

# Great Adventures @ Camp Conowingo

## RESIDENT CAMP CONFIRMATION

### 2012

Welcome to Camp Conowingo!  
We can't wait for you to join us for great adventures this summer!



### Confirmation/Balance Due

• **Receipt of this packet confirms your camper's processed registration and placement at Camp Conowingo.**

- Registration Confirmation/Placement Sheet indicates any balance due.
- Camper balances are due by **June 1, 2012** or at the time of registration if after that date.
  - ⇒ **\*NOTE\*** After June 1st, an unpaid balance may result in cancellation of session placement. Camper will be put on a waiting list until full payment is received and a place becomes available for the camper.

### Arrival & Departure of Camp Sessions

• **\*NOTE\*** For campers' safety we will be checking **IDs** and requiring signatures from the parent/guardian at pick-up and drop-off locations. Campers will only be released to the same individual who drops them off unless the camper is sent with a note at the beginning of the session that states a different designated pick-up person.

#### • **Bus Transportation**

- Please see enclosed bus schedule information for bus stops and times.
- If you have signed up for bus transportation and paid the additional bus fee please bring your camper. At this point all paperwork should have been turned in already. **For convenience, please keep all medications separate from camper luggage for check-in with the camp staff at the bus stop location.** Camp staff will be at bus locations to assist you with checking in your camper at the assigned times.
- All campers traveling by bus will arrive at camp at approximately 3:00 p.m. on Sundays.
- All campers departing by bus will begin loading the bus at 3:00 p.m. and will depart camp by 3:30 p.m. on Fridays.

#### • **Arrival at Camp**

- If you are driving your camper to camp, you will be entering Camp Conowingo through the Shadowbrook entrance (see below for driving directions) and greeted by camp staff that will direct you to the parking and check-in areas.
- **ALL paperwork MUST be returned to 4806 Seton Drive, Baltimore, MD 21215 at least 3 weeks prior to your camper's session!**
- Check-in procedures include signing in with staff as well as a health check with the Health Supervisor.
- All campers selecting their own transportation should arrive between **2:00 p.m. and 3:00 p.m.** on Sundays. **There are no exceptions to this!**

#### • **Departure from Camp**

- All campers selecting their own transportation are scheduled to depart between 2:30 p.m. and 3:30 p.m. on Fridays. Please bring your **ID** with you to sign out your camper. Camp staff will be located at the Shadowbrook entrance to greet and direct you. If your child needs to leave camp early a **note** must be brought with the child when they arrive.

• **Session 3 Special Information** (Please note that these sessions have different check-in and checkout times/days than other sessions.)

- Please see the enclosed bus schedule regarding session 3 arrival and departure times if you have signed up for bus transportation for these sessions.
- Session 3 check-in will open at 2:00 p.m. on Saturday June 30<sup>th</sup> 2012 and check-out will be between 2:30 p.m. and 3:30 p.m. on Tuesday July 3<sup>rd</sup> 2012. Session 3 Mommy and Me Friday July 6<sup>th</sup> check-in will open at 3:00pm and check-out on Saturday July 7<sup>th</sup> will begin at 2:00pm.

### Luggage Tags

- Three luggage tags are enclosed in this confirmation packet.
- Assure that the luggage tags have the camper's name and the name of the session written on them.
- Attach luggage tags securely to the outside of every piece of luggage.
- Please make sure to also label even unused luggage (laundry bags, etc.) for session end.

## **Preparation for Camp**

- Make sure to discuss camp and the adventures with your camper many times before camp begins. A camper is much more likely to be excited if you are excited too.
- Review the following and make sure **yes** is the answer to all the questions.

### **\*\*\*Is your daughter ready for resident camp? \*\*\***

1. Has she been away from home overnight for more than one night?
2. Is she willing to live in a **rustic outdoor** setting which includes night sounds, bugs, animals, and using latrines?
3. Can she shower and maintain her personal hygiene?
4. Can she maintain, pack, and carry her own gear?
5. Is she willing to perform kapers (chores) including: cleaning a latrine and living area, collecting firewood, and assisting with other daily living tasks?
6. Can she live and work with people of various diversities such as those of different races, religion, and socio-economic backgrounds?

- There are great books out there that can prepare both parents and the campers for an overnight camp experience. We encourage you to read those books together in preparation for camp. The Summer Camp Handbook by Christopher Thurber is one reference that has a good section on homesickness.
- A camper's success at camp is directly related to positive preparation for camp and positive support from the parent that the camper will have a successful and enjoyable experience. Don't be afraid to enable their independence; that is one of the benefits of the resident camp experience.
- Here are some tips for preparing your camper: Be excited about camp; keep doubts to yourself so the camper is encouraged about their week away. Do not make deals for the camper to be picked-up early as this undermines their time at camp before they even attend. Practice time away from home at a Grandparent's or friend's home so they are used to being away from you and home. Put the length of time at camp in perspective; camp is only 6 days long.
- Since Resident Camp is a time for the camper to learn about being independent and empowered, **we do not have a telephone line available for campers use during their stay at camp.** Please be assured that the camp will contact you with any concerns about your child. Campers are encouraged to write letters home, and an address will be provided in the placement packet for parents to write letters to their campers.

## **Parent/Camp Partnership**

The best opportunity to see the camp and meet our summer staff is at the **Open House** (please see information on the enclosed flyer). A successful camp experience happens when the parents and camp work together to make sure that each camper has a positive time at camp. Using positive language and encouraging your camper to be excited about this new experience has a huge impact. If you have any questions or concerns prior to the summer, please contact the Outdoor Program Specialist, Stacy Tomasiewicz at 410-358-9711 ext. 284 or via e-mail at [stomasiewicz@gscm.org](mailto:stomasiewicz@gscm.org)

## **Health & Safety**

A health professional is located at the Health Center, Pax Tu, at all times while the camp is in session. All medications are securely kept at the Health Center.

- All campers will undergo a health check with the camp staff during check-in. All campers using bus transportation will have their health check completed upon arrival at camp.
- The health check performed during check-in includes an overall health screen and a head exam to look for evidence of lice. A camper with evidence of head lice will be sent home and a refund or re-enrollment in a later session will be provided. Additionally, the Camp Health Supervisor will check-in all medicines and review the health form.
- Staying hydrated is the best way to stay healthy at camp. The camp requires that the campers drink water throughout the day and before other beverages at meals. Please prepare your camper for this expectation. Make sure they bring a water bottle to camp.

## **Camper Health History Forms**

**Please send all the papers to the office at least 3 weeks prior to camp: 4806 Seton Dr. Baltimore, MD 21215**

- Health forms from previous years of camp are not available as they are permanently stored upon closure of each camp season.

- If you plan on attending more than one session, it is helpful to the staff to send a photocopy of the form for each new session.
- All campers are required to have a physical examination performed by a licensed health provider within 24 months prior to entering Resident Camp.
- Complete the enclosed Health History and Examination Forms 1 and 2, obtain a physical examination (if needed) and have a licensed health provider sign the form.
- **Campers without correctly completed and signed Health History Forms will NOT be allowed to board the bus or to be left at the camp.**

## **Medications**

- Complete and sign the enclosed medicine dispersal card for all prescribed medicines and approved over-the-counter medicines which may be potentially used while at camp.
- Please be sure all medication sent with the camper is in the original container with a pharmacy label that includes camper's name, medicine enclosed, prescribed dosage and expiration date of medicine.

### **Medications will NOT be dispensed if not properly labeled.**

- If the dosage on the bottle is incorrect, please attach a signed physician's note stating the correct dosage.
- Over the counter medications and vitamins will be secured by the Health Supervisor for safety purposes. Campers are **NOT** allowed to keep medications with them during the session. Counselors will carry a camper's emergency medicines if they may require a camper's immediate use (i.e. EPI-pen, inhaler).

## **What about the Heat?**

At Resident Camp, campers adapt easily to the climate. Campers naturally adapt to living in the summer heat without air conditioning or fans by staying hydrated, resting during the hottest part of the day, swimming in the pool, participating in water games and wearing cool, cotton clothing. Camp Conowingo is part of the national weather service and we are updated before the serve weather arrives.

## **Meals**

Well-balanced, kid-friendly meals are served in the main dining hall. Girls also have the opportunity to plan and prepare their own campfire cookout with their unit, usually for Wednesday dinner. We request that all girls drink at least one full glass of water prior to milk, juice, or other beverages at lunch and dinner to ensure continued hydration. No food may be sent with camper! Food is not permitted in the living areas since it can attract unwanted creatures or create an allergic reaction for other campers. All food brought or sent to camp will be confiscated by the camp's staff. Please prepare your camper for trying new foods and encourage them to drink tap water while they are away from home. **Special dietary needs are to be discussed with the Camp Director prior to camp and noted on the Health History form.**

## **Camp Communications**

- It is important for campers to send and receive mail at camp. Please make sure that letter content enables a successful camp experience and does **NOT** include bad news about loved ones or all the fun things being done by the rest of the family while the camper is at camp. Also, make it easier for your camper to correspond to you by sending them with pre-addressed, stamped envelopes so they can easily send letters home to you.  
⇒ Due to slow mail service to Camp Conowingo, all mail to campers should be mailed prior to the day the camp session starts until no later than early Tuesday to arrive by the end of the session.
- Mail to campers must be addressed as follows:  
**Camper Name – Program Name (example: Susie Smith – Fairies and Fireflies)**  
**Camp Conowingo**  
**46 Shadowbrook Rd.**  
**Conowingo, MD 21918**
- Please do not send **ANY** food as it will be confiscated by camp staff due to wildlife and camper allergy hazards.
- Again this summer, Camp Conowingo is offering one-way email service, and online photos and news sponsored by Bunk 1, for parents to stay updated. (Please see enclosed flier for further details.)
- Emails will be extracted once daily and handed out during mail call (usually during a meal time).
- This is a great way to send messages to your camper daily and not have to worry about the time it takes to get a letter to camp. Please use the authorization code to register. All other requests will not be approved.
- Please remember emails are only extracted once daily, so all emails sent after 12:00 a.m. each morning will not be received by the camper until the next day. Please do not send any emails after Thursday evening.

- We will be taking lots of photos of the campers for you to see all of the fun experiences they are having at Camp Conowingo this summer! We strive to put each day's pictures up every evening. There is no charge to sign up and view the daily pictures and this is a great way for you to see your camper at camp.

## **GSCM Camp Store/Trading Post**

- **NEW** for summer of 2012 the Camp Conowingo Trading Post will be **ONLINE!!**
- Camp Care Packages will be available for order
  - Pick a care package when you register for camp and it will arrive while your daughter is at camp
  - Five different packages at five different prices
  - All packages come with a **FREE** bag
  - Save money with **NO** Shipping cost (all packages will be hand delivered)
  - Packages will come with a hand written note from the person sending the package
  - All orders must be placed no later than **3:00p.m.** on each **Tuesday** of each session (there will be no exceptions to this)
    - Note: The GSCM Store will be **CLOSED** the first two weeks of July (7/1/12-7/15/12). Therefore, all orders must be placed by 6/26/12 at 3:00p.m. in order for delivery.
- Customize your own package from the GSCM Store

## **Camp Life**

Camping provides girls a rich experience away from home. While teaching and enhancing self-reliance and self-confidence, girls gain an appreciation of the environment and learn to live and work together with people who are different from them. Camp is a great place for a girl to unlock her potential and discover the world and the great outdoor adventures that await her! This unique environment helps her develop positive self-esteem, leadership skills and social skills all while having the time of her life. The camping experience is truly a building block in the development of girls into successful and resourceful young women. In this outdoor setting, girls gain an appreciation of the environment, learn to live and work together, and learn in a friendly, fun and safe setting.

## **Facilities**

While the camp **is primitive** in some aspects, it allows campers to connect with their natural surroundings. Campers live **in yurts, glen shelters, platform tents, tipis, or lodges**. Since each unit has a different capacity and proximity to different activities, unit placements are not determined until immediately prior to each session. Within each unit are sleeping facilities, kitchen shelters, latrines, cold-water hand washing stations, and a campfire area. Each sleeping unit, other than when the campers are tent camping, is equipped with a cot and mattress for sleeping. Most units do not have electricity or flushable toilets. The air-conditioned dining hall, bathhouse, health center at Pax Tu and swimming pool areas boast modern facilities.

- **Note:** Staff members sleep in separate areas within the unit, but are centrally located within the unit to which they are assigned.

## **Camp Staff**

- Resident Camp staff is recruited regionally and from around the world. We carefully select staff from within the United States and abroad, such as England, Australia, Thailand, etc. It is our belief that a diverse staff offers girls of all ages the opportunity to meet people from near and far to learn more about themselves and people who are different from them. Applicants are required to undergo background, fingerprint and drug screenings. The majority of the staff is certified in First Aid and CPR. Specialty program instructors (lifeguards, horse personnel) have extensive knowledge in their areas of expertise. Adult staff to camper ratios adheres to Safety Wise standards and are: 1:6 for Grades 2-3; 1:8 for Grades 4-5; 1:10 for Grades 6-8; and 1:12 for Grades 9-12.

## **Camp Program**

The camp program at Camp Conowingo is based on core activities that develop new skills, coincide with Girl Scout program goals and adhere to a traditional Girl Scout camp experience. Every camp unit is rotated through these core activities each day, in addition to the specific unit activities they have signed up for. These core activities, which generally make up four of the seven program sessions that the campers attend each day, include swimming, arts and crafts, ropes course, rock climbing and nature study. The remaining three sessions are spent in their units working toward unit goals that are listed in the program that the camper has signed up for. Camp Conowingo Counselors help the campers as they work toward certain badges in some of the sessions. A letter is sent home with campers at the end of each session outlining what badges were **worked on** during camp. While we do our best to ensure that all activities listed for each camp are accomplished during their week at Conowingo, schedules may need to change or all listed activities may not be able to be completed due to weather or other factors that are beyond our control.

## **A Typical Day at Camp**

7:00 am	Wake-Up
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8:00am	Flag & Breakfast
9:00am	Kapers
9:30am	Activity Times
12:00pm	Lunch
1:00pm	Me Time (Rest Hour)
2:00pm	Activity Times
6:00pm	Flag & Dinner
7:00pm	Activity Time
8:30pm	Unit Time/All Camp
10:00pm	Bed Time

## **Kapers**

Girl Scout camp is a community based on everyone respecting themselves, each other and their environment. One way we instill this philosophy is every camper's participation in daily community chores, called kapers. Kapers include cleaning-up the unit/living area, cleaning and stocking the latrines, setting tables for meals and helping to keep the camp clean. Girls in the horse program will also help with barn and stable chores.

## **Camp Buddies**

Two girls wishing to attend camp together as buddies must provide that information on their registration forms. Cabin/tent mate requests will be honored for one friend only. Your camp buddy requests should be noted on your registration forms of both campers. We cannot guarantee buddy placement, nor can we accommodate large group placement.

## **BRING A FRIEND TO CAMP**

Do you have a friend who is not a Girl Scout? Does she love the outdoors or making new friends? Then ask her to come along to camp this summer with you. Imagine all the fun you two could have at Camp Conowingo! You will earn a GSCM Bring a Friend Patch and receive a \$10.00 off a Camp Conowingo care package. To qualify for this program, both registration forms must be submitted together.

## **Girl Scout Leadership Experience**

The Girl Scout Leadership Experience encourages girls to Discover, Connect, and Take Action-- the three keys to leadership. While at camp as girls make new friends, try new things and test their skills and knowledge, they: Discover: Using their knowledge and skills, girls explore the world around them and gain an understanding of themselves and their values. Connect: Girls team with others locally and globally about topics and issues they care about or inspire them. Take Action: Girls act to make the world a better place. All Girl Scout leadership experiences are designed to tie to one or more of the 15 national leadership outcomes, or benefits, categorized under the three keys to leadership.

## **Accreditation**

The American Camping Association (ACA) accredits Girl Scouts of Central Maryland's Camp Conowingo. Accreditation means that the camp undergoes a thorough review process by outside camping professionals every three years. Conowingo consistently achieves the highest standard in the areas of personnel, program, site administration, and health care. Camp Conowingo also adheres to the Maryland Department of Health and Mental Hygiene Youth Camp regulations.



## **Lost & Found**

Any items left at camp after the summer season ends will be **donated**. Please call immediately to inquire about lost items and we will do our best to locate them and work with you to return the items. We recommend that you do not send anything irreplaceable to camp and label everything. Remember that the campers will be outside at camp having a great time. Items such as Girl Scout uniform components, brand new digital cameras and clothing that can't get ruined or lost should be left at home. GSCM is not responsible for lost items.

## **Camper Behavior**

The camp staff strives to create a successful and positive camp experience for every girl. We expect the campers will act in accordance to the Girl Scout law and "be a sister to every Girl Scout". Girl Scouts of Central Maryland reserves the right to send any girl home that exhibits unsafe and/or unacceptable behavior or endangers other girls, staff or property. We have a zero tolerance policy for violence. Parents/guardians will be notified and are responsible for picking up the girl immediately from camp. Persons listed as emergency contacts may be notified if parents/guardian cannot be reached.

- **Note: No refund will be given if a camper is sent home due to unacceptable or inappropriate behavior.**

## **Homesickness**

We encourage families to attend the **Open House (June 17<sup>th</sup> from 12pm-6pm)** to visit the camp prior to your camper's attendance. Visits and phone calls to campers are discouraged while camp is in session as they can disrupt programming and can cause homesickness. Please refrain from promising your camper that she can be picked up if she doesn't like camp since this often leads to more severe cases of homesickness. Homesickness is a natural reaction for anyone away from home. Help prepare your camper for strange sounds, meeting new friends, trying new activities and even the possibility of becoming homesick. Your loving support and positive reinforcement about this new and exciting experience before coming to camp will help your camper to overcome her fear of the unknown. In extreme cases of homesickness, you will be contacted to make you aware of the situation so a determination of whether your daughter should stay at camp can be discussed with you. This often happens without your camper present in the room so that you can create a plan for your camper in order to foster the most positive outcome.

- **Note: No refund will be given if a camper leaves a session early due to homesickness.**

## **Refunds**

All requests for refunds must be submitted in writing. Camp fees, less the non-refundable deposit, are refundable under the following conditions:

- The written request is received at least three weeks prior to the opening day of the session.
- Within three weeks prior to the opening date of the session, a refund may be secured if GSCM receives a written certificate from a licensed medical professional stating the camper is unable to attend the camp session.
- Refunds will be pro-rated if any medical situation occurs during the camper's session. Every effort will be made to place the camper in another session later in the summer should their camp experience end early due to illness.
- A full refund will be made if a session is cancelled, or the camp is unable to accommodate any of the camper's choices.
- **Note: No refund will be given if a camper is sent home due to unacceptable behavior or homesickness.**

## **Packing for Camp**

If you are helping your camper pack, than you should make sure you do it together. Many times campers arrive at camp and they do not know where their items are in their luggage since they were not a part of the packing process.

- **Label everything!** Disposable cameras are great instead of a digital camera but please make sure you legibly label the items to assist us in getting these important mementos back to your camper.
- **Please leave all electronic items at home**, including cell phones. One of the reasons to attend resident camp is to be "unplugged" from it all and be surrounded by new friends and natural sceneries. There is a no call policy while at camp in order to ensure that campers are present in the camp experience and communicating with their new friends around them. **NOTE:** All electronics found with a camper will be confiscated until the end of the week.
- Campers must wear **closed-toe shoes** with a back or strap while walking around camp. Flip flops or sandals are only permitted in the shower/pool area. Croc-like shoes are acceptable if there is a back strap.
- Please remember that your camper will be spending most of their time out-of-doors. Please check the weather prior to packing for camp. Keep in mind that the temperature at camp fluctuates more than in developed environments.

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## **Reminders/Ideas**

- ⇒ Label everything!!!
  - ⇒ Allow the camper to be part of the packing process so she can better find her items at camp.
  - ⇒ Ziploc storage bags are great (pack one for each day and label it).
  - ⇒ Leave valuables at home, camp is not responsible for lost or broken items.
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## **SUGGESTED RESIDENT CAMPER EQUIPMENT LIST**

- **Please do not pack in trunks or many bags. Campers must be able to carry their own luggage to their unit.**

<b>Bedding</b>	<b>Outerwear</b>	<b>Underclothing</b>	<b>Personal Articles</b>	<b>Clothing</b>	<b>Shoes</b>	<b>Miscellaneous</b>	<b>Leave it at HOME</b>
1 pillow and case	1 poncho or rain jacket	7 pairs of underwear	Toothbrush /toothpaste	6 pairs of shorts	2 pairs of tennis shoes(1 old pair for creek hike)	2 beach/bath towels	I-Pods
1 sleeping bag	1 jacket	5 undershirts and/or 3 bras	Soap	1 pair of long pants	1 pair of flip-flops/sandals for shower house	1 hand towel	Cell-Phone
1 fitted sheet & 1 flat sheet (Twin Size)		7 pairs of socks	Shampoo	1 pair of jeans if horseback riding	1 pair of boots with 1" heel for girls in horse program	1 wash towel	Money
1 Blanket			Brush/ Comb	6 t-shirts (must cover stomach/chest no midriffs showing)		Stationary /Envelopes (already addressed)	Anything else that is valuable
			Sunscreen	1sweatshirt/long sleeve shirt		Pen/Pencil	Food
			Bug spray (no aerosol)	1 white t-shirt (Tie-dying)		Sit-upon	Girl Scout uniforms
			Hat or Bandana	2 bathing suits		Book	
			Flashlight	2 pairs of pajama's		Camera	
			Deodorant			Dirty Laundry Bag	
			Female Hygiene Products (if needed)			Backpack (for daily use around camp)	
						<b>Water bottle</b>	

**The following Items MUST be returned to 4806 Seton Drive, Baltimore, MD 21215 at least 3 weeks prior to your campers session!**

- Health History Forms 1 and 2 signed by a Physician     Medicine Dispersal Form
- Camp Conowingo Release Form     Special Program Release Forms (if applicable: whitewater, scuba, etc.)
- \*NOTE\*- If camper has special dietary restrictions or other needs that the camp should know about, please call the Camp Director at least the week prior to the camper's**

## **GSCM Camp Conowingo Directions and Summer Contact Information**

### **Directions to Camp Conowingo**

Directions from I-95 North:

- Take exit 80 for MD-543 toward Churchville (Turn left off of the ramp) go ~ 2.5 miles
- Turn Right at Calvary Rd/MD-136 go ~ 9.4 miles
- At your second traffic light, turn Right onto Conowingo Rd/US-1 go ~ 7.3 miles
- Turn left at Rock Spring Road/ US-222 go ~ 1.7 miles
- Turn left at Old Conowingo Road (directly after yellow blinking light) go ~ 0.3 miles
- Go through the 4-way Stop onto Pilot Town Road go ~ 1.3 miles
- Turn Left at into the Shadowbrook Entrance go ~ 0.7 miles

**-OR-**

Directions from US-1 North using I-695:

- Take Exit 32B to merge onto Belair Rd/US-1 toward Bel Air go ~ 31 miles
- Cross the Conowingo Dam and turn left on Rock Springs Rd/US-222 at the first traffic light
- Follow the above directions from US-222

**Mailing Address and Phone Numbers:**

**Summer Camp Office Phone Number: 410.378.4242**

**Mail can be sent during summer camp to:**

Camp Conowingo – *Camper's Name and Session Name (ex. Susie Jones – Fairies & Fireflies)*  
46 Shadowbrook Rd.  
Conowingo, MD 21918

Please include camper's name, session name and number. Remember that mail can take longer to be delivered to Camp Conowingo. Please plan accordingly so mail arrives during the camper's session. You can also stay in touch with campers using the one-way email service through Bunk1. Please see Bunk1 flyer in this packet for information on how to sign up.