

# All Things Camp Info Guide (ATC)



## Camp Conowingo – Girl Scouts of Central Maryland

46 Camp Shadow Brook Rd, Conowingo, MD 21918

Camp Office: 410-378-4242

**Emergencies: 443-421-0025\***

[membercare@gscm.org](mailto:membercare@gscm.org)

*Updated December 2024*

*\*For absolute emergencies if you cannot reach the camp office, you may use this alternate phone number instead. This phone number is NOT to be used for non-emergencies such as camper belongings left behind, questions/inquiries, etc.*

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# About Camp Conowingo

## Our Camp

Welcome to camp! Whether you're the caregiver of a first-time camper, or you're an outdoor expert hoping to learn more: fun, friendship, and personal growth await your camper at Camp Conowingo!

At Camp Conowingo, campers discover their independence while learning to connect with others as a team, all while taking action to protect the planet's natural resources.

## Location

Camp Conowingo is in Cecil County, Maryland, approximately one hour northeast of Baltimore City. The camp is situated on 600 acres of woodlands and open fields along the Susquehanna River.

## Accreditation

The [American Camping Association \(ACA\)](#) regularly accredits Girl Scouts of Central Maryland's Camp Conowingo. Accreditation means that the camp undergoes a thorough review process by outside camping professionals every five years; in non-visit years, the camp is required to submit various reports regarding operation to ensure consistent standards are met. Camp Conowingo consistently achieves the highest standard in the areas of personnel, program, site administration, and healthcare. All Girl Scouts of Central Maryland summer camps also adhere to the Maryland Department of Health Youth Camp regulations and Girl Scouts of the USA activity guidelines.

## Facilities

Because Camp Conowingo is rustic in some respects, it allows campers to connect with their natural surroundings. Sleepaway campers are grouped and live together in campsites called units, based on their grade level and chosen programs.

We have a range of living/sleeping structures including yurts, glen shelters, platform tents, tipis, and lodges. Within each unit are sleeping structures, kitchen shelters/unit houses, latrines, cold water handwashing stations, and a campfire area. As unit placements are generally determined just before each session, you will be informed of your camper's living arrangements during check-in at camp.

Each sleeping structure, other than when campers are field tent camping or hammocking, is equipped with individual cots and mattresses for sleeping. Campers bring their own linens for sleeping.

*NOTE:* Staff members sleep in separate sleeping structures from campers, but are centrally located within each unit. Campers are informed of which nearby living structure their designated staff members sleep in. Staff members are available to assist campers at all times.

## **Campers**

Girl Scouts of Central Maryland sleepaway camp is open to ALL youth who are recognized by their family and school/community as a girl and live culturally as a girl. We understand that many youth are exploring who they are during the time they may be eligible to attend camp; should any camper require special accommodations to attend summer sleepaway camp, caregivers can reach out to the Camp Director via [membercare@gscm.org](mailto:membercare@gscm.org) in advance of the camp season so that accommodations can be discussed. Girl Scouts of Central Maryland appreciates your support in helping us ensure that every camper has a fun and enjoyable camp experience.

## **Camp Staff**

Camp staff are recruited and carefully selected both regionally and from around the world. It is our belief that a diverse staff offers campers of all ages the opportunity to learn more about themselves and also about people who are different from them.

Camp staff applicants are required to submit an application, complete a multi-tier interview with the Camp Director, and undergo background, fingerprint, and drug screenings; international candidates are additionally fully vetted by their sponsoring program. Prior to the start of camp, staff complete training in Girl Scout and outdoor programming; camp skills; risk management; health and safety protocols; travel procedures; emergency procedures; DEI (Diversity, Equity, and Inclusion); and care for mental wellness, among other relevant training. Specialty program facilitators (lifeguards, facilitators of low/high ropes, rock wall, archery, boating, etc.) and support staff (leadership staff) also have extensive training in their areas of expertise.

Adult-to-camper ratios adhere to [Girl Scout safety standards](#) for camping. Camp staff lead and/or are in proximity to campers at all times.

## **Diversity**

Girl Scouts has a strong commitment to diversity and inclusion, and we welcome and embrace girls of all abilities and backgrounds. Inclusion is at the core of who we are; it's about being a sister to every Girl Scout and celebrating our unique strengths. Part of the important work we do includes our staff modeling friendship, kindness, empathy, and inclusion at all times for campers.

Diversity is important to Girl Scouts of Central Maryland because it helps to bring the Girl Scout Promise and Law to life, and supports our Mission: "Girl Scouting builds girls of courage, confidence, and character, who make the world a better place."

Camp is meant to be a place where everyone feels comfortable and safe. Our staff are trained to treat all campers, visitors, and fellow staff with openness and respect, and with the recognition that each person they encounter comes from a unique culture, background, experience, and story. Staff at all our camps exercise inclusion that goes beyond tolerance in all interactions in a practice of openness, respect, and acceptance, and in the continued effort to move towards a more inclusive world.

# Why Camp?

## The Statistics

In summer 2018, the Girl Scout Research Institute collaborated with the American Camp Association (ACA) to explore whether the skills, behaviors, and attitudes youth learn at camp carry over to other parts of their lives. Survey responses from over 700 adults who attended camp as kids—424 alums of Girl Scout camp and 286 alums of non-Girl Scout camps—provide compelling evidence that Girl Scout camp sets campers up for success.

Here are some of the key findings of the study:

*Girl Scout camp helps campers develop important life skills and positive characteristics.* As expected, campers who attend Girl Scout camp learn to appreciate nature and become environmental stewards. But as the research also uncovered, Girl Scout camp provides additional benefits, helping campers build important socioemotional and leadership skills they need to become successful adults. The majority of Girl Scout camp alums say their camp experience was central to the development of their sense of self, positive values, challenge seeking skills, healthy relationships, and leadership skills.

*What campers learn at Girl Scout camp lasts far beyond their camp experience.* Responsibility, an appreciation for diversity, the ability to persevere, and willingness to try new things were rated by camp alums as most important to their daily lives today and learned primarily at camp. This finding suggests camp experiences are distinct from other learning environments, such as home and school, and can help youth build important skills that serve them in many areas of their lives. Notably, Girl Scout camp alums are more likely than non-Girl Scout camp alums to attribute the learning of these life skills and characteristics to camp.

*Overall time spent at and specific program features of Girl Scout camp determine the degree to which campers benefit from their camp experience.*

- The more time spent at Girl Scout camp, the greater the benefits. Those who attend Girl Scout camp for a total of ten weeks or more over the course of their youth report greater development of all skills and characteristics measured than do those who attended for nine weeks or less.
- Girl Scouts who participate in counselor-in-training programs or who work as seasonal camp staff for one or more years also report greater benefits. These individuals are more likely to say that camp helped them learn leadership, teamwork, confidence, and perseverance.
- Girl Scout camp alums describe three elements of Girl Scout camp as crucial to their development of valuable life skills:
  - Supportive relationships with leaders and peers, which are vital sources of security and encouragement.
  - Direct, hands-on experiences that let them practice to improve their skills.
  - Novelty! Because Girl Scout camp can be a truly unique experience that allows girls to move out of their comfort zone to try new things.

*Girl Scout Research Institute (2019). From Girl Scout Camp to Real-World Champ!*

*How Girl Scouting in the Great Outdoors Builds Female Leaders.* New York, NY: GSUSA [www.girlscouts.org/research](http://www.girlscouts.org/research)

## How Youth Benefit from Sleepaway Camp

Girl Scout summer camps like Camp Conowingo feature unique leadership opportunities where campers build life skills that help them become leaders. Within a safe and supportive environment, campers discover how to be more independent and self-reliant, how to connect with others, and how they can take action to make the world a better place. Check out the chart below to see how essential skills are taught through various experiences at Camp Conowingo!

Essential Skills	Learned Through	Examples at Camp
<ul style="list-style-type: none"> <li>○ Problem-Solving</li> <li>○ Teamwork</li> <li>○ Decision Making</li> </ul>	<ul style="list-style-type: none"> <li>○ Group living</li> <li>○ Trust &amp; Initiative activities</li> <li>○ Girl-led decision making</li> <li>○ Challenge course(s)</li> </ul>	<ul style="list-style-type: none"> <li>○ Working together to care for the unit &amp; grounds</li> <li>○ Group discussion &amp; decision-making</li> <li>○ Working through challenge course(s) &amp; initiative scenarios</li> </ul>
<ul style="list-style-type: none"> <li>○ Healthy Relationships</li> <li>○ Conflict Resolution</li> </ul>	<ul style="list-style-type: none"> <li>○ Diverse campers &amp; staff</li> <li>○ Engaging in a group environment</li> </ul>	<ul style="list-style-type: none"> <li>○ Clearly communicating with others across daily experiences</li> <li>○ Learning more about those cultures &amp; backgrounds different than one's own</li> </ul>
<ul style="list-style-type: none"> <li>○ Flexibility</li> <li>○ Adaptability</li> </ul>	<ul style="list-style-type: none"> <li>○ Experiencing &amp; reacting to unexpected circumstances</li> <li>○ Meeting new challenges head-on</li> </ul>	<ul style="list-style-type: none"> <li>○ Trying new foods &amp; activities</li> <li>○ Adapting to schedule changes/weather disruptions</li> </ul>
<ul style="list-style-type: none"> <li>○ Self-Discovery</li> <li>○ Self-Confidence</li> <li>○ Independence</li> </ul>	<ul style="list-style-type: none"> <li>○ Experiencing a variety of camp activities</li> <li>○ Working through challenges</li> <li>○ Taking care of oneself daily</li> </ul>	<ul style="list-style-type: none"> <li>○ Climbing to the top of the rock wall</li> <li>○ Trying archery for the first time</li> <li>○ Leading songs &amp; games for younger campers</li> <li>○ Working through homesickness &amp; daily care</li> </ul>

# Camp Programming

## Girl Scout Leadership Experience

The [Girl Scout Leadership Experience \(GSLE\)](#) is what makes Girl Scouting such a unique experience for girls. At camp, we always turn to the GSLE shape our programming. The GSLE functions via three basic processes:

- Girl-led
  - Girl Scouts follow their own lead, no matter their age. At camp, that means girls make many of the daily decisions about activities and processes. While there's an overarching schedule, girls can choose to swap out or add additional activities, what kinds of dishes they'd like to make at cookout, and how to go about various activities and chores.
- Learning by Doing
  - Hands-on activities are fun for Girl Scouts of any age, but they also help them feel empowered to shape their own experience. Girl Scouts unlock their "I got this" attitude as they discover they can always dust themselves off and try again when things don't go according to plan.
- Cooperative Learning
  - There's power in having a tight-knit group of friends who will learn with you, grow with you, and always cheer you on. Girl Scouts see firsthand that teamwork, respect, and collaboration can fuel them through any challenge that comes their way. At camp, our group living scenario facilitate constant collaboration and teamwork to meet goals.

While at camp, as campers participate in programming surrounding the three processes and make new friends, try new things, and test their skills and knowledge, they:

- Discover
  - Explore the world around them and gain an understanding of themselves, their values, and their unique talents.
- Connect
  - Work collaboratively with others and build healthy relationships and expand their horizons.
- Take Action
  - Strive to always make the world a better place.

In all Girl Scout programs, "Girls lead with courage, confidence and character to make the world a better place."

## Camp Philosophy

Camp allows campers to unlock their potential, discover the world, and engage in great outdoor adventures. The summer camp experience functions as a crucial building block in the development of campers into successful and resourceful young adults. In this outdoor setting, campers develop a strong sense of self, gain practical life skills, become resourceful problem solvers, practice leadership, and



cultivate healthy relationships with others through practicing social skills and by living and working together.

At Camp Conowingo, every camper will:

- Make [Girl-Led](#) decisions regarding programming via democratic living and cooperation with other campers;
- Learn more about the outdoors and develop a sense of stewardship for the earth by actively participating in programs that emphasize awareness and developing outdoor living skills;
- Enjoy adventure safely by engaging in skill-building and leveled activities such as trust & initiative activities, swimming, outdoor living skills, etc.;
- Discover new interests and skills through exposure to activities that fulfill Girl Scouts' four program pillars (STEM, Life Skills, Outdoors, and Entrepreneurship);
- Practice independence by assuming responsibility for herself and her living space through facilitating her own grooming, care for possessions, and assisting with camp & unit kapers; AND
- Develop values through her exposure to Girl Scouting, community living, and new and different experiences and people while at camp.

### **Camp Conowingo Programming**

All Girl Scouts of Central Maryland summer camp programs meet the Girl Scouts of the USA (GSUSA) standards of program excellence by focusing on core activities that develop new skills, following the national Girl Scout Leadership Experience (GSLE), and embracing the traditional Girl Scout camp experience, which includes rustic community living and campfire cooking.

At camp, every program group rotates through various core activities each day in addition to the specific program activities that are a part of their chosen program. These activities may include swimming, arts & crafts, ropes course(s), rock wall climbing, boating, archery, nature study, and more depending on the selected program. Campers are also given the opportunity to choose additional activities (as allowed for by their grade level) as a group during "[Girl Planning](#)," which is completed on Sunday.

While we do our best to ensure that all activities listed for each program and those chosen by campers during Girl Planning are accomplished during a camper's week at camp, schedules may need to change or listed activities may not be able to be completed due to weather, scheduling conflicts, or other factors that are beyond our control.

Half-week programs are newly available for Brownies and Juniors in 2025 during select sessions. Programs where half-weeks are available will also include those campers attending for the full week. While we try our best to include all promised activities for those campers only joining us for a half-week program, weather, scheduling conflicts, and other factors may limit the activities available to half-week campers.

*For more information and to review safety regulations for the various activities offered at sleepaway camp, like archery, low/high ropes, rock wall climbing, boating, swimming, and more, check out [GSCM's Safety Activity Checkpoints \(SAC\)](#). We follow SAC, [state](#), and [American Camp Association \(ACA\)](#) standards and guidelines for all activities at camp.*

## **Girl Planning & Girl Activity Choice**

Girl-led programming is a core concept that shapes all our programming at Camp Conowingo! On the first day of camp, the schedule for the week is discussed with all campers within a given program group, and campers decide as a group about any additions/changes (besides promised/required activities) they would like to make to their group's schedule (as allowed by camper level/facilitator availability). Campers also assist in choosing their meal plan for Wednesday night cookout, and assist in making other programming decisions as a group throughout their time at camp. Whenever possible, we encourage group discussion and group decision-making so that all campers able to have the specific camp experience they desire!

Campers also have individual choice during our Girl Activity Choice (GAC) time. This occurs each Monday, Tuesday, Wednesday, and Thursday after lunch and is a two-hour (one hour on Thursdays) block of time when they have the option to participate in one of three or more activities that are uniquely offered on that particular day. Campers can switch to another activity during the second hour of programming, or stick with their first choice, before joining back up with their program group at the end of GAC. Activities usually include at least one low-, one mid-, and one high-energy activity to choose from (for example, one day might offer yoga, swimming, and rock climbing/bouldering). Campers will be informed of the available activities for the GAC session each day while at camp so they can prepare for their chosen activity.

# Camper & Caregiver Expectations at Camp

## Caregiver-Camp Partnership

A successful camp experience happens when caregivers and camp staff 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, as does carefully reviewing the [Code of Conduct](#) with them, making sure they understand its contents, and signing together. Any questions or other inquiries about summer sleepaway camp and/or the Code of Conduct can be directed to [membercare@gscm.org](mailto:membercare@gscm.org).

## Camper & Caregiver Behavior

Girl Scouts of Central Maryland's sleepaway camp has a number of rules and standards to ensure a safe and fun experience at camp for all, and many of these expectations are outlined in our [Code of Conduct](#).

Our Caregiver & Camper Code of Conduct is based on the Girl Scout Promise and Girl Scout Law and serves as our guide for behavior at Girl Scout camps and activities, including during transportation and travel activities. We expect ALL campers AND caregivers to uphold the Code of Conduct and require both campers and caregivers to sign the Code of Conduct (via the appropriate Form in the Campsite [registration system](#)) before attendance at camp to indicate their commitment. Campers and caregivers who do not sign the Code of Conduct and do not agree to follow this set of standards will not be able to attend camp.

## Caregiver & Camper Code of Conduct

By signing below, I agree to the following:

I understand that rules are made to protect me and others; to help make sure program activities are safe, fun, and successful; and to create a welcoming camp community. I will treat other people, myself, property, and equipment with respect. I will follow the principles of the Girl Scout Promise and Law.

I understand the following list of actions and behaviors are unacceptable for both campers and caregivers to engage in while on camp property, and that participation will result in dismissal of the associated/participating campers from camp:

- Physical, verbal, and digital violence such as fighting, threatening, damaging camp or camper property, name-calling, stealing, and cursing
- Physical, verbal, and digital actions that make others feel that their safety is at risk
- Actions or discussions of self-harm
- Possession of drugs, alcohol, tobacco, smoking devices such as vapes, or weapons
- Inappropriate clothing, jewelry, or swimwear
- Swimming or boating after dark, and/or participating in these activities without a lifeguard on duty, a trained facilitator, and staff supervision
- Engaging with the camp animals after dark and/or without staff supervision

- Leaving the group without permission from a staff member and/or without a buddy
- Leaving camp property without a staff member
- Participating in any camp activity without permission and/or without staff supervision and facilitation

I understand the following are not allowed at camp, and I understand that if I am found in possession of any of the above items, or if I knowingly send the following items with my camper to camp, the associated camper will face immediate dismissal from camp:

- Cell phones, tablets, smart watches, or similar communication devices
- Headphones, earbuds, CD/MP3 players, radios
- Weapons or look-alikes
- Alcohol
- Drugs of any kind
- Tobacco products
- Vehicles
- Pets/animals
- Personal sports equipment
- Outside food and beverage
- Medication not turned in to the health staff (over-the-counter medication, supplements, and vitamins included)

The camp staff strive to create a successful and positive camp experience for every camper. While at camp, campers deserve to have fun, try new things, make new friends, and enjoy the camp experience in the spirit of Girl Scouting while also feeling physically and emotionally safe. No child's experience should be hindered by subtle or overt bullying. We have a firm zero tolerance policy against all types of verbal, physical, digital, and relational bullying.

Girl Scouts of Central Maryland reserves the right to send any camper home who exhibits unsafe and/or unacceptable behavior that endangers other campers, staff, or property. Caregivers are responsible for picking up their camper in a reasonable time frame as deemed necessary by the Camp Director. Persons listed as emergency contacts may be notified if caregivers cannot be reached.

Girl Scouts of Central Maryland also reserves the right to send any camper home whose caregiver exhibits unsafe and/or unacceptable behavior that endangers campers, staff, or property.

No refund will be given if a camper is sent home/restricted from attending camp due to unacceptable or inappropriate behavior on the part of either the camper or caregiver.

Both the camper and caregiver acknowledge that they have read, understand, and agree to comply with the Code of Conduct Agreement while at or interacting with any aspect of Girl Scout camp.

A copy of the Code of Conduct, signed by both the Caregiver and Camper, is required prior to attendance at camp. Campers without a fully signed copy of the Code of Conduct will not be allowed to attend camp.

# Preparing for Camp

## Preparing Your Camper

Sleepaway camp primarily centers around encouraging your camper's independence. Kick off this transformative experience by preparing them as much as possible with the following tips!

### *Discuss*

It can be very beneficial to discuss camp with your camper before camp in order to cultivate the right attitude. If you are excited and positive, this is likely to translate to your camper's experience at camp. If your camper is worried about camp, don't dismiss their fears; address them head on and seek out answers together so you can both be well-prepared for this new experience. Discuss everything, from the living quarters, to the bugs and heat, to the fun adventures that are in store for them. The more they know, the more prepared and comfortable they'll be.

### *Research*

Review this guide and our [sleepaway camp webpage](#), and pay attention to emails leading up to camp for all the information you and your camper need to know about camp. In these emails, we discuss things like detoxing your camper from technology, which can be especially beneficial in the lead up to camp.

### *Experience*

Attend one or more of our pre-camp events; check them out on our [website](#).

Help your camper understand what it will be like to spend a week away from you and help them prepare. Practice time away from home by having your camper spend periods of time at a friend or relative's house overnight or a weekend. Work with them to develop coping strategies to utilize through time away, and how to focus on live experiences rather than what they might be missing at home.

### *Prepare*

Prepare mail for your camper while at camp. Focus on the positive in letters, asking how they're doing, and avoiding any touchy subjects (see our "Camp Mail section for more info). Encourage your camper to write letters to you, too, and show them how to prepare and mail envelopes.

Have your camper help pick out and pack their items for camp. Review the packing list together so they can feel sure they have everything they need, and will know where everything is.

There are a few preparation DON'Ts; please pay close attention to these items and remember that the goal is for your child to have a positive experience at overnight camp, and that starts from the moment you sign them up for camp.

*Do not promise your camper they can call home.* We have limited landlines that are used for communication between our office staff and caregivers, and for emergencies. Campers are NOT allowed to call home except in extreme circumstances.

*Do not promise your camper that they can simply go home if they're feeling homesick.* Like you, our goal is for your camper to have an amazing summer camp experience and to get the most out of camp. If they start out believing they can go home whenever they're feeling a little down, they are not being set up for success. If they are encouraged to enjoy camp to the fullest during their time there, they are much more likely to excel in this environment. If you feel it might be helpful, you can also help them to develop a "toolkit" of strategies they can utilize when they start to experience homesickness at camp (AND what to do if none of these strategies work). Consider what might work best for your child when entering a new environment, as each child has unique needs.

Our staff are trained to help campers through homesickness, but we will always call you if the situation persists to ask for tips/strategies and further discuss the situation. Most every camper experiences homesickness at one time or another, but our goal is to be able to help the camper through this so they can gain all the [benefits of spending a week at camp](#). Check out the "[Homesickness](#)" section of this guide for more information on homesickness at camp.

## **Caregiver Emails**

Before camp, we send out several emails with great information to help you prepare for camp, including our first-timer's guide, our technology detox guide, our guide to using [Camp Today](#) (our camp blog with daily pictures), reminders about form completion, info sessions, and events, and more! Be sure to enter a good email that you check regularly when you register in order to receive all the appropriate emails.

Caregivers will also receive information about check-in (incoming) and check-out (outgoing) via the email they submit during registration. This is CRITICAL information you will need to prepare your camper for camp and will include your assigned specific time window for [arrival](#) (incoming/drop-off) and [departure](#) (outgoing/pick-up). Incoming information is typically sent one week before camp, and outgoing information is sent mid-week while your camper is at camp.

## **Arrival Procedures**

Check-in (incoming) takes place from 2:00-4:00 p.m. each Sunday, HOWEVER your specific half-hour arrival window will be emailed to you a week in advance. Please follow this specific arrival window in order to facilitate a successful check-in for all. Earlier arrival than 2:00 p.m. is not available as preparations for camp are taking place at this time; the gates will not be opened to accept campers and caregivers until 2:00 p.m. If you cannot arrive during your designated arrival window, call our camp office phone number (410-378-4242) and email [membercare@gscm.org](mailto:membercare@gscm.org) right way to let us know.

If you are arriving at camp with two campers in two different programs, you should arrive at the earlier of the two designated time slots. If you are driving to camp, you will be entering Camp Conowingo through the Shadowbrook entrance ([46 Camp Shadow Brook Rd, Conowingo, MD 21918](#)). When you arrive at camp, you will be greeted by camp staff, guided into a parking space, and then given further direction.

After parking, a team of staff members will come to your car to perform temperature checks, along with communicable disease and general health screenings (see more information regarding [health screenings](#) in the next section). Once the health screening is complete, but before leaving your vehicle, please have your camper change into [appropriate shoes/socks](#), and make sure they have a swimsuit, towel, and filled water bottle in their [day bag](#) with them. At this time, be sure to double check that your child has not brought along any prohibited devices or electronics or food in their luggage or on their person (the [Code of Conduct](#) contains a list of prohibited items).

Bring the following with you to the main check-in area:

- [Camper medications](#) (over-the-counter AND prescription) in their original containers, UNEXPIRED, and in a gallon-sized zip-top bag labeled with your camper's name, session, and program name
- [Camper emergency/rescue medication](#), with the original prescription label affixed or in the original box, UNEXPIRED, in a separate gallon-sized zip-top bag labeled with your camper's name, session, and program name (this will immediately be passed to your camper's counselor after checking in the medication with our health staff)
- Cash or gift cards (no credit cards) for any [travel programs](#) in a zip top bag labeled with camper's name, session, and program name
- Any [mail](#) that you wish to be delivered to your camper, labeled with camper's name, session, program name, and the specific day of the week (Monday, Tuesday, Wednesday, or Thursday) you want it to be delivered
- [Luggage labeled with your camper's name](#); if your camper's luggage is not labeled, you will be provided with tape and a sharpie for labeling at this time; place all campers' luggage at the labeled signpost for the correct unit for their program as indicated by camp staff at check-in

In the main check-in area, you will turn in all of these items and check-in your camper, verifying all of their information from registration is correct. After completing check-in in the main check-in area, you will leave your camper with designated staff who will take them to meet the rest of their program group. Staff and girls work together to set up sleeping areas and settle in after luggage is delivered to their unit.

## **Check-in Health Screening**

Upon arrival at camp, all campers will immediately undergo a check-in health screening with camp health staff. This health screening is performed prior to all other check-in tasks in order to avoid spreading illness. The health screening includes [communicable disease](#) screening questions (and possibly testing), a temperature check, and a head exam to check for evidence of lice.

At check-in, any camper with evidence of head lice, an elevated temperature, who shows signs of illness or general malaise, or who has been exposed to or tests positively for a communicable disease will be referred to a second health staff member for review; campers who continue to show signs of communicable disease may be asked to leave camp and return once free of illness, or may discuss other options with the Camp Director.

If your child is exhibiting any signs of communicable disease (lice, COVID, fungal infection, viral infection, etc.), DO NOT bring them to camp. Contact [membercare@gscm.org](mailto:membercare@gscm.org) to discuss options.

## Departure Procedures

Check-out (outgoing) takes place from 2:00-4:00 p.m. each Friday, HOWEVER your specific half-hour pick-up window will be emailed to you mid-week while your camper is at camp. Generally, you can expect this window to be the same time as your [arrival window](#). Earlier pick-up must be communicated via the appropriate forms (Authorizations & Waivers form) during registration, and will be reviewed with caregivers at check-in.

If you cannot pick up your camper within your assigned departure window, please call the camp phone number (410-378-4242) and email [membercare@gscm.org](mailto:membercare@gscm.org) immediately to let us know.

Before leaving your vehicle during pick-up, please ensure you have your valid identification (Driver's License or other photo ID) to sign out your camper. Campers will not be released to caregivers/adults without a valid ID.

Report to the pick-up location, show your ID, and provide the code word (assigned in the Campsite [registration platform](#) on the Authorizations & Waivers form) to "sign out" your camper. Campers will only be released to the individuals designated as approved pick-up adults in the Campsite registration platform (Authorizations & Waivers form) for the camper. Any changes to these designees must be made in the Campsite registration platform (Authorizations & Waivers form) prior to form closure; changes after form closure must be communicated to [membercare@gscm.org](mailto:membercare@gscm.org).

After checking out your camper, you will be provided with your camper's take-home items (activity checklist, arts & crafts and steam experiments, any patches or pins earned, etc.) along with any medications you sent along to camp, including empty bottles. Note that emergency medications will remain with your camper (held by their counselor) until you retrieve them. Staff will then assist you in locating and loading your camper's luggage ([luggage will be labeled](#) with your camper's name and the number of pieces, i.e. Sally Smith 1/3, Sally Smith 2/3, etc.). Finally, a staff member will walk you to our final activity area to retrieve your camper and any emergency medications.

Before leaving camp with your camper, be sure to:

- Collect all camper medications (including empty bottles) and any other checkout materials.
- Make sure to stop at the Lost and Found area to look for any items your camper may have lost.
- Double-check luggage with your camper to ensure you've gathered all their belongings
  - Often a camper's luggage expands over the week at camp and they will pack differently when getting ready to go home. Pillow, small bags, and full laundry bags are frequently [left behind](#), so check before you leave!

## Transportation

Bus transportation is not available for summer 2025.



If your camper is participating in a [travel program](#), they will travel to the location from our camp in a 15-passenger van. Our camp staff drivers are at least 21 years of age, have a clean driving record, and are specially trained for tripping and travel programs and vehicles.

All vehicles are equipped with emergency equipment, which staff are trained to utilize as needed. Safety checks are also conducted for each vehicle before campers enter and after they exit the vehicle.

Campers in non-travel programs may occasionally be driven in the camp vehicles to various locations around camp (such as from Shadowbrook side to Chimney Trail side for high ropes), and also may be driven in a camp vehicle to a safe location in the event of an emergency.

## **Travel Programs**

Travel programs are specialty programs at camp where campers travel to a location outside of camp to stay for several nights/days. All travel programs are designed to offer campers a unique experience in a historic location that they couldn't otherwise easily do on their own or with family.

Caregivers may send along cash or gift cards (no credit cards) with their camper at check-in to use while out on their trip for souvenirs, treats, etc. This tripping money **MUST** be turned into camp staff at [check-in](#), and will be provided to your camper when shopping opportunities arrive. We require campers to obtain a receipt for all purchases and return the receipts and any leftover cash/gift cards to you at check-out.

Campers in travel programs should bring along a smaller duffel bag/suitcase to pack just the items they need for their multi-night trip, including sleeping linens. Space is limited in our camp vehicles, so we ask that campers be prepared to pack light for trips (their remaining luggage will be securely stored in their unit at camp).

On their trips, campers will assist staff in preparing meals, and also enjoy packed lunches, continental-style breakfasts, and the occasional meal out (usually to a fast-casual or culturally-relevant eatery).

While out on travel programs, campers will be administered any required or as-needed medications as usual by staff specially trained to administer medication. All camp travel staff are also First Aid/CPR certified.

## **Packing Tips**

If you are helping your camper pack, make sure you do it together with them. Sometimes campers arrive at camp and do not know where their items are in their luggage because they were not a part of the packing process. Check out these packing tips to help facilitate a successful camp experience for your camper:

- Label everything! Make sure you legibly label all items to assist us in [getting these important items back to your camper](#).
- Leave all electronic items at home, including cell phones.

- All electronics found with a camper will be confiscated until the end of the week and may result in dismissal (see [Code of Conduct](#)).
- Campers must wear closed-toe shoes with a backstrap while walking around camp; examples include sneakers, hiking boots, and keen-style shoes.
  - Flip flops or Crocs are ONLY permitted in the shower house; sneakers/hiking boots/keen-style shoes and socks must be worn to and from these areas.
- Allow campers to be part of the packing process so they can better prepare for camp.
- Zip top storage bags can be a great way to organize and sort outfits for the week, especially for younger campers (label each one with a day of the week!). These bags can also be repurposed to store wet or soiled laundry when campers pack for return home.
- Leave valuables at home (including nice jewelry, digital cameras, etc.); Girl Scouts of Central Maryland is not responsible for lost or broken items.
- Your child will not be able to charge any items at camp, so battery-powered flashlights, watches, clocks, handheld fans, etc. are the way to go! Be sure to check that batteries are new so that they can last throughout the week, and consider sending extra batteries with your camper.

*REMEMBER:* Your camper will be spending most of their time outdoors. Please check the weather prior to packing for camp. Keep in mind that the temperature at camp fluctuates more than in developed environments.

### **Day Backpack (Check-in Bag)**

Campers should pack a day backpack with all the things they'll need for a camp day/check-in day prior to arrival (remember that [swim tests](#) are conducted just after check-in). As luggage sometimes takes time to be transferred to your camper's unit, they should have everything they need for check-in day in this day backpack.

In their day backpack, campers should pack:

- A filled water bottle
- A swimsuit (or wear under their clothes)
- Underwear (to change into after swim tests)
- A towel

Campers should wear:

- Sneakers/hiking boots/keen-style shoes AND socks (must be closed-toe with a backstrap; NO CROCS)
- Camp-appropriate outfit (see "[Dressing for Camp](#)")

Optionally for day one, campers might also pack/wear:

- A hat
- [Sunscreen](#)
- [Insect repellent](#)

## Preparing Medications

All [medication](#) brought to camp must be in their original container with a pharmacy label that includes the camper's name, medication enclosed, prescribed dosage, and expiration date of the medicine (medications must be unexpired). Medication will NOT be accepted or dispensed if not properly labeled and listed on the healthcare provider-signed Administration Authorization – General Medication, Health History, and any required and healthcare provider-signed Administration Authorization action plans (remember that all forms should match).

**DO NOT PACK MEDICATIONS OF ANY KIND IN YOUR CAMPER'S LUGGAGE.** All medications (both prescription and over the counter) must be turned in during check-in at camp and are kept in the health center under lock and key. Emergency medications must also be turned in at check-in and will be kept with a camper's unit staff and near the camper at all times.

Not sure if something counts as a medication or not? Here are some examples of **items required to be stored at our health center, and that must be included on a camper's health paperwork** in order for us to administer:

- Melatonin
- Gummy and Flintstone vitamins
- Claritin, Benadryl, or other allergy medication
- Headache/pain medication
- Cold/flu medication

Health-related items that your camper may keep with them (**but must not share with others**) include:

- Sunscreen
- Insect Repellant
- Hydrocortisone or calamine lotion
- Antiseptic/antibiotic ointment (such as Bacitracin or Neosporin)
- Bandages

For more information about medications at camp, review the "[Medication Collection & Administration](#)" section of this guide.

## Labeling Luggage

Please label all your camper's luggage and belongings with their first and last name. This will help to get items back to campers when items are lost. Your camper's luggage will be labeled with their first & last name and number of pieces of luggage at check-out (i.e., Sally Smith 1/2, Sally Smith 2/2, etc.). Campers often end up with more pieces of luggage than they came to camp with (i.e., laundry bag). Please be sure to check that you have all your camper's items before leaving camp.

Council-provided luggage tags will NOT be used for summer 2025. Please label your camper's luggage with a sharpie or by other permanent means before coming to camp.

## Packing List

Below is a general packing list of items your child should bring to camp; consider what other items might make your child comfortable at camp while keeping in mind that luggage should be fairly condensed for easy transfer to and from units.

### *Bedding and Linens*

- 1 sleeping bag OR 1 fitted sheet (twin size) & blankets
- 1 pillow and pillowcase
- 2 bath/beach towels
- 1 washcloth or loofa

### *General clothing, swim, & rain gear*

- 6 pairs of shorts
- 6 t-shirts or tank tops (must cover stomach, chest, and midriff; no halter tops)
- 1-2 pairs of long pants (used for rock wall & ropes courses)
- 1-2 sweatshirts/jackets/long sleeve shirts
- 7 pairs of underpants
- 5 undershirts and/or bras
- 7 pairs of socks
- 4-5 pairs of PJs (shirt & pants/shorts)
- 1 poncho or rain gear
- 2 swimsuits

### *Shoes*

- 2 pairs of sneakers/hiking boots/Keen-style shoes (must be closed toe with a backstrap)
- 1 old pair of sneakers or water shoes for creek/rainy weather (shoes and socks MUST be worn in the creek)
- 1 pair of flip flops or Crocs for showering

**NOTE: Crocs are NO LONGER allowed to be worn generally around camp in place of sneakers as they are not able to be used for most camp activities.**

### *Hygiene*

- Toothbrush and toothpaste
- Soap (and storage container)
- Shampoo and conditioner
- Brush/comb and hair ties
- Sunscreen (no aerosol)
- Insect repellent (no aerosol)
- Hat or bandana
- Headlamp or flashlight
- Deodorant/antiperspirant (as needed)
- Female hygiene products (as needed)

### *Miscellaneous Must-Haves*

- Water bottle
- Small backpack (for daily use)
- Mess Kit (for cookout)
- Small duffel/suitcase (travel programs only)

### *Optional*

- Self-addressed/stamped envelopes + stamps & letter writing materials
- Pen/pencil & stationary
- Books
- Camera & film (digital cameras are not recommended unless durable)
- Mesh bag for dirty clothes (label!!!)
- Clothesline (for drying towels & swimsuits)

LEAVE AT HOME (having these items may result in expulsion from camp):

- Valuables
- Cell phones
- iPads
- Items that require electricity to charge
- Food of any kind

# Camp Life

## Sample Daily Schedule

7:30 a.m..... Wake-up	4:00 p.m..... Afternoon Activity
8:30 a.m..... Breakfast	5:00 p.m..... Kapers
9:30 a.m..... Kapers	5:30 p.m..... Flag
10:00 a.m..... Morning Activity 1	6:00 p.m..... Dinner
11:00 a.m..... Morning Activity 2	7:00 p.m..... Evening Activity 1
12:00 p.m. .... Lunch	8:00 p.m..... Evening Activity 2 (Brownie Bedtime)
1:00 p.m..... Girl Activity Choice 1	9:00 p.m..... Evening Activity 3 (Junior Bedtime)
2:00 p.m..... Girl Activity Choice 2	
3:00 p.m..... Siesta (Rest Hour)	10:00 p.m..... Lights Out/CSA Bedtime

## Buddy System

The buddy system is a safety practice where campers are paired together with another camper at all times. Wherever they go—to the latrine in the middle of the night or in the middle of a meal, back to their tent to grab something, to the unit house to ask the counselor a question—campers must always have a buddy.

Campers are also never alone with a staff member one-on-one, i.e., staff cannot be a buddy; there will always be at least two campers to a staff member, or two staff members to a camper, although most of the time, staff supervise campers as a group. This practice is to protect both campers and staff at all times.

## Camp Buddies

“Camp Buddies” are two or more campers who wish to stay in the same sleeping structure together (campers must be in the same program and session). Two campers wishing to attend camp together as buddies must provide their friends’ names on the appropriate camp form (Camper Connection). Campers may request more than one buddy (but no more than three), and all buddies must request each other to facilitate buddy placement. We will do our best to place buddies together within the same sleeping structure, but placement cannot be guaranteed.

Camp Buddies can be helpful for some campers, but may be more of a hindrance to others. Buddies can serve as a comforting familiar face, but also may keep campers from getting to know and working with others or trying new things. Consider what might best serve your camper when deciding whether or not to send them to camp with a buddy.

## Campfire Ceremonies

Campfires are a traditional and important part of the camp experience. Our campfire ceremonies, which are hosted at the start and end of camp, serve as events for camaraderie and togetherness.

Our Sunday night campfire introduces campers to our camp staff through silly skits and songs, and generally helps to welcome and introduce them to camp alongside their fellow campers.

Our Thursday night campfire is a more solemn event honoring the experience we all had together at camp, and celebrating with traditional campfire songs. We also uplift and celebrate various traditions during this last night campfire, and recognize the years campers have attending camp.

## Camp Mail

Campers LOVE mail! Camp mail is delivered to campers once daily, Monday through Thursday, and campers can also mail letters to loved ones throughout the week at any time via the golden mailbox in our Dining Hall. Camper mail is collected and posted daily by our camp staff.

You can send mail to your camper two ways: by traditional snail mail, or by dropping off mail at [check-in/incoming](#) (the latter is our recommended method). If you are posting mail traditionally, it must be addressed as follows:

Camper Name—Program Name—Session #  
Camp Conowingo  
46 Shadowbrook Rd  
Conowingo, MD 21918

You can also bring mail for your camper to check-in/incoming to ensure delivery during a certain camp day. Mail must be labeled with the camper's full name, program, session, and day you want the mail delivered (Monday, Tuesday, Wednesday, or Thursday).

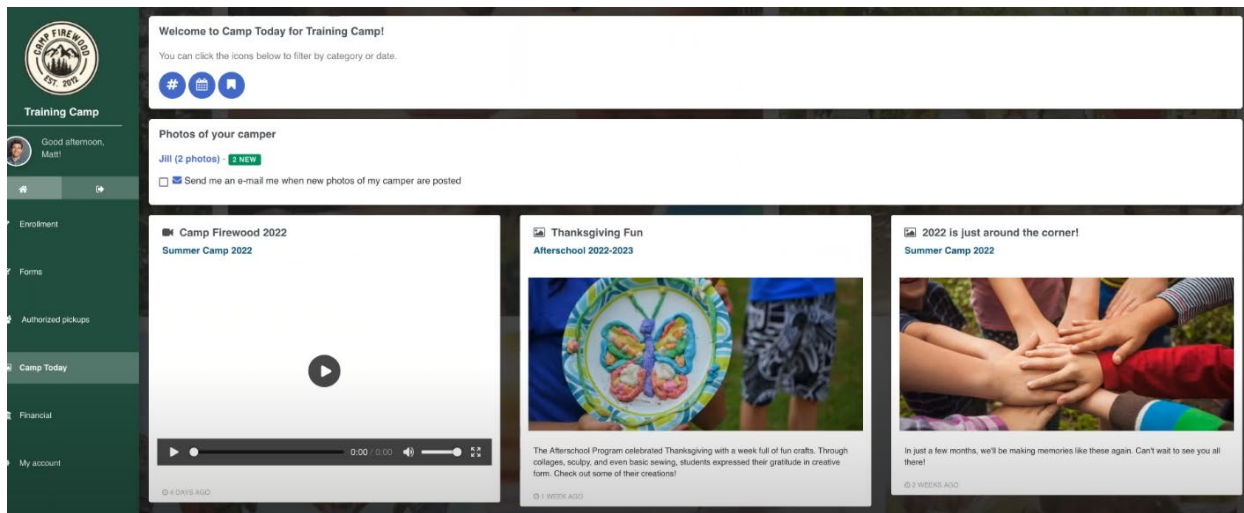
Some general mail guidelines:

- Remember to keep letters to your camper positive and cheerful. Ask questions about what your camper is doing at camp, new friends they've made, and their counselors. Please make sure that letter content enables a successful camp experience and does NOT include bad news about loved ones or missed family fun and activities while the camper is at camp.
- Consider sending your camper with pre-addressed and stamped envelopes so they can easily send letters home to you; be sure to store these in sealed plastic baggies so they don't get wet!
- **Do not send ANY food to campers via the mail.** It will be confiscated by camp staff and returned to you at check-out, as it can attract wild animals and trigger allergies, among other safety concerns.

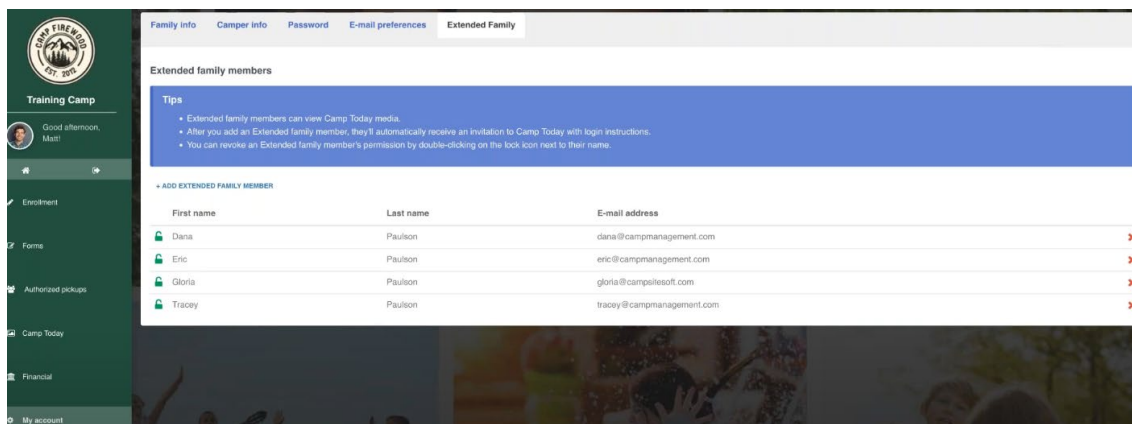
## Camp Today Photo Blog

You can check in on how your camper is doing while they're at camp by utilizing our Camp Today photo blog directly in the Campsite [registration platform](#). The feature is FREE of charge to all registered caregivers, and separate from our paid [Photo Package](#).

The Camp Today photo blog is available directly in the Campsite registration platform via the tab labeled "Camp Today". By clicking on this tab, you'll see all the blogs available for your view. Photo accessibility is limited to only those caregivers who have a camper registered for the particular session during which the photos are posted.

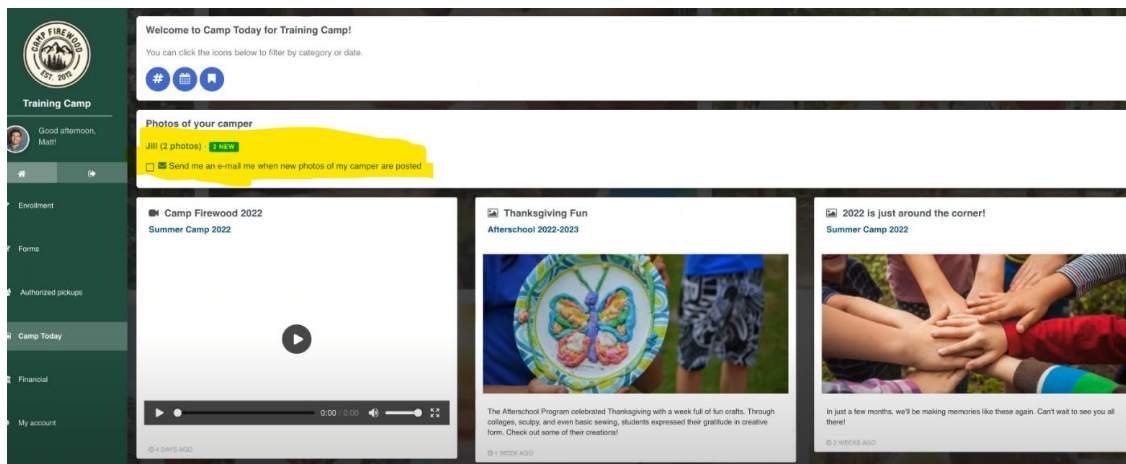


You may also extend access to "authorized users", i.e., specific friends and family. This can be enabled by clicking on the "My Account" tab, then "Extended Family" up at the top of the page. Here, you can add additional viewers of the blog posts accessible to you. By adding the family member's or friend's email, they will receive an invitation to view your camper's photos and blog posts featuring your camper. You can also delete or block these authorized users at any time.



The Camp Today photo blog has built-in facial recognition software, so you can go directly to your camper's photos as soon as they're posted! In order to utilize this feature, you will need to upload a picture of your camper directly to their profile (we also use your [camper's photo](#) for identification and safety purposes, so be sure to choose a current picture). Make sure you choose a photo that is clear and shows your camper's entire face.

When using the facial recognition software, you'll receive a notification at the top of the Camp Today page that indicates how many photos your camper is in as soon as they are uploaded; clicking on this link will take you directly to their photos. On this page, you can also check the box that sends you an email notification whenever a photo of your camper is uploaded (see highlighted section in the photo below).



Photos are posted on the Camp Today photo blog in the evening (usually between 7:00-9:00 p.m.) at the end of your camper's day of fun each Monday, Tuesday, Wednesday, and Thursday. Be sure to check back often to catch all the highlights!

## Cookout

Every Wednesday dinner is cookout, where campers and camp staff prepare a meal over a campfire together. Campers will plan their cookout at the start of the week, including choosing a main dish, sides, and dessert. Then on Wednesday with the help of camp staff, they'll build the fire, prepare the food, cook the meal, eat, and clean up.

Cookout serves to teach campers tons of skills, like different cooking and preparation techniques; fire building, maintaining, and safety; meal clean-up and organization; and also how to communicate and work together as a group, among other skills.

Our cookout menu choices are tailored to older and younger girl skillsets, and always offer alternative ingredients to accommodate most [dietary restrictions](#) so that each camper can enjoy this unique experience.



## Dressing for Camp

Be sure to dress your camper for camp before they [arrive](#), and send them with camp-appropriate gear. Your camper should already be wearing sneakers/hiking boots/Keen-style shoes (no Crocs; shoes must be closed-toe with a backstrap) and socks when they arrive at camp, along with camp-appropriate clothing (i.e., shorts and a t-shirt). A swimsuit, either under your child's clothing or stored in their [day bag](#), should also be with your camper upon arrival as [swim tests](#) are completed just after check-in, along with a towel in their day backpack. If wearing their swimsuit under their clothing, be sure they pack spare underwear in their day backpack to change into after their swim test in case their luggage has not yet arrived at their unit.

[Camp weather](#) can be highly unpredictable. It can be very hot some days, and rainy and cold other days. Utilize our [packing list](#) in the "Preparing for Camp" section of this guide to adequately prepare. Socks and sneakers/hiking boots/Keen-style shoes, or closed-toe shoes with a backstrap, are required for just about every camp activity (Crocs are no longer allowed to be worn generally around camp).

We also ask that campers try to dress modestly and with forethought for other campers' unique backgrounds and cultures, as well as the many activities they might do at camp. Avoid clothing that reveals the midriff, and clothing that shows excessive chest and buttocks (i.e., very short exercise or jean shorts, very low or excessively small/tube tops). Avoid halter tops and spaghetti straps as these can easily come undone/break. Please do not send your camper with clothing that contains inappropriate language or images. Try to avoid packing swimsuits that are excessively revealing or ill-fitting (i.e., two-piece swimsuits are fine, but a string bikini that slips around a lot might be problematic).

Your camper will not be shamed for any of their clothing choices, but campers will be asked to change out of any clothing that contains inappropriate language or images or that is excessively revealing to the point of impeding activity.

## Kapers

Girl Scout camp is a community based on everyone respecting themselves, each other, and their environment. One way we instill this philosophy is through every camper's participation in daily kapers, or community chores. Kapers include cleaning up the unit/living area, cleaning and stocking the latrines/porta-potties daily, setting tables for and cleaning up after meals, and generally helping to keep the camp clean, among other chores. These chores, led and demonstrated by staff, give campers the opportunity to participate in community living, promote group cohesion, and help keep camp looking beautiful.

## Meals

Well-balanced, kid-friendly meals are served in the main dining hall. Alternatives are always available in addition to the main offering (cereal & yogurt bar, salad bar, Sunbutter & jelly, etc.). We require all campers to drink at least one full glass of water prior to enjoying other beverages (like lemonade or

juice) at meals to ensure continued hydration, in addition to encouraging campers to drink regularly from water bottles while out and about. Healthy and nutritious snacks are also available daily.

Campers will also plan and prepare their own campfire [cookout](#) with their program group on Wednesdays. Most special diets can be accommodated (vegetarian, red meat-free, lactose-free, etc.), and we do our best to avoid cross-contamination of common allergens, however, gluten-sensitive and gluten-free campers should note that we cannot guarantee cross-contamination will not occur, as we do not have a dedicated gluten-free facility. Please note your camper's diet on the appropriate health form (Health History: Restrictions). If you have any questions or concerns about accommodations for your camper's diet, please contact [membercare@gscm.org](mailto:membercare@gscm.org).

## **Latrines & Washstands**

Our camp is very rustic! Accordingly, campers are expected to use latrines, port-a-potties, and cold-water washstands (supplied with soap) regularly. These are the primary bathroom amenities in-unit and around camp, and campers should be prepared to use them each day for using the toilet, washing their hands, brushing their teeth, washing their face, filling their water bottle, etc. These areas are located separately from, but close by, your camper's main sleeping/living quarters. Campers must wear socks and shoes whenever visiting these areas, as with any other activity at camp.

In order to keep these areas clean and ready for use, campers also assist our staff in cleaning the latrines, port-a-potties, and washstands daily (see more about daily chores, aka, "[kapers](#)" in the corresponding section).

*Tip:* Before camp, show your camper a picture of a latrine, port-a-potty, and washstand, or better yet, have them try one out!

## **Lights Out & Siesta**

We call our rest hour/me time "siesta". Every day, campers are given an hour of time to rest and recenter themselves. Rest hour is usually taken in-unit with campers relaxing in their tents, although it can also be taken at another location around camp, as long as campers have sufficient access to restful and comfortable activities. At siesta, campers may hang out with their fellow campers in their tents, play quiet games, read, write, or nap. During this time, staff are available in the unit house or another accessible location.

Lights out is camper bedtime. This time varies depending on the age of your camper. Brownies go to bed at 8 p.m., Juniors at 9 p.m., and older girls at 10 p.m. Before campers go to bed, they are reminded to brush their teeth and hair, wash their face, get into their pajamas, etc. After campers have had the opportunity to get ready for bed, staff check in with each sleeping structure (announcing themselves before entering) to say goodnight and give any instructions for the next day. Staff may also offer some goodnight rituals to campers -- the option of a handshake, a high-five, or something similar, catching "dream fairies" for younger girls, etc. Campers' consent is honored at all times and staff do not pressure campers into participation.

Campers are made aware of staff sleeping locations in-unit on the first day of each session for any assistance they may need. Solar or battery powered lights are placed outside the staff sleeping quarters and the latrines to help campers to locate these items at night.

Campers MUST take a [buddy](#) to the latrine with them at night; no exceptions.

## **Lost & Found**

All items that come to camp must be labeled with the camper's first and last name. Lost and found items are brought to a central location at camp for campers to pick up during the week. Staff will attempt to get all lost and found items returned to their owners by the week's end.

Any lost and found item that has not found its owner at the end of the camp session will be available at [outgoing/check-out](#) for caregivers and campers to review before leaving. Any unidentifiable unlabeled items will be discarded/donated at the end of the session.

We will attempt to contact you if we locate an item left behind and labeled as belonging to your camper at the end of their session. All labeled items will be available for pick-up at Camp Conowingo for up to two weeks; if you discover something of your camper's was left behind, please contact us immediately (via camp office phone at 410-378-4242 or via email at [membercare@gscm.org](mailto:membercare@gscm.org)) to arrange pick-up. Any lost items remaining after two weeks will be discarded/donated. You are responsible for picking up any items left behind by your camper.

*REMEMBER:* Camp is dirty, damp, and expansive, and items may be lost, dropped, or damaged. Do not send valuable items, items that are irreplaceable, or items that should not be soiled, stained, or torn. Please leave items such as Girl Scout uniform components, brand new digital cameras, and "good" clothing at home.

*NOTE:* GSCM IS NOT RESPONSIBLE FOR LOST OR DAMAGED BELONGINGS.

## **Swimming Pool, Creek, & Shower House**

Shoes and socks, along with at least one article of clothing over the bathing suit, must be worn to and from the pool and shower house. Once in the shower house or pool area, flipflops or Crocs may be worn. We have rugged terrain at camp, and this rule is in place to protect campers and to ensure sure footing to and from the pool and shower house.

Additionally, water shoes or old sneakers (NO CROCS) WITH socks are required for any creek exploration/hiking and boating activities to ensure sure footing. All campers are required to wear life jackets when boating or exploring/hiking the creek.

Your camper will be asked to participate in a swim test just after check-in at camp. This is to verify their swimming ability and ensure they are appropriately limited (if necessary) within the pool. Swim tests are very simple: campers might be asked to float on their back unassisted, and to perform several different strokes (front crawl, backstroke, breaststroke, butterfly, etc.) to the best of their ability. Our staff are simply looking to see if your camper is a comfortable and competent swimmer. Your camper will then be

assigned an appropriately colored wristband (red, yellow, or green) to wear in the pool when swimming in order for lifeguards to be able to quickly observe their level. Campers who refuse to take the swim test will not be able to swim, boat, or explore the creek at camp.

*TIP:* It can be a good idea to brief your camper on the swim test process and to reassure them that the test is just to keep them safe and is not at all a big deal. Sometimes campers are nervous or just having a difficult time with their strokes on the day of the swim test; getting a red band instead of a yellow is not a determination of poor swimming ability but rather just lets our lifeguards know that they might need to watch your camper a little more closely in order to help them if needed.

Pool time is fun time! We do not have swim lessons at Camp Conowingo, rather, time at the pool is spent having fun, and sometimes doing themed games and activities. Campers will visit the pool several times a week, with the additional option to swim during Girl Activity Choice time.

Trained lifeguards and watchers, in a number appropriate to the number of swimmers, are always on duty when campers are in the pool and pool area. Waterfront-trained lifeguards are also always present during creek and boating activities.

Our shower house is equipped with private showers (each with a shower curtain) as well as a communal changing/prep space with sinks, mirrors, hooks, and shelving. Our shower house also has individual toilet stalls (each with a shower curtain) if campers prefer additional privacy for changing. Camp staff remain just outside the shower house while campers are showering and do not enter while campers are showering unless there is an emergency, and never without announcing themselves first. Campers assist our staff in [cleaning the shower house](#) daily.

## Theme Weeks

New for 2025, each week at camp will have a special theme that all camper activities will be geared around! Below you can find the special weekly theme and daily special activities you can expect during your camper's time at camp! Though you may send your camper along with additional gear/dress-up clothes for these activities, we will provide all materials needed for all campers to participate.

Session 1		Monday	Tuesday	Wednesday	Thursday (All Camp)	Friday
6/22-6/27	<b>Magic &amp; Mischief</b>	Dining in the Great Hall	Camp Creatures	Dragons vs Mermaids	Character Collectors	Camp Spirit
	Magic abounds during this week at camp! Discover magical creatures, craft mystical elements, and make mischief!	Oh no, the kitchen elves are at it again! They've rearranged all the place settings and cutlery...looks like we'll be dining in silly style today!	Break out the fairy wings and magic wands! Dress as your favorite magic creature or character today!	Will you be a dragon or a mermaid? Find out when you get to camp, then do battle (rock, paper, scissors) whenever you spot members of the other group. Who will win and be the ultimate magical creature?	Your favorite fairytale characters are on the loose! Hunt them down and get their signature to craft the ultimate autograph book!	Wear your favorite camp gear from Conowingo or other camps
Session 2		Monday	Tuesday	Wednesday	Thursday (All Camp)	Friday
6/29-7/4	<b>Pirate Invasion</b>	Shipwreck Lunch	Pirate Garb	Gold Rush	Pirate Hunt	Camp Spirit
	Arrgh, we all be pirates this week! Pillage, plunder, and create a little mayhem at camp this week!	You've been shipwrecked on a desert island, and there's a silly assortment of utensils for you to use at lunch today!	Sail the seas as you dress up as your favorite buccaneer!	There's a gold rush in Camp Conowingo! Collect gold with your group in your daily activities around camp. We'll see who has the biggest boon at dinner!	Oh no, pirates have come to pillage Conowingo! Find them and capture them so they can walk the plank!	Wear your favorite camp gear from Conowingo or other camps
Session 3		Monday	Tuesday	Wednesday	Thursday (All Camp)	Friday
7/6-7/11	<b>Journey to the Past</b>	T-Rex Lunch	Decades Dress-up	Dino Discovery	Renaissance Fair	Camp Spirit
	We're traveling through the distant and not so distant past this week! Discover dinos and bell bottoms and flower crowns, oh my!	Wear your favorite dino-gear to lunch and use only two fingers to eat your meal and use your utensils -- just like a t-rex!	Throwback! Dress for your favorite decade: 70s, 80s, 90s, 00's, and beyond! It'll be a groovy cool day!	What's that stomping? Dinosaurs are on the move at Conowingo! Look out for their footprints and collect their special "tree stars" (aka, dino leaf snacks!). The group with the most tree stars will be our CAMP stars!	Fair thee well, traveler! Won't thee join us at the fair? Mount your hobby horses and don your flower crowns as you tour our very own renaissance fair!	Wear your favorite camp gear from Conowingo or other camps

Session 4		Monday	Tuesday	Wednesday	Thursday (All Camp)	Friday
7/13/-7/18	<b>Spooktacular Summer</b>	<b>Mystery Meal</b>	<b>Costume Party</b>	<b>Extreme Trick or Treat</b>	<b>Zombie Invasion</b>	<b>Camp Spirit</b>
	Oooo... it's spooky time! Mysterious happenings are occurring all week at camp! Disguise yourself and stop a zombie invasion!	The dessert for today's meal has gone missing...it's your job to figure out who dun it!	Watch out for that zombie....oh, no, a ghost! Wait, that's just our campers! Dress up as your favorite spooky creature of the night.	Something mysterious is happening....ducks in costumes have appeared all over Conowingo! Find a duck and it's matching staff member to get a treat -- and try not to get tricked!	Zombies have invaded Conowingo! Collect survival supplies with your group and make it to the safe house without getting turned!	Wear your favorite camp gear from Conowingo or other camps
Session 5		Monday	Tuesday	Wednesday	Thursday (All Camp)	Friday
7/20-7/25	<b>Holiday Haywire</b>	<b>Holiday Dinner</b>	<b>Dress-Up Spectacular</b>	<b>Be Mine, Valentine</b>	<b>Winter Wonderland</b>	<b>Camp Spirit</b>
	The holidays are here at camp! Holiday dinner is on the table, and the elves are out! Don't forget to bring your dress-up costume!	It's the best dinner of the year! Dig into a special holiday meal with all the fixin's.	Where have all the campers gone?! Oh wait, they're just in costume! Will you be a princess, a superhero, an alligator, a tree?!	Bust out the tape! We're sharing compliments with our fellow campers and staff today about all the things that make us "stuck" on them!	The elves have come to Conowingo! See if you can catch them all in time for the holidays!	Wear your favorite camp gear from Conowingo or other camps
Session 6		Monday	Tuesday	Wednesday	Thursday (All Camp)	Friday
7/27-8/1	<b>Heroes &amp; Villains</b>	<b>Tavern Trivia</b>	<b>Design Your Own Monster!</b>	<b>All That Glitters</b>	<b>Dungeon Crawl</b>	<b>Camp Spirit</b>
	Adventurers wanted! Collect gold, complete quests, and solve puzzles as you venture forth to conquer camp!	Welcome, weary traveler! It's trivia night at our adventurer's tavern! Join in the fun and answer trivia questions as you enjoy your meal.	Everyone knows the best part of an adventure story are the monsters -- so lets see what kind of monster you can be! Wings, tentacles, fire-breath...oh my!	Every adventurer needs gold to fund their adventure...and our camp staff have tons of side quests to earn you some extra loot!	Hello, fellow adventurers, it's time for a dungeon crawl! Uncover puzzles, vanquish monsters, and crack the code to crawl your way out of this dungeon!	Wear your favorite camp gear from Conowingo or other camps
Session 7		Monday	Tuesday	Wednesday	Thursday (All Camp)	Friday
8/3-8/8	<b>Time Travelers</b>	<b>Unbirthday Meal</b>	<b>Pajama Party</b>	<b>Time Capsule</b>	<b>Alien Investigation</b>	<b>Camp Spirit</b>
	Let's visit the future! Travel through time to a wacky future world of fun as you encounter aliens, new traditions, and more!	A very merry unbirthday to you! The dining hall is decorated for everyone's unbirthday today and we'll enjoy a special dessert for the occasion!	In the future, comfort is king! Wake up and shake things up by wearing your PJs all day!	What does the future hold? Whatever you want! Work with your group to create something to place in a time capsule for future generations to discover. What do you want to share with the future?	The aliens are here! But what do they want? And how do we get them to leave?? Explore the mystery as you lead the investigation!	Wear your favorite camp gear from Conowingo or other camps

## Trading Post

The "trading post" is our camp store! Campers can pick up anything from missing or forgotten items like hats, deodorant, or water bottles, to fun stuff like fidget toys, stickers, Conowingo-branded merch, and more! The Camp Conowingo Trading Post will be open and accessible to campers during their scheduled Trading Post time at camp. All campers will visit the Trading Post at least once per week.

You can add trading post funds during the initial registration of your camper in denominations of \$10. After registering, you must contact [membercare@gscm.org](mailto:membercare@gscm.org) to add additional trading post funds. All trading post funds are digital and must be completed online (no cash can be added at check-in).

Trading post funds are available to campers across all their registered programs/sessions, and camp staff are not responsible for managing how campers spend their funds. If you prefer that your camper spread out their purchases, please speak with your camper prior to camp about money management.

You will be refunded any leftover trading post funds in excess of one dollar at the end of the camp season (mid-August), back to the original card used.

## Health & Safety

### Communication Between Camp Conowingo & Caregivers

Parents/Caregivers will be contacted if the following situations occur:

- If your camper has [communicable disease](#) symptoms.
- If your camper needs to see a doctor or visit an emergency room.
- If your camper breaks the [Code of Conduct](#).
- If your camper otherwise needs to be picked up from camp.

Parents/Caregivers MAY be contacted in the following situations:

- If the Health Staff has a question in regard to information supplied on your camper's health information (medications, chronic health conditions, etc.), or to report any injury/illness and treatment that occurs at camp.
- If a camp staff member needs your assistance/support regarding your camper's well-being, such as during bouts of homesickness.

While we are at camp all day and night during any given camp session, we are not always near the phone. **Your best chance of reaching someone immediately is from 9:45 a.m. - 11:45 p.m. and 1:15 p.m. - 5:15 p.m.** If you get the answering machine, please speak slowly and leave us your name, your camper's name, your phone number, and the best time to reach you. We make every effort to return phone calls as soon as we can and check messages regularly throughout the day, but please note that we are most often busily involved in daily camp life, and our time in the office is brief and sporadic beyond the above listed times.

### First Aid & Health Center

The health and safety of our campers is our primary concern. Most if not all of our camp staff members are certified in First Aid, CPR, and AED use, and on staff we have, at minimum, both a designated Health Supervisor and an individual who is certified to conduct medication administration, per Maryland State guidelines. We keep thorough records of all treatment and medication administration, and we review campers' health records, restrictions, and requirements prior to camper arrival and regularly while campers are at camp whenever campers receive any medical treatment.

First Aid kits (utilized by trained staff for camper injuries) are available throughout camp in all major program areas and are checked and replenished regularly (at least once a week). First aid bags are also carried by all camp staff assigned to camp programs groups for on-the-spot care of campers. Our First Aid kits and training allow camp staff to treat most cuts, scrapes, bruises, bug bites, bee stings, tick bites, and other similar simple injuries. Any medical treatment beyond these items is handled by our health center and medication-trained staff.

All ticks found on campers are sent for identification testing (not disease testing), and results will be sent to caregivers at their home address as listed in their camper's Campsite registration profile.

We have several over-the-counter medications available in our health center for administration to campers as needed and as specifically permitted by their Health History paperwork. You can review this year's medication list in the Campsite [registration platform](#) in the Health History: Medications form, and select any forbidden medications. These health center medications are available as needed only and are NOT for regular/daily/timed administration; if your camper requires regular/daily/timed medication, please send it with them to camp and include it on all relevant [health forms](#).

We also have [sunscreen](#) (Neutrogena Ultra Sheer Dry-Touch, SPF 30 or higher) available at our pool, waterfront, and high ropes course in case campers forget to apply their own; again, campers should bring their own sunscreen as our camp supply is only for "as needed" use when campers misplace or forget their own for a particular activity, or need to reapply. Campers are encouraged by staff to apply sunscreen before any activity involving excess sun exposure. Sunscreen is only offered to campers, and staff may only help campers apply sunscreen, if this is indicated in the appropriate registration form (Health History: General).

## **Health Screenings**

Upon arrival at camp, all campers will have their temperature checked, be evaluated for communicable disease, and receive any other necessary health screenings before heading to check-in. See the [Check-In Health Screenings](#) section for more information.

Campers also receive a health screening before exiting from and after returning to camp property (such as during [travel programs](#)).

## **Communicable Disease**

We are continuously evaluating our camp health and safety procedures to make sure they are in line with recommendations from the Centers for Disease Control, American Camp Association (ACA), Maryland State and county health departments, and Girl Scouts of Central Maryland's Communicable Disease response guidelines.

As a part of daily camp operations, all dishes, utensils, and eating surfaces are sanitized following each meal. Units and common areas are cleaned and sanitized daily using child-safe cleaners by both campers and staff. Camper sleeping areas are also regularly checked for cleanliness, and campers are encouraged to tidy regularly. All helmets for rock wall and high ropes courses are sprayed with Fairy Tales [lice repellent](#) after use as an additional precaution.

Communicable disease safety recommendations are fluid and so are our guidelines. In the event of a communicable disease outbreak, determinations regarding items like cabin capacity, social distancing measures, facial coverings, testing, etc. will be made at that time and communicated to caregivers of registered campers. It is important to recognize that our guidelines may continue to shift at any time to meet safety guidelines. Our goal at all times is to ensure that all campers have a positive camp experience while we remain always vigilant in limiting the spread of communicable disease. If you have any questions regarding communicable disease procedures at sleepaway camp, contact [membercare@gscm.org](mailto:membercare@gscm.org).

## Camper Photos

We now require caregivers to upload a photo of their camper to their camper's registration profile. This is for identification of your camper in the event of an [emergency](#). Please upload a current, clear photo (be sure to update yearly) so that we can better support your camper during their time at camp.

Uploaded camper profile photos are also used by our [Camp Today](#) photo blog facial recognition software to automatically link caregivers with photos of their campers. All photos uploaded to Camp Today are only accessible by caregivers (and their authorized users) with campers registered for the particular session during which the photos are taken and uploaded.

For the safety of all campers, we ask that if you take any photos of your camper during drop-off or pick-up, you refrain from posting any pictures that contain other campers/caregivers/staff, or crop out those individuals unless given explicit permission otherwise by the individual(s).

## Health Forms

Health forms must be completed through the Campsite [registration system](#). The health forms cover health history and medication administration information (for both prescription and over-the-counter medications as well as emergency/rescue/allergy medications), as well as action plans for various medical conditions/prescriptions. A healthcare provider's signature is required for many of these forms; please plan accordingly. More information about the specific forms required is located in the "[Required Camper Forms](#)" section of this guide. All forms are due by May 23, 2025.

All submitted forms will be reviewed with you by our health staff during check-in; you may also be contacted prior to check-in to discuss any special medical items.

Please ensure all health forms information matches, i.e., ensure any medications listed in the Health History forms match what is written on the Administration Authorization – General Medication form, and also match any required Administration Authorization action plan forms. Discrepancies may result in your camper's inability to attend camp. All medications must be brought to camp in their original packaging or prescription containers (**no pillboxes**) and must be UNEXPIRED.

If for some reason your child will not be taking their usual prescribed medication while at camp, please provide a signed note from their healthcare provider stating why they will not be taking the otherwise required/prescribed medication. This note can be emailed to [membercare@gscm.org](mailto:membercare@gscm.org).

*REMEMBER:* A healthcare provider must sign all Administration Authorization forms. These forms must list ALL medications that are brought to camp. Without written authorization and any specialized instruction from a healthcare provider, medication cannot be accepted or administered during your camper's stay, and any allowed health center-stocked medications will be administered only as the package directs.



**NOTE:** A caregiver, even if a healthcare provider themselves, may NOT sign as the healthcare provider on the Administration Authorization forms as this is a conflict of interest. **The caregiver signature and healthcare provider signature must be from different individuals.**

## **Medication Collection & Administration**

Medication administration times during camp are at breakfast (starting at 8:15 a.m.), lunch (starting at 11:45 a.m.), dinner (starting at 5:45 p.m.), and bedtime (starting at 8:30 p.m.). Please choose one of these times (as close to the normal time your camper takes the medication) when completing the Health History: Medication form. If your camper requires special circumstances when taking medication (i.e., must have food before, must be given right before bedtime, must take with food, etc.) please indicate this on the Health History: Medication form along with the medication.

At least ONE dose of any medication sent along with a camper MUST be given to the camper at home before bringing the camper and medication to camp in order for the caregiver to observe any adverse reactions.

To ensure confidentiality and safety for everyone on property, all medications (both prescription and over-the-counter), vitamins, supplements, creams, and drops are collected at check-in and immediately secured by the health staff.

If your camper requires medication during their stay at camp, all medications MUST be turned in to the camp health staff upon arrival, and the Administration Authorization – General Medication form must be filled out and signed by both a caregiver and a healthcare provider, then uploaded to our [Campsite registration platform](#); additional forms are also required for emergency/rescue/allergy/diabetes medications, equipment, and treatment (see [“Required Camper Forms”](#) section). The term “medications” includes ALL prescription and over-the counter medications, vitamins, supplements, creams, and drops. ANY medication found to be in the possession of campers after check-in will be confiscated and caregivers will be contacted.

We CANNOT administer or accept any medication that is not listed on the healthcare provider and caregiver-signed Administration Authorization - General Medication form. Please also refrain from giving your camper a “medication vacation,” i.e., suddenly stopping medication during the summer/camp. This is not conducive to a successful experience for your camper or for our staff.

Medications will NOT be collected if not properly labeled and listed on the Administration Authorization – General Medication form and if not matching your other health forms. Medications will NOT be collected with expired.

Campers will NOT be admitted to camp if they are missing prescribed rescue/emergency medication, completed and signed forms, or properly labeled and unexpired medication.

A list of medications commonly stocked in the camp Health Center is provided in the [Campsite registration platform](#), and must be verified as “acceptable to give” by the caregiver of each camper on the appropriate form (Health History: General). If your camper needs to regularly take a medication, please send it with them to camp and complete the appropriate forms; you may not rely on the Health Center’s medication stores to provide a daily-required medication (i.e., allergy medication).

## Specialized Healthcare

All campers who have medical conditions including asthma, allergic reactions, or diabetes and require medications such as antihistamines, rescue inhalers, epinephrine autoinjectors (EpiPens), and blood-sugar monitoring equipment must fill out the appropriate [Administration Authorization action form](#) (in addition to the Administration Authorization – General Medication form) for administration/use of these medications and equipment, even if these medications/equipment are self-administered.

These forms allow you and your healthcare provider to outline your camper’s specific action plan and medication(s) for reaction intervention. Please ensure any medical rescue devices/medications are within date before bringing them to camp. We cannot accept out-of-date rescue devices or medication, and your camper cannot attend camp without turning in their own prescribed and in-date rescue devices/medication for use in medical emergencies.

EpiPens and inhalers (along with any other such medical devices) MUST be provided in the original box, and/or have the original prescription label affixed (new prescription labels can be printed and acquired at a pharmacy that provides that prescription).

Emergency medication will be carried by the camper’s assigned camp staff member at all times, remain within close proximity of the camper at all times, and be administered as required/needed.

## Personal Camper Care

The camp environment is very different than your camper may be used to. Days can be [hot](#), cold, damp, dry, dirty, etc. It’s important that your camper is prepared to deal with the elements, as well as the mental and physical strain of regular activity.

Campers should be able to dress and groom themselves without assistance. For younger campers, our staff will give reminders about activities like brushing teeth and hair, and can assist in a minor capacity (i.e., occasionally braiding or brushing hair, etc.). Campers [shower](#) regularly (usually once a day) and will also have the option to swim multiple days a week.

To safeguard mental wellness, speak with your camper about camp before they go to camp. Develop a list of strategies for them to use to cope if they’re feeling [homesick](#). Be sure they bring along a comfort object or activity from home that can help them get through the week. Finally, review our [preparation strategies](#) to prepare both yourself and your camper for the best camp experience.

## Homesickness

We encourage families to attend one or more of our [pre-camp events](#), which can allow both caregivers and campers to ask questions about and see camp. These events can help all those involved in the camp experience to better acclimate to and feel comfortable with the camp environment. You can also explore the [“Camp Life”](#) section of this guide with your camper to better prepare for camp.

Even for the most experienced and prepared camper, homesickness can happen. Our staff are trained to help campers through homesickness, but in more extreme bouts of homesickness, we will always contact the camper's caregiver to make them aware of the situation, with the camper out of the room to help facilitate the most positive outcome. This call also serves to facilitate open communication between our camp staff and the caregiver so that the caregiver can offer tips/strategies and make determinations regarding their camper's continuing time at camp.

**We do not allow campers to call home except in extreme circumstances.** Please refrain from promising your camper that they can be picked up or call home if they don't like camp. Camp serves to allow your camper to [develop independence and coping skills](#); please avoid undermining this with such promises.

Typical handling of homesickness at camp looks like this:

#### Level 1 – Manageable Homesickness

- A camper displays signs of homesickness (i.e. not wanting to participate in activities, withdrawing from others, actively saying they're homesick).
- The camper's unit leader or counselor talks with the camper (within earshot of another staff member), asking them what's going on, how they're feeling, etc. (we specifically avoid using the word "homesick" as campers can fixate on this label).
- The camper's unit leader or counselor learns what the camper is going through and speaks with them on any strategies they might have to combat the homesickness, and also reminds them of the awesome activities in store for them and all the great things about camp. They might also remind the camper that their time at camp is short, and offer to give the camper a countdown to the week's end, or help them write a letter expressing what they're feeling.
- When the camper is feeling better, or feels willing to try something to distract them from what they're currently feeling, they rejoin the group. The staff member will report this up to Support Staff via daily paperwork and also regularly check in with the camper and make special effort to include them in group activities.

#### Level 2 – Escalated/consistent Homesickness

- If the camper continuously displays homesickness\* or the level of homesickness escalates, the unit leader or counselor will report this directly to Support Staff. Support Staff will connect with the camper and explore the situation further (often it just takes another staff person who wants to help to get campers out of the homesickness "funk").
- At this point, if the camper still cannot be comforted, Support Staff or the camper's unit leader will call the camper's caregiver to discuss tips/strategy (we try to avoid telling the camper we are calling their caregiver as this can often make their homesickness worse). The caregiver and staff member will discuss the situation, how the camper is doing overall, if the caregiver has any tips/strategies for helping the camper, and if the caregiver feels it is time for the camper to go home. At this point, we like to remind caregivers that they sent their child to camp for a reason, and usually the best thing is to allow them to continue through their week at camp, but occasionally it may be that camp is not right for this camper at this time.
- Support Staff will then connect with the camper's unit leader and counselor(s) about the conversation with the caregiver, and a staff member the camper has already spoken with may relay any messages from the caregiver.

*NOTE:* It can do WONDERS for a child's homesickness for a staff member to be able to relay to the camper that their caregiver says something like: "I love you, and I know you are brave, and strong, and that you can do this, and I want you to stick it out through the rest of the week." While the camper may be initially upset, this usually motivates them to make the best of the rest of the week, and also serves as a sort of stopgap for additional homesickness. We see many campers who go on to have great experiences at camp following similar communication.

\*Manageable homesickness, aka, very occasional and light bouts of homesickness that a camper can easily be brought out of or distracted from will not result in a call to caregivers during the camp session, but we will usually mention this at check-out.

*REMEMBER:* We sometimes encourage letter-writing to help campers work through homesickness, and campers might also do this on their own to work through what they're feeling. If you receive a letter from your camper that they are unhappy at camp and want to come home, pause, and take into account when the letter was written. A lot can happen in the first days of camp, as campers are made to adapt to a brand-new environment and new people. By the time you receive that letter, they have more than likely adjusted to the camp setting, made new friends, and are enjoying being at camp. Remember that we will always call you if the homesickness is excessive or continuous, and you are always welcome to call our camp office (410-378-4242) or email [membercare@gscm.org](mailto:membercare@gscm.org) with any concerns.

Understand also that letters home can occasionally be very emotional and raw as they can be an outlet for the child to express everything they're feeling. They might contain language like "I'm scared", "I hate this", "everyone hates me", or "PLEASE come get me," even if these things aren't true or are fleeting feelings. Occasionally, if a letter written home contains particularly concerning language and is shared with a staff member, we may hold that letter to provide to the caregiver at checkout, and will make a call to the caregiver to speak more about what the camper is going through. This is so that we can keep you looped into what's going on with your camper, and so you don't receive that concerning letter with zero context.

*NOTE:* No refund will be given if a camper leaves camp early due to homesickness.

## **Heat, Bugs, & Severe Weather**

At camp, campers can encounter weather and conditions that they may not be used to, but they generally are able to adapt easily to this environment. Rather than relying on indoor amenities like air conditioning or fans, we encourage campers to stay hydrated, rest during the hottest parts of the day and in between physical activity, swim regularly in the pool, shower regularly, participate in water games, and more to keep them cool and comfortable.

There are also ways to increase comfort with some proper preparation on the camper's part.

Campers should pack natural-colored clothing, and prior to camp, clothing should be washed in unscented detergent. While at camp, campers should use unscented hair products and lotions. Reducing reliance on scented products and keeping clothing cool helps to reduce the bugs that bother campers.

You can also send a small battery-powered handheld fan with your camper to help keep them cooler and the bugs away from their face.

Sunscreen and insect repellent are also crucial to the camp experience. Campers are expected to be able to properly apply sunscreen and insect repellent on their own with limited assistance from friends/counselors. Teach your camper how to use all skin protectants properly and how to take extra precautions as needed (such as wearing a t-shirt when swimming if they are very fair-skinned, or wearing a hat while hiking).

Make sure the sunscreen and insect repellent that you pack are not expired as these products lose their effectiveness over time. Look for sunscreen that has a high SPF, is non-aerosol, and is waterproof. Insect repellent should not have a sweet smell, must be non-aerosol, and should have a low level of DEET (under 30%) or alternative repellent ingredient. Our campers love mosquito repellent wristbands as an alternative to traditional insect repellent sprays!

**NOTE: Aerosol cans are NOT allowed at camp** because proper storage and handling cannot be guaranteed, and these containers can be very dangerous when present in the high temperatures and rustic conditions of camp.

## **Camp Emergencies & Evacuations**

Camp Conowingo regularly works with the local emergency planners on evacuation best practices and plans in case of an emergency. We are also enrolled in [community notifications](#) for Cecil County (where Camp Conowingo is located), and so will receive swift notification in the event of emergency situations or critical community alerts. All camp staff are also trained and drilled on procedure for a variety of emergency situations at camp. If necessary, in the event of an emergency, campers may be transferred to a safe location via camp vehicles; caregivers will always be notified of any emergency situations at camp as soon as possible and after campers and staff have been safely accounted for.

# Registration

## Important Camp Dates

January 6

- Sleepaway Camp Registration Opens
- Early Bird Pricing Begins
- Counselor in Training (CIT) 1 & 2 Applications Open

February 3

- Early Bird Pricing Ends

March 3

- Counselor in Training (CIT) 1 & 2 applications close
- CIT interviews Begin

April 18

- Last Day for Full Refund of Camp Funds (minus non-refundable deposit)\*\*

May 16

- Sleepaway Camp Registration Closes
- Last Day for 50% Refund of Camp Funds (minus non-refundable deposit)\*\*

May 23

- All camper forms due\*
- All camp payments due\*

*\* A healthcare provider's signature is required for both over-the-counter AND prescription medications, on both our [general medication form and any necessary action plan forms](#); please plan accordingly in order to complete your forms on time. Incomplete forms by the due date may result in your camper not being able to attend camp. Incomplete payment will result in your camper not being able to attend camp. Please complete forms and payment carefully and in full by the due date.*

*\*\*After May 16, 2025, refunds for registered sleepaway camp programs are no longer available.*

## How to Register for Camp

To register your camper for camp, visit:

[https://girlscoutscentralmd.campmanagement.com/p/campers/login\\_m.php](https://girlscoutscentralmd.campmanagement.com/p/campers/login_m.php)

This will take you to our Campsite registration platform. If your camper has not been to our camp before, you will need to create a new username and password. Your username and password will be different/separate than the one you use for [MyGS](#) as these are different platforms.

Registration requires an active Girl Scouts of the USA membership, selection of a specific session and program, a \$50 non-refundable deposit, uploading a [photo of your camper](#) (used for identification and safety), and payment in full or establishment of a payment plan. All registered campers must be a registered Girl Scout; if your camper does not have an active membership at time of registration, you will have the option to pay the \$40 fee for membership during registration, and membership will then be processed for you at a later date. You can register for membership ahead of time through [MyGS](#).

All balances in our Campsite registration platform must be satisfied on or before May 23, 2025 ([autopayment plans](#) are available). Any balance not paid by this date will automatically be charged to the payment card on file. If the balance cannot be charged to the card on file, leaving an outstanding balance, the registration will be cancelled. Campers with an outstanding balance will not be permitted to attend camp.

All [required camper forms](#) must be completed by May 23, 2025, and are available in our Campsite [registration platform](#) once you successfully enroll your camper in a camp program. Please complete these forms as soon as possible and with careful accuracy to ensure your camper's ability to attend camp. Campers with incomplete forms risk not being able to attend camp.

*NOTE:* A caregiver's signature is required for both [over-the-counter AND prescription medications](#); please plan accordingly in order to complete your forms on time.

## **Registration Discounts**

If you register before February 3, 2025, you will receive the EARLY BIRD discounted rate for each camp program you sign up for, which is \$50 off any given program.

Additionally, a family with more than one camper attending sleepaway camp will receive a discount of \$25 off their total fees per additional child who attends camp.

Also, campers attending sleepaway camp for four or more sessions will receive a \$175 discount off their total fees.

All applicable discounts will automatically apply at check-out in the Campsite [registration platform](#).

## **Financial Assistance**

Financial assistance (based on need) for summer sleepaway camp is available to all registered Girl Scouts who are members of Girl Scouts of Central Maryland council and who reside in a Girl Scouts of Central Maryland county (Harford, Howard, Anne Arundel, Baltimore County, Baltimore City, or Carroll County). The application form for financial assistance is available in our Campsite [registration platform](#) by clicking the "Forms" tab and then the "Financial Aid" form under Family Forms. The Financial Aid form is due by May 16, 2025.

*NOTE:* The usual \$50 non-refundable deposit per program is required to reserve your chosen sleepaway camp program(s) when you register and before financial aid is awarded.

Applications for financial aid will be reviewed on a rolling basis and funds will be distributed until they are exhausted. If funds are awarded, they will automatically be applied to your camper's registration profile; please check there for updates.

A monthly autopayment option is also available when you register for camp. All funds for 2025 sleepaway camp must be paid by May 23, 2025. Campers with an outstanding balance will not be permitted to attend camp.

### **Trading Post Funds, Photo Package, & Camp Today**

During registration, you may add trading post funds to your camper's account in denominations of \$10. After registering, you must contact [membercare@gscm.org](mailto:membercare@gscm.org) to add additional trading post funds. All trading post funds are digital and must be completed online (no cash can be added at check-in). You will be refunded any leftover trading post funds in excess of one dollar at the end of the camp season (mid-August), back to the original card used.

You also have the option to add a "Photo Package" during registration for an additional cost (\$20). The Photo Package includes one physical solo picture of your camper, and one physical group picture of your camper's program group, which will be mailed to you at the end of the camp season (mid-August).

Separate from the Photo Package, digital photos of camp activities are posted daily throughout the summer in the evening, Monday, Tuesday, Wednesday, and Thursday, within the Campsite [registration platform](#) on the Camp Today photo blog; this is a FREE service. Learn more in the "[Camp Today Photo Blog](#)" section of this guide.

### **Required Camper Forms**

The required camper forms can be located via the caregiver profile of the Campsite [registration platform](#) by clicking on the "Forms" tab and then clicking on the individual camper's name under Camper Forms. Forms must be completed anew for each registered individual camper.

**The following forms MUST be completed for EVERY attending camper** by May 23, 2025 in order for your child to attend camp. All camper forms must be completed anew each year (with the exception of certain medical items that cycle over).

- Authorizations & Waivers
  - Provide contact information for those adults who are authorized to pick up your child; this information will be checked against a photo ID at check-out. Also designates early pick-up if required.
  - Gives permission for your camper to participate in our programs with the understanding of the risks inherent in certain activities.



- Gives permission to Girl Scouts of Central Maryland to utilize photos of your camper in marketing materials.
- Acknowledges the caregiver has read and will reference and abide by the All Things Camp info guide.
- Signed by the caregiver.
- Caregiver & Camper Code of Conduct
  - Agreement by both the caregiver & camper to follow the camp rules and not bring prohibited items to camp.
  - Signed by both the caregiver and the camper.
- Camper Connection
  - Provide more information about your camper to assist our staff in better serving them.
  - Completed by both the caregiver and the child.
- Health History
  - Four parts/forms; covers your child's health history, vaccinations, doctors, insurance, diet, restrictions, emergency contacts, permitted over-the-counter medications (provided by the Health Center), required medications taken at camp (emergency/rescue, OTC, and prescription), and other health information.

**The following forms MUST be completed for each attending camper with [special medical requirements](#) by May 23, 2025 in order for your child to attend camp. All camper forms must be completed anew each year. "Special medical requirements" here means that your child: takes medication of ANY KIND – OTC or prescription; has asthma requiring an inhaler or other intervention; has allergies requiring an antihistamine and/or epinephrine autoinjector (EpiPen); and/or has diabetes.**

- Administration Authorization - General Medication
  - Required for ALL medications your camper will be taking while at camp, including all over-the-counter and prescription drugs. This form must also be completed for vitamins, melatonin, creams, drops, etc.
  - MUST be signed by a healthcare provider and a caregiver. Be sure to include the dates of administration.
- Administration Authorization - Allergy & Anaphylaxis Action Plan
  - Required for all campers who have been prescribed an epinephrine autoinjector (EpiPen) for ANY REASON, and for campers who have an allergy requiring antihistamines. The epinephrine autoinjector must be provided at check-in with the original prescription label affixed or in the original box; the antihistamines must also be provided.
  - MUST be signed by a healthcare provider and a caregiver. Be sure to include the date the plan was completed.
- Administration Authorization - Asthma Action Plan
  - Required for all campers who have asthma requiring rescue medication (inhaler) or other intervention for ANY REASON. The inhaler must also be provided at check-in with the original prescription label affixed or in the original box.
  - MUST be signed by a healthcare provider and a caregiver. Be sure to include the dates of validity.
- Administration Authorization - Diabetes Action Plan

- Required for all campers who have been diagnosed with diabetes and utilize blood sugar monitoring/regulating equipment and medications. Camp staff will also connect with you in advance to further discuss your camper's needs, medications and medical devices, and the capabilities of our health staff.
- MUST be signed by a healthcare provider and a caregiver. Be sure to include the dates of validity.

You must complete ALL the appropriate forms that fit your camper's particular medical requirements.

*Example: for a camper with asthma who uses an inhaler, the caregiver must:*

- *Check "yes" to the question: "Had asthma/wheezing/shortness of breath" on the camper's Health History: General form **AND***
- *Add the inhaler to the camper's Health History: Medication form **AND***
- *Add the inhaler to and complete & upload the Administration Authorization – General Medication form **AND***
- *Complete & upload the Administration Authorization – Asthma Action Plan form*

All medications must be UNEXPIRED and in their original containers (**no pillboxes**). Epinephrine autoinjectors (EpiPens) and inhalers MUST be provided in their original box or have the prescription label affixed. More information about medical requirements for camp is available in the "[Medication Collection & Administration](#)" and "[Specialized Healthcare](#)" sections of this guide.

*NOTE:* Camp is a very different environment than your child is probably used to, and thus can occasionally trigger the need for emergency/rescue medications. Even if you don't believe your child will require their emergency medication, inhaler, or EpiPen while at camp, you are still required to provide these emergency items in order for your child to be able to attend camp.

Similarly, we encourage all caregivers to continue camper's usual daily medications while at camp. "Medication vacations" (i.e., not giving usual medications over the summer/while at camp) can be detrimental to your camper's experience at camp and ability to participate fully in activities.

## **Refunds**

While we acknowledge the uncertainties of life, camp spaces are limited, and significant costs are incurred when planning for sleepaway camp. Accordingly, deposits will NOT be refunded by Girl Scouts of Central Maryland (and such fees are nontransferable), and we have [specific date periods](#) when full or partial refunds (minus the deposit) are available based on date of the request.

We do, however, understand that occasionally extreme circumstances occur, and we will work together with caregivers to accommodate any requested cancellations related to extreme circumstances regardless of the date of the request.

Full cancellation of a camp session or program BY the Girl Scouts of Central Maryland will result in the refund of any camp fees paid, or an offered space in another program/session as availability allows.

Camp program cancellation requests must be submitted via email to [membercare@gscm.org](mailto:membercare@gscm.org). Requests must include the following:

- Camper's full name
- Camp program name and session number
- Dates of the week to be cancelled
- Reason for cancellation

See the "[Important Camp Dates](#)" section of this guide for refund deadlines (full and half refunds minus the deposit). **After May 16, 2025, refunds for registered camp programs are no longer available and all funds are forfeited.**

# Property Maps

