

Girl Scouts of Eastern South Carolina

Resident Camp
Parent and Camper Handbook

2014



Welcome to Summer Resident Camp! This handbook is full of information with which you need to familiarize yourself before you arrive at camp. Everything in here has been included to help you have a great time at summer camp. I hope all of your questions will be answered once you have read this handbook. If you still have questions or concerns, please contact me at 843-479-6814 or chuckiler@girlscoutsesc.org.

The summer camp staff and I are looking forward to seeing you. We have many great activities planned and we hope you will bring some ideas with you. Remember, camp is a fun place to visit and play. Be sure to pack your positive attitude and plenty of ideas to help plan your week!

See you this summer!

“Squirrel”

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Arrival and Departure

Arrival

Check-In is between 2:00 p.m. and 4:00 p.m. on Sunday. The camp gate will remain closed until 2:00 p.m. If you arrive early, please plan to wait at your vehicle until the gate is opened. You will not be able to tour or wander the camp property. Please do not arrive before 2:00 p.m. because there will be no one available to help you.

Please say goodbye to your pets at home. No pets are allowed at camp.

Once the gate is opened, you will proceed up the hill and to the parking lot on your right. After you have parked, a staff member will help you find the right location to set your luggage. Please remove **ALL MEDICATIONS AND A COMPLETED MEDICATION CONSENT FORM, GIRL MEDICAL HISTORY AND IMMUNIZATION RECORD, TRADING POST MONEY, SIGNED CODE OF CONDUCT AND COMPLETED CAMPER RELEASE FORM** from your luggage. A delay in the Check-In process will happen if any of these items are not brought with you. Check-In will take place at various places on your way to your camper's living unit. Please be sure to visit each station. This is the order in which you will need to visit the tables, please do not skip tables or send your camper ahead of you.

- 1) Registration-Sign in, Forms, and Trading Post Money will all be turned in at this table and you will receive your living unit assignment.
- 2) Nurse- Medication, Medical Consent forms and a Lice Check will be performed at this station. All campers must be checked and cleared before they can stay at camp.
- 3) Swim Test- Please pack swimsuit, towel, sunblock, and water bottle in a separate bag and bring with you to Check-In. Girls will be going to the pool right after Check-In for swim test.

After checking in with your camper's Unit Counselor you can help her settle into her living unit. Please remember Check-In ends at **4:00 p.m.** The day is just getting started for campers and staff. It is important to us parents and guardians are finished helping their campers settle in at this time so that campers may begin to explore their camp surroundings.

Departure

Camp departure is between 2:00 p.m. and 3:00 p.m. on Friday afternoon. If you arrive before 2:00 p.m., please stay at your car until the gate is open. Once the gate is open, please park in the parking lot. Your camper's luggage will be located in the parking lot. It is often better to pick up your child and then get their luggage, since it is unlikely she repacked the same way and may have extra luggage. **Please have your camper look in the wagon before you leave to make sure you have gathered all of her belongings.** Please proceed to the Check-Out table where you will Check-Out your camper, pick up medications, receive left over Trading Post money and be directed where you can pick up your daughter. **You must have an I.D. and be listed on the Camper's Release/Parent Authorization Form to pick up your camper, this includes parents/guardians.** If your camper needs to be picked up before the scheduled Check-Out time, please tell the staff member at the Registration Table during Check-In. Check-Out ends at 3:00p.m. on Check-Out days. Please be prompt in picking up your camper.

Transportation

Bus transportation to and/or from Sandy Ridge is provided by Durham Bus Service for an additional fee. You must register and pay for transportation on the Active Network registration site. It is important that you drop off and pick up during the stated time guidelines. Parents/guardians are completely responsible for the supervision and care of their campers until they are boarded onto the bus.

Bus Stops and Times

	Bus Stop Location	Sunday Departure Time	Friday Pick-Up Time	Cost
Beaufort	K-Mart Parking Lot 2127 Boundary Street #1, Beaufort, SC 29902	10:00 a.m.	6:00 p.m.	\$40 round trip \$25 one way
North Charleston	Girl Scout Service Center, 7951 Dorchester Road, North Charleston, SC 29418	12:00 p.m.	4:30 p.m.	\$35 round trip \$20 one way
Myrtle Beach	Girl Scout Service Center, 1203 48 th Avenue North, Suite 115, Myrtle Beach, SC 29512	12:00 p.m.	4:30 p.m.	\$30 round trip \$20 one way
Florence	Girl Scout Service Center, 2412 Pisgah Road, Florence, SC 29501	1:30 p.m.	3:00 p.m.	\$15 round trip \$10 one way

- Times may vary due to traffic, and loading/unloading of luggage.
- Please provide a bagged lunch on Sunday for the trip to Sandy Ridge.
- Sandy Ridge will provide a snack for ride home.

Check-In At the Bus Stop

Every camper and her parent/guardian must Check-In with the bus coordinator upon arrival at the bus stop location. Please arrive at the bus stop location at least ½ hour before Sunday Departure Time to Check-In your camper. The bus will depart the bus stop location on Sunday at the times listed above. Please be aware that transportation will not wait more than 15 minutes for late campers. You will not receive a refund for your bus or session fee if your camper misses the bus/van or camp for the week. It becomes the parent's responsibility to transport their child to camp.

Parents should be sure all these steps are completed in order to ensure a smooth process

1. Tell the bus coordinator the name of the person who will pick up the camper on closing day.
2. **IMPORTANT:** Please inform the Bus Coordinator if any of the contact information for Parents/Guardians and Emergency Contacts has changed. We must have all of these numbers.
3. Turn in the camper's Code of Conduct Form, Girl Medical History Form, and Medical Consent Form. Please also turn in any other permission slips necessary for her unit i.e. Horseback Riding Release and Challenge Course Release.
4. Turn in all camper medications. Write her name on a Zip-lock bag, and put all of her meds in the bag. This includes prescription drugs, vitamins, and over-the-counter drugs. Asthma inhalers and EpiPens must be recorded.
 - a. All prescription drugs must be in their original containers, with pharmacy labels attached and complete instruction for dispensation.
 - b. No doctor's samples, shared prescriptions, or drugs not in original containers may be accepted.
5. All over-the counter meds must have camper's name written on them, and must be accompanied by written permission from the parent/guardians or physician for camper's use at camp.
6. Your camper will receive an I.D. tag to wear while in route to camp. Please be sure she is instructed to keep this badge on at all times. **THIS IS IMPORTANT.**
7. Help your camper load her luggage.
8. Please pick up a parent/guardian "Pick-Up Reminder."
9. Say your goodbyes

Check-Out At the Bus Stop

Please plan on picking up your camper at the listed Friday pick-up times listed in the grid. Please remember the buses will run on schedule but traffic and unforeseen circumstances do occur. The Camp Director will notify parents of any extreme (over an hour).delays

If an emergency arises and you will be late for camper pick-up, please call Sandy Ridge at 843-479-6814 as soon as possible. If your camper is scheduled for a Florence check-out, the bus will not wait more than 15 minutes. After that time, you will be required to pick up your camper at the Myrtle Beach office. If your camper is scheduled for a North Charleston check-out, the bus will not wait more than 15 minutes. After that time, you will be required to pick up your camper at the Beaufort bus location.

Packing For Camp

The following is a list of recommended items each camper should bring with her to camp. Items do not need to be new, just functional and Girl Scout appropriate. Campers should only bring **one** suitcase or duffel bag, their sleeping bag and **one** backpack that she can carry herself.

Packing: Your camper should pack or help pack her own items so that she knows what she has and how to pack it for the return trip home. It might be helpful to pack outfits (shorts, shirt, socks, and underwear) in bundles for each day. Have her practice rolling her sleeping bag as well.

PLEASE PUT YOUR CAMPER'S FULL NAME ON ALL ITEMS SHE BRINGS TO CAMP

- Sheets, sleeping bag or blanket
- Pillow
- Shorts
- Short-sleeved shirts
- Long pants (mandatory if attending the Horse Lover program)
- Sweatshirt, long-sleeved shirt or light jacket
- Swim Suit
- Underwear (a pair for each day plus three extra pairs)
- Socks (a pair for each day plus three extra pairs)
- Pajamas or nightshirt
- Two (2) pairs of sturdy, closed-toed shoes, such as sneakers or hiking boots. No sandals or "Croc" type of shoes are allowed. Boots for riding must have a smooth sole and at least a half-inch heel.
- Shower shoes, such as flip flops (only worn during shower time)
- Bandana, hat, or visor
- Toiletries (soap, shampoo, deodorant, toothpaste/brush, hair brush)
- Flashlight with extra batteries and an extra bulb
- Water bottle that can be easily carried by camper
- Writing home materials (paper, pencil/pen, envelopes, stamps)
- Swimming towel
- Bathing towel and washcloth
- Insect repellent (non-aerosol only)
- Rain coat/poncho
- Sun screen and lip balm
- Theme week accessories

Please make sure all of your camper's belongings are labeled with her full name. This includes towels, underwear and socks. Camp staff members do their best to ensure that campers' belongings are not abused or lost although no guarantees can be made. Please remember to check the Lost and Found before you leave camp. It will be located near the Check-Out table. Each camper is ultimately responsible for her own belongings.

Attention Girls Attending A Horse Camp: Long pants for riding are mandatory. Boots must have a smooth sole and at least a half-inch heel. They should fit the girl comfortably since she will be wearing them a few hours at a time. Girls may bring their own helmet but it must be ASTM approved and fit properly. Camp Pee Dee does have helmets for all participants to use.

What Not To Bring To Camp

- ✓ Portable DVD Player, Portable TV, Radio, CD Player, iPod
- ✓ Hairdryer
- ✓ Handheld games or any other electronic items
- ✓ Cell Phone
- ✓ Gum
- ✓ Valuable or expensive clothing or gear
- ✓ Cologne, perfumes or fragrances (scents attract mosquitoes and bees!)
If your camper brings any of these items to camp, they will be placed in the camp office for safe keeping and returned to the parent at Check-Out. Girl Scouts of Eastern South Carolina is not responsible for the loss of any of the above items if they are brought to camp.

Life At Camp

Fun and Work

At camp everyone is responsible for helping to keep camp and the environment clean. Everyone, including the staff, do living unit and All-Camp Kapers throughout their stay. This includes sweeping living units and dining hall, cleaning bathrooms, and participating in daily flag ceremonies. The fun is doing the work as a team.

Sleeping Arrangements

Campers will find out at Check-In which living unity they are assigned. All accommodations at Sandy Ridge are cabins.

Discipline

At camp, campers and staff live by the Girl Scout Promise and Law. Campers and parents need to read, review and sign the Code of Conduct (included in this confirmation packet) before they arrive at camp. If a camper breaks this Code of Conduct, parents will be contacted. If it becomes necessary to send a camper home for behavioral reasons, it will be the responsibility of the parent/guardian to provide transportation from camp. If the camper is participating in a camp that leaves Sandy Ridge's property, it will be the responsibility of the parent/guardian to go to wherever the camper is to pick her up. No refunds will be given for these early departures.

Trading Post

Each camper will visit the Trading Post during their stay at camp. The Trading Post sells t-shirts, stuffed animals, jewelry, stamps, and other small items. Items range in price from 25 cents to \$25.00. Trading Post money is collected at Check-In from all campers and any money not spent will be returned at Check-Out. The Trading Post will also be open during Check-In and Check-Out.

Walking and Exercise

Campers and staff will walk everywhere at camp. Have your camper start walking regularly before her arrival at camp, as she will have better stamina. Please provide a water bottle she can keep with her. Campers will need to take a swimming evaluation at camp.

Mosquitoes and Other Creepy Crawlies

Camp is a natural environment, please be advised there are mosquitoes and other insects at camp. Counselors will remind campers to put on insect repellent several times a day. Please talk with your camper about the importance of wearing insect repellent before coming to camp. Be aware that perfumes, scented shampoos and scented soaps attract insects.

Bright Lights and Camp Nights

Camp is very different from city and home life. There is very little light at camp, the noises are different and your camper will be getting the ultimate camping experiences sleeping in the natural surroundings of camp. To help your camper prepare for this experience, spend some time with her outside. Practice together turning on her flashlight and identifying various noises. Noises at camp are different, but they are safe and they do not have to be scary. Be sure to send extra batteries and a bulb for your camper's flashlight. Campers often drop their flashlights and tend to burn the bulb out quickly.

Camper Information Form

Included in your on-line camp registration forms is a Camper Information Form. Please take the time to fill out this form completely. The information included on this sheet will help us serve your camper better. Please contact the Camp Director at chuckiler@girlscoutseasc.org if you have a situation you want to discuss.

Lost and Found

Please label all of your camper's items and remember to check the Lost and Found at the Check-Out table. It will be delivered to the North Charleston Service Center at the end of the summer season and donated to a local charity on August 28, 2014.

Homesickness

Homesickness is one of the more common emotions a camper may experience while at camp. It is a natural emotion that everyone, including staff, sometimes feels. You can help prepare your camper to deal positively with her feelings by doing the following things:

- If your camper has not been away from her family before, have her spend the night at a friend's house several times before her camp stay.
- Discuss some of the emotions she will probably have while at camp. She will meet new people, have a new routine, eat new foods and experience an array of feelings that may include excitement, sadness, shyness or anger. Discuss ways in which she can deal with these feelings.

Campers who have had an adult sit and talk with them about these feelings and emotions tend to be happier and adjust to the camp routine much better. Above all, be positive about her stay at camp and encourage her to have a great time. A positive word from a trusted adult can make all the difference in your camper's stay at Sandy Ridge. Many parents believe they are helping their camper by telling them "If you are homesick, you can call me" or "If you are unhappy at camp, I will come and take you home." When in reality by saying these or similar statement to your camper, you are making it much harder for

her to cope and work through her homesickness. Let your camper know that if they are feeling homesick or sad that they can talk to their counselor about it, try a new activity, think about the positive, or write a letter home. **Let her know that you want her to succeed.** Our staff members are trained to work with girls when they are homesick and to help them work through their emotions. Often the first night is the most challenging time for campers. By the next day, most campers have worked through their anxieties and are well-adjusted. If your camper continues to have a rough time adjusting, the Camp Director will contact you. More information concerning homesickness can be found at the American Camp Association website at www.acacamps.org.

Health Information

Please remember a Girl Medical History form and a copy of her Immunization Record are required for girls attending camp. The Girl Medical History form is included in this confirmation packet. **A COMPLETED GIRL MEDICAL HISTORY AND IMMUNIZATION RECORD MUST BE BROUGHT WITH YOU TO CAMP.** Please do not send this information to the Service Centers or camp property. If your camper does not have a completed Girl Medical History and Immunization Record at Check-In she will not be able to stay at camp until it is turned in. In the past we have had the ability to pull the previous year's medical history but for this year we will not. Everyone must turn in these forms this year. Also be aware a lice check will be conducted when you arrive at camp. Campers who have lice will not be able to stay at camp until they have been treated and are nit-free. If a camper is not nit-free, they will not be able to stay at camp and no refunds will be given. There is no need to send over-the-counter medication with your camper. Sandy Ridge has a well-stocked Health Unit.

Contacting Your Camper

During their stay, it is not possible for campers to use the telephone, as it needs to be available for business and emergencies. The Camp Director or another staff member will contact you if a situation arises with your camper. If you would like to know how your camper is doing you may call camp and a staff member will talk to you about her progress. Please note camp is an extremely busy place and you most likely will need to leave a message on the answering machine. Your call will be returned as soon as time is available. The office number for Sandy Ridge is 843-479-6814. Girl Scouts of Eastern South Carolina encourages parents/guardians/family to write letter to their campers.

Letters can be addressed as follows:

Sandy Ridge
Program Name (Minion Madness, River Runners, The Voice, etc.)
Camper's Name
3680 Girl Scout Road
Bennettsville, SC 29512

You can also send your camper e-mail using our one way e-mail service sandyridge@girlscoutseasc.org. This service will be only for sending e-mails. We will post information and pictures on our Facebook page periodically throughout the week. You can add us to keep updates on the happenings at camp. <http://www.facebook.com/sandy.ridge.752>

Additional Information About Your Camper

If there is any addition information you would like to give us about your camper that will make her stay more enjoyable (fears, phobias, dietary issues, etc.) **please be sure to list them on the Camper Information Form** and contact Chuck Iler at 843-479-6814 or chuckiler@girlscoutseasc.org .