are excited about Girl Scout Summer Camp! We are working hard to prepare for the 2023 camp season and have so many fun adventures planned. Whether you are a returning camper or brand new to the Girl Scout camp experience, you will be able to find a camp session that excites you, inspires you, and makes you smile! This summer, Girl Scouts will be able to choose from eight weeks of wonderful outdoor camp adventures.

For 2023, we are proud to offer two weeks of resident camp each at Camp Tanglewood, Camp Low and Camp Martha Johnston, and a STEM Camp hosted on the campus of Valdosta State University.

New this year: Senior and Ambassador Girl Scouts have been heard and will have more options! They can choose from traditional camp programs, Counselor-in-Training (CIT) programs, and adventure travel trips.

For Daisies, Brownies, and Juniors who are not quite ready for a week of resident camp, we are offering 2 weeks of Day Camp each at Camp Tanglewood and Camp Low and a Mini Resident Camp session for Brownies and Juniors the first week in July at Camp Martha Johnston.

We are bringing back some favorite summer camp themes, like Harry Potter week at Tanglewood and Circus Camp at Camp Martha Johnston, and all your favorite camp activities too. Browse through this guide to see all the exciting opportunities we have planned!

Summer Camp at GSHG is truly an amazing experience, and it is the dedicated staff and purposeful program that make it so great. Camp programs safely challenge campers and build courage, confidence, and character. Campers learn independence and resiliency in a peaceful, unplugged outdoor setting. They learn, grow and thrive.

Girl Scouts come from across the state to make new friends, experience new activities and have a wonderful time. We would love for your Girl Scout to join us! The camp staff are excited to share the endless things campers can learn and accomplish. Girl Scouts are limitless!

Haley “Hippie” Hall  
*Assistant Director of Program*

Elizabeth “Cloze-Up” Sumpter  
*Summer Camp Director*

# Get In Touch

## For Questions Regarding:

## Contact:

Registration Changes,  
Payment Questions, and  
Cookie Points Help

Camp Registrar

summercampregistrar@GSHG.org

Camp Program Questions  
and Concerns

Haley Hall  
Assistant Director  
of Program

HHall@GSHG.org

# Getting to Camp

**4687 Columbia Road  
Augusta, GA 30807**

Once you reach the address listed, turn onto Shepherd's Way. In 100 yds, turn right into Camp Tanglewood (turning left will take you into a residential neighborhood). Smiling faces will greet you and help you through the entire check-in process.

# Your Arrival Time

Only individuals listed as as authorized pick-up person on your camper's health profile are permitted to pick up your camper.

Day Camp

Drop Off:  
7:30-8:00AM

Pick Up:  
4:00-4:30PM

# What Do I Do When I Get There?

## **Wellness Check**

Each person in your car will experience a wellness check prior to entering the gate. You can expect to have your temperature taken and to hear questions like, “Have you or anyone in your household been tested for COVID-19 in the last 10 days?” or “Are you experiencing any symptoms of COVID-19?”

## **Camp Nurse Touch Base**

Visit the Camp Nurse station 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.

## **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.

# Frequently Asked Questions

## **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 check-in, a skill that will last them a lifetime. Trading post items cost between .25 cents and \$50 and range from edible treats to cabin time activities to camp apparel.

## **Mail Time, Mail Time, Mail Tiiiiime**

Mail time is near and dear to every camper’s heart. Mail received prior to 11AM will be delivered that same day. Make it easier! Bring pre-labeled envelopes with you to the mail box at check-in or purchase a Camp Care Package to be delivered Monday afternoon of her camp session through CampDoc.

## **Buddies**

Campers are welcome to request a camp buddy with a friend who is in the same Girl Scout grade-level. We can only guarantee placement with one buddy. Buddies sleep in the same tent or cabin, hang out together during Unit time and go to camp activities together. 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!

## Safety at the Pool

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.

### Green Band

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

### Yellow Band

Camper demonstrates confidence putting their head under the water and can swim 25 yards using any forward facing stroke

### Red Band

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

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.

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.

You may bring mail to camp check-in to be handed out during the week. Write the day of the week on the letter or package reflecting when you would like your camper to receive the mail. Mail is 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.

Forgot to bring mail? We have the answer. Email the camp inbox at:  
[gshgsummercamp@gmail.com](mailto: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 11:00AM will be delivered during Turtle Time that day. Emails delivered after 11AM 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 they are picked-up on Friday.

## **GSHG Summer Camp Team**

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

All team members are required to go through drug screenings, criminal background checks and 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?

At GSHG Summer Camps we believe strongly in meeting every camper where they are. That means building a strong foundation with both of you from now until you pick your camper up from camp. Whether they are coming to camp for the first time, have specific dietary needs, or a physical or emotional health need, our camps are committed to partnering with you to help make camp feel safe, comfortable, and the best camp, yet.

To do that, our Health and Wellness Team asks key questions in the health history, reviews each health profile prior to arrival and sits down with each parent/guardian on check-in day to get to know your camper's individual needs and make a plan for their stay at camp.

Having prior knowledge about a learning difficulty, bed wetting, ADHD, medical conditions, or a recent loss in the camper's life makes a tremendous difference in helping us be sensitive to your camper's need for patience, understanding, and reassurance – especially in the first few days of camp.

Talk to us! Together, we can discuss our camp's ability to meet your camper's needs. If you have any questions or concerns regarding your camper's specific needs, email us at [summercampregistrar@gshg.org](mailto:summercampregistrar@gshg.org).

## **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 swimshirts.

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 day time 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 team members 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 camper'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 their 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 our team 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 your camper should need them.

Please disclose other health related concerns, such as bed wetting, 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 immediate 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 person's head and/or hair. For more information about head lice prevention, please visit [www.headlice.org](http://www.headlice.org).

## **Campers Sometimes Get Homesick**

Every camper misses their family, friends, and favorite pet during their stay at summercamp. 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 Office with any concerns. We will be happy to update you on your camper's well-being. We can be reached at 478-365-7917 or [hhall@gshg.org](mailto:hhall@gshg.org).

Occasionally campers exhibit signs of a typical 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.

**Camp Tuition will not be refunded in the event a camper leaves camp due to 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
- Exhibits symptoms of COVID-19 or has exposure to COVID-19
- Needs to be taken to Urgent Care or the hospital

Or, as the Camp Director or Health & Wellness Director see fit

## Meals

We offer a wide range of nutritionally balanced, kid friendly meals prepared by a Servsafe Certified Food Services Manager. They are: breakfast, lunch, and an afternoon snack.

Salads and fruit are available at most lunch and dinners. Seconds (and often thirds!) 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.

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

## Communicable Diseases

GSHG Summer Camps are committed to the health and wellness of campers, their families and our Team. Our goal is safety first, while maintaining the same level of program quality that your camper has come to expect.

A detailed summary of our preventative plan regarding communicable diseases including COVID-19 will be published in the April edition of the Family Guide and emailed to all registrants of GSHG summer camps at the email provided during registration.

# What Does Your Camper Need To Bring?

## 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.

## Day Camp Packing List

- White T-shirt to tie dye (bring on Monday)
- A change of clothes (tshirt, shorts, underwear, and socks)
- Raincoat \*
- Hat
- Swimsuit (must be a one piece or 'tankini' or have a water shirt)
- Towel
- Reusable waterbottle
- Insect repellent
- Sunscreen
- Any must haves! If your camper loves a blanket, stuffed animal, or book, let her bring it! This helps her feel safe at camp!

### What to Leave at Home

- Electronics
- Cell phones
- CD players
- iPods, Bluetooth Speakers
- Game Boys, Switch
- Fans
- Curling irons or blow dyers
- Food, gum, candy, or other food

**Camp is not responsible for any of these items being lost or broken while a camper is at camp.**

### Avoid Overpacking

Your camper will bring her back pack with her to activities like the pool or arts and crafts. Avoid overpacking, a heavy back pack is a hard day!