

CAMP WABASSO 2019

Summer Resident Camp Confirmation Packet

WELCOME!

We are so glad that your camper will be joining us this summer! This packet is filled with information to help prepare your family for camp and to make your camper's experience safe, fun and fulfilling! We look forward to providing you and your camper with a fantastic Girl Scout camp experience that will include care from the highest-quality staff, leadership and personal development like no other, all located in the best locations to instill a great sense of the appreciation for the outdoor world!

IMPORTANT INFORMATION

PHONE NUMBERS

Registration & Program Questions
617-350-8335

Director, Camp & Outdoor Experience
Joanna Lenahan
774-766-6920

Camp Wabasso Director
Deb "Brook" O'Shea

Camp Wabasso Office (Summer Only)
603-938-2240

DUE DATES

Camp Forms – May 1
Full Balance Due – May 31

MY CAMPER'S INFORMATION

CAMP IN TOUCH Password

Session Dates

DROP OFF/PICK UP TIMES

Start of session Drop-Off
Sunday 2:00pm – 4:00pm

End of Session Pick Up
Friday 1:00pm – 3:00pm
At the Dining Hall

For partial week pick up and bus transportation information, please see page 9

GENERAL INFORMATION

DIRECTIONS TO CAMP WABASSO

Take 93 north to Route 89. Follow Route 89 to exit 9 (Bradford). Turn right off exit onto Route 103. At the junction of 103 and 114, there will be traffic lights. Turn right at the lights onto Route 114. Camp is approximately 2 miles north on Route 114 on the right hand side. **Please note that GPS does not work in locating camp and will take you to an incorrect location. Please use the directions listed above.**

ABOUT THE DIRECTOR

Deb "Brook" O'Shea is the Director of Camp Wabasso. This will be her 16th summer directing Camp Wabasso. Brook has 40 years of experience working at Girl Scout camp in roles such as Adventure Director, CIT Director and Associate Director. Brook believes Girl Scout camp provides girls with a chance to develop new skills which they will use throughout their lives such as leadership, negotiation and working in a cooperative group. Her favorite memories of camp are final night campfires at the beach, especially the candle ceremony. Brook thinks the best part of camp is everyone having a fabulous time, trying new things and taking on new challenges in a supportive environment while making great new friends who can last a lifetime. During the school year, Brook is a Special Education Teacher at a high school in Vermont. Brook is an accomplished teacher and spends much of her free time helping her students exceed in life. In 2009, she had the honor of being named one of Vermont's Outstanding Teachers. Brook holds a BS in Education from Butler University and MS in Special Education from Indiana University.

OPEN HOUSE

Camp Open Houses are a great time to come and visit the summer camp. Meet a few of the camp staff and find out where you will swim, do arts and crafts and explore throughout the summer. Bring your questions and we will have your answers!

Sunday, June 2, 2019, 1PM-4PM

HEALTH & SAFETY

A Camper Information Record and Health Examination Form are included in this packet. Please take some time to complete the Camper Information Form before taking your daughter to the doctor for her health examination. **The doctor's signature is required on the form.** Girls will not be permitted to attend camp or get on the bus if completed health information is not received by May 1st. **Please bring additional copies of your forms to camp!**

New Hampshire State Law, American Camping Association Standards, and Girl Scout Camp Standards require that every camper furnish a health history and report of a physical examination that has been performed AFTER June 15, 2018. In addition, the immunization record for each child must include the following vaccines: a Hepatitis B vaccine for all children born after December 31, 1992 (3 doses is required); at least 4 doses of Diphtheria, Tetanus Toxoids and Pertussis Vaccine; MMR Vaccine (2 doses or proof of laboratory evidence of immunity); and Polio Vaccine (3 to 4 doses depending on the type).

Make an appointment with your family doctor for your daughter's physical or to obtain a copy of her current immunization and exam records early. If your daughter will attend more than one GSEM Summer Camp this summer, please list all camp names and sessions on the health form. Lyme Disease has been an issue at summer camps. Consult your doctor regarding preventative measures. For more information, go to www.state.ma.us/dph.

As required by MA DPH 430:190 (C) and (D), these camps must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health. Parents may request copies of background check, health care and discipline policies as well as procedures for filing grievances.

INSURANCE

While at camp your daughter will be covered by limited health/accident insurance. This limited insurance covers initial treatment for illness or accidents occurring at camp and serves as a supplement to the family's health insurance. Please note; pre-existing conditions, such as asthma, are not covered by this plan. Camp insurance will cover up to a pre-set deductible, after which your family insurance will take over. If you have any questions about this insurance or any medical bills you receive, please call the Camp Information line at (617) 350-8335.

PAYMENT INFORMATION

PAYMENTS

Final payments for camp are due by May 31st. If your payment is not received by then, and no request for extension has been made, her space may be given to a camper on the waiting list. Payments can be made at any time by logging back into your "My Account" page in CampMinder.

Cookie Credits issued in 2018 (expire June 29, 2019) and 2019 (expire June 30, 2020) may be used towards camp payment. Mail original, signed Cookie Credits with child's name and a copy of your invoice to Girl Scouts of Eastern Massachusetts, 111 East Grove St., Middleboro MA 02346, Attn: Camp. Cookie. Staff will apply your credit to your account.

Please note: If a camper owes a balance which is more than 120 days overdue, any payment received by Girl Scouts of Eastern Massachusetts, no matter what its original intended use, may be applied to that overdue balance. All past due balances must be paid in full before registering for the current camp season.

REFUNDS

Deposits are never refundable. Written cancellation notices and requests for refunds for the balance of the camp fee must be received at least four weeks prior to the opening day of the camp session. If you register your child less than four weeks before camp starts, no refund will be considered if you cancel.

NO REFUND WILL BE MADE FOR A CAMPER ARRIVING LATE, LEAVING EARLY OR ATTENDING ONLY PART OF A SESSION REGARDLESS OF THE REASON.

WITHDRAWALS AND REFUND POLICIES

Deposits are non-refundable and non-transferable. Written cancellation notices and requests for refunds for the balance of the camp fee must be received at least four weeks prior to the opening day of the camp session. If you register your child less than four weeks before camp starts, no refund will be considered if you cancel. No refunds will be made for a camper arriving late, leaving early or attending only part of a session regardless of the reason.

All programs have a minimum number of campers required by camp or a program provider. A program may be cancelled or changed by GSEMA or provider if the minimum number required is not reached. In the event this action is taken, you will be notified and every effort will be made to place your daughter in another program or a full refund will be granted.

FAMILY CAMPING

See why your camper has so much fun at camp or try-out camp for the first time together. Family camp is your chance to experience camp as a family. Caring and talented staff members offer activities for adults, children and the entire family together. Think of yourself hiking, canoeing, creating an art project together, listening to stories around the campfire, singing, swimming, shooting a bow and arrow, or simply relax in the woods with a good book. Join us at one of two beautiful camp properties for great family adventures this summer at Camp Menotomy on Lake Winnepesaukee in New Hampshire. Stay for one or two nights! Accommodations are rustic and depend on the camp you choose. You will sleep in a platform tent. Delicious, hearty and well-balanced meals are served family style in our charming dining halls. This is a truly unique family vacation where adventures abound and friendships are made that will last a lifetime. To register please visit the camp registration page to download the family camp form.

THE OVERNIGHT EXPERIENCE AND HOW TO PREPARE

Going off alone can be a very exciting time and the perfect setting to develop independence and a sense of responsibility. However, without a parent available to provide reminders or assist with problem solving, some campers experience difficulty. Here are some things to discuss with your daughter:

1. Teach her how to make her bed.
2. If there is any chance that your daughter may have an accident in the middle of the night, we recommend you do NOT send her with a sleeping bag. Send 2 sets of sheets and blankets. Please reassure your daughter that there is no reason to be embarrassed about bed-wetting and if this happens she should let her counselors know.
3. Often campers have to be reminded how often to change their clothes, especially their favorite shirt or sweatshirt. Provide a bag for dirty clothes so they can be kept separate from her clean clothes.
4. Discuss with her the importance of keeping her things together so she will come home with all her possessions.
5. If her hair is long, be sure she has hair ties or something to keep it out of her face. Let her practice caring for and combing her hair.
6. Show her how to address and stamp a letter correctly. Be sure she has a list of important addresses including her own. We recommend placing the envelopes and stamps in a plastic bag so that they won't seal shut before she is ready to use them.
7. Show her how to take a shower if she is accustomed to taking a bath.
8. Check over the CAMP PACKING LIST together. Have her help with the packing, so she will know where everything is located. Be sure to label everything with her name.
9. Please discuss with your daughter, the importance of sunscreen protection. Campers should bring and be able to apply sun screen (SPF 15+), lip balm and insect repellent.
10. Be sure she understands her counselors and the staff are there to help her. Introduce her to the Camp Director, nurse, etc. on the first day. Show her where the camp office is. When you get to her unit, find the bathroom, see where the counselors sleep, etc. Encourage her to ask questions if she doesn't understand.

THE FIRST TIME AWAY FROM HOME

Preparing your daughter for camp involves setting her up for success. Camp can be a different and new experience for most girls. Campers are often anxious on the first day of camp as they begin to adjust to a new setting and new people.

The staff is instructed to be aware of a camper's moods and emotional adjustment. If a child is having a particularly rough time, our staff will work one-on-one with her to determine a solution. They will try to help the child understand the feelings she is having and make an effort to involve her in all camp activities. Experience tells us that within a few days the camper will be busy having fun and feeling secure with her counselors, new friends and the outdoors.

While campers are experiencing homesickness in the first few days of camp, they might write home about their feelings. Please don't panic or feel guilty. By the time you are reading her letter, she is most likely having a good time. We recommend that parents write an encouraging letter back to their daughter, emphasizing the fun, friends and adventure she can have at camp. If you receive a second letter, feel free to speak with the Camp Director to obtain her perspective on your child's adjustment.

For many children, camp is the first step toward independence and plays an important role in their growth and development. She may have second thoughts about going to camp before she leaves. Try to avoid making deals (e.g. *"If you don't like camp after 3 days, we will come get you"*). This will make it very difficult for her to adjust. Share your concerns with the Camp Director and her counselors before camp starts.

HOMESICKNESS

Resident camp is pretty busy, so girls don't have time to miss home too much. We encourage girls and family adults to write to one another. Counselors are trained to comfort homesick campers. If our techniques to help a homesick child aren't working, an administrator or a unit staff member will call the parent and they will decide what should be done together. Only in very rare cases does homesickness result in a child leaving camp.

Tip: Some campers experience a little homesickness the first day or two, and write home about it. Chances are, by the time you receive the mail, she will have forgotten all about it!

VISITING

For security reasons, visitors are not permitted during camp sessions. Our Open Houses and incoming and outgoing days are designed to give parents the opportunity to see camp. In an emergency, please call the Camp Director.

TELEPHONES

As a parent, you may feel that talking with your daughter is the only reassurance that she is adjusting to camp. However, the sound of a parent's voice can actually promote homesickness. We have the following policies on phone use:

1. Campers are not permitted to make or receive calls.
2. **No cell phones will be permitted at camp.** If a camper brings a cell phone to camp, we will safely store the phone and return it directly to the parent at the end of the session.

Parents, who have concerns or questions about their daughter while she is at camp, are encouraged to discuss them with the Camp Director. The Camp Director will be happy to speak with your camper's counselors and report back to you.

Letters and cards are always appreciated by campers. Keeping them upbeat and positive is a great way to encourage your camper. Another way to communicate is by signing up for CampStamps one-way email service. We recommend sending a note or care package ahead of time, so it arrives her first day of camp as well as bring a note with you for check-in that we can give her that night. Another recommendation is to drop off letters or packages to the camp staff on drop off day to be delivered to your camper throughout her stay at camp.

CARE PACKAGES AND MAIL

Food products left in tents attract animals into units. It is also preferred that campers do not feed the wildlife, thus, creating a dependency on humans for survival. With this in mind, **we ask campers to not bring to camp or receive through the mail care packages that contain candy, gum or food.** If you send a package consider including a deck of cards, a book of puzzles or a magazine. Food sent in the mail will be held until the end of the session. We realize that snacks are important to many campers. Snacks are provided daily.

Another recommendation is to drop off letters or packages to the camp staff on drop off day to be delivered to your camper throughout her stay at camp.

SEND CAMPER'S MAIL TO:

Camper's Name
Camper's Program
Camp Wabasso
166 Route 114
Bradford, NH, 03221

Important: Packages sent by mail need to be sent to the Bradford address.

Packages should be sent to:
166 Route 114, Bradford, NH 03221.

CAMPER EMAIL

One-way camper email is available for purchase for all of our camps through CampMinder. The name of this program is Camp Stamps and all information can be found in your Camp In Touch account.

FACEBOOK PAGE

Camp Wabasso has a Facebook page to keep campers and camp families informed about what is happening at camp. Please "Like" our page. The goal of the Facebook page and the photos on it is to give a glimpse into camp life. It's a great way to learn about what is happening at camp and to see updates on what the girls are doing. This is an added feature at camp to share the camp experience. Your campers are our first priority which is why Camp Wabasso cannot guarantee a frequency of posts or photos added to the page. There are days when taking care of the girls at camp will prevent us from finding time during the day or session to post. Camp Wabasso will not post individual updates or photos of campers. These posts are to give a general update on the entire camp or program. Please do not use Facebook as a way to contact Camp Wabasso - please call the main camp number.

CARE OF POSSESSIONS

Please discuss with your camper your expectations regarding the care of her possessions. If your camper comes home missing any items, please contact the camp right away. Do not wait until the session is over.

PROGRAM PLANNING

Overnight camp gives girls the opportunity to spend quality time in a safe, supportive outdoor setting while making friends and learning new skills. It draws together girls from different backgrounds and gives everyone a chance to learn from each other. Campers live cooperatively with other girls of the same age and interests, while at the same time enjoying the camaraderie of the entire camp community. Girls learn to become self-reliant, confident, caring young women.

The camp staff will work with the girls to support and guide them in the planning process of their session program. This is referred to as the girl planning process. With every camper having input into the program, no two days at camp will be the same.

Before your daughter comes to camp, talk with her about what she wants to do while she is there. Camper input is important to us; please help your daughter complete the CAMPER SURVEY, CONDUCT AGREEMENT and the PARENT SURVEY and **bring** them to camp.

CAMP NAMES

At Camp Wabasso we use the tradition of camp names. Do not be surprised when your camper refers to their counselors by these nicknames. The Camp Director's name is Brook.

What Will Camp Be Like?

LIVING ARRANGEMENTS

Campers who stay at Wabasso will live in cabins or platform tents. There are 4 girls in each tent and 8-16 girls per cabin. Each girl will have a cot with mattress. A bathroom is located just a few feet from each tent. Hot showers are located in the central shower house. Each unit has a fire pit for cookouts. Counselors stay in quarters with other staff right by the campers' quarters. Each unit has a covered pavilion for rainy day space. Poles for bug netting will be provided. Bug netting can be purchased at the Trading Post.

BUDDIES

If your daughter has requested to be in the same program with **one** friend and both girls have registered as buddies, they will be placed together. We only accept one set of buddies per registration, per session. The Camp Director has the final authority to house/place campers at her discretion.

MEALS AT CAMP

Our food service staff strives to serve well-balanced, nutritious, kid-friendly meals. Encourage your daughter to try new foods and to be patient. Dinner will be the first meal served to campers on the day of arrival. Dessert is served at dinner. **If your daughter has any dietary restrictions, please call camp prior to your arrival to discuss with the Health Supervisor or Camp Director.**

BADGES

Campers may work on Girl Scout Badges depending on their program and interest of their group. Badge record sheets will be sent home from camp for groups who decide to work on a Girl Scout Badge. If Badges are completed, they will be sent home from camp on the last day of the session.

KAPERS

At camp, everyone participates in "kapers", or a small job, each day. Besides making sure their own sleeping quarters and unit bathrooms are cleaned daily, each unit helps out with a unit kaper, which can take up to 15 minutes. Camp "kapers" may include flag, helping to set the tables, or sweeping the dining hall. Counselors supervise all kapers. Depending on age and ability girls may handle non-toxic cleaners in spray bottles to clean counters and other surfaces with paper towels. All girls are instructed to wash their hands after cleaning.

SWIMMING

On the first day of camp, your daughter will participate in skills screening and she will be placed in a swimming group according to her experience and ability. During her stay at camp, she will have the opportunity to work on her swimming skills and can recheck her swimming ability partway through the camp session if she chooses. All aquatic activities are supervised by certified lifeguards. Campers are required to wear lifejackets (PFDs) in any boat, regardless of swimming ability.

LOST AND FOUND

Please mark ALL belongings with your daughter's full name. Remember to pick up ALL of her luggage, including dirty laundry bag, on outgoing day. If you find something missing, please contact the Camp Director as soon as possible to locate the item. Items not claimed by the end of camp will be donated to a local charity.

Campers taking the bus home from camp should be reminded of the importance of collecting all of their belongings at the bus stop. If your daughter arrives home from camp missing some of her luggage please call the camp information line at 617-350-8335 to see if the missing item(s) have been found.

WEAPONS & DRUGS

Campers are not permitted to bring weapons of any kind to camp (e.g. Swiss army knives, scissors, etc.), nor drugs, tobacco, or alcohol of any kind.

PETS

Campers are not permitted to bring pets of any kind to camp. Please do not bring any animals to camp on incoming or outgoing day.

TRADING POST

Upon arrival at camp, each camper's money will be deposited into a store account. GSEM suggests an amount of \$25-\$35 for a one-week session and a \$35-\$60 for a two-week session. If your daughter will be taking a field trip, you may want to consider increasing her Trading Post amount. Personal checks (payable to GSEMA), and major credit cards (Mastercard and Visa ONLY) are accepted. Any unused portion will be returned to you at the end of the session. GSEMA is not responsible for money left in camper's tents. The Trading post will also be in operation on the first and last day of each session for parents to visit.

VALUABLES

The following items are not allowed at camp and should be left at home: cell phones, radios, CD players, iPods or other MP3 players, handheld gaming devices, laptops, tablets, and other electronic devices, candy, gum, food, alcohol, illegal drugs, weapons, pets and animals. If found at camp, they will be confiscated. Any personal sports equipment must be turned over to the Camp Director for safe storage and handling. Jewelry, expensive clothes and items of great sentimental value should also be left home. The camp and the Girl Scouts of Eastern Massachusetts cannot be held responsible for such items.

TRADING POST

Items available at the Trading Post include T-Shirts, sweatshirts, bandanas, batteries, flashlights, stationary, postcards, stamps, stuffed animals, and water bottles. Each camper will have an opportunity to visit the Trading post during her stay.

BEHAVIOR GUIDELINES

Girl Scouts of Eastern Massachusetts strives to maintain a camp environment that is safe, fun and educational for each camper, based on the Girl Scout Promise and Law. Our programs and camp environments are designed to provide a non-discriminating experience for all girls regardless of race, creed, or cultural background. Language or behaviors which offend or intimidate other campers and staff members are not welcome.

Campers are expected to be friendly to other campers and counselors. Campers have the opportunity to be participants in deciding some activities during the day.

Swearing, bullying, hitting, fighting, verbal harassment or any other disruptive behaviors are not permitted or acceptable at camp. Smoking, and/or use or possession of drugs or alcohol at camp, on field trips or on the bus to/from camp is not permitted. If behavior becomes a problem, parents will be asked to meet with the Camp Director to resolve the problem.

Counselors have the support of experienced Administrative Staff to intervene and provide guidance if

necessary. Parent assistance will be sought regarding repeated misbehavior.

PROGRAMS THAT INCLUDE TRIPS OUT OF CAMP

Several of our most challenging and exciting programs include a trip out of camp. Campers will be oriented to safety guidelines and transported to off-camp sites in 15-passenger vans driven by experienced staff of age 21 or older with good driving records. Staff members carry a cell phone for emergencies or money for a pay phone. Programs are staffed by certified or experienced counselors who have training in First Aid, CPR, supervision and safety procedures. Campers participate in designing itineraries for their programs. They pack their equipment and are oriented in its proper use and care. Campers must follow the behavior guidelines set by their group and act responsibly. Behavior that deviates from the set guidelines may result in immediate dismissal from the program and from camp. If this occurs during a trip away from camp, parents will be required to come to the off-camp location immediately to pick up their camper.

WHAT TO PACK FOR CAMP

PACKING LIST FOR ALL PROGRAMS

Please refer to additional packing lists for specialty programs listed on the next page.

We suggest that families pack luggage in a plastic tote or large duffel bag. It can be helpful to campers to pack complete outfits in Ziploc bags within their luggage. We suggest avoiding packing in many small bags as it is easier to miss luggage on outgoing days. Please note: Campers may need to help move their luggage, so please pack accordingly.

Clothing – Bring enough for your stay at camp.

- Shorts
- T-Shirts
- Underwear (Bring Extra)
- Socks (Bring Extra)
- Long Pants
- Long Sleeved Shirt or Sweatshirt
- 1-2 Bathing Suits
- Pajamas or Sweat Suit
- Warm Jacket
- Bandanas
- Hat with Brim
- Rain Gear – Jacket and Pants or a Poncho
- 2 pairs of sneakers or closed toe sandals with a backstrap.
- Flip Flops or Beach Shoes for Waterfront and Shower

Optional Items

- Paper, Addresses, and Stamps
- Camera and Film
- Address Book

Equipment

- Sleeping Bag or Sheets/Blanket to cover mattress
- Pillow
- Mess Kit or Heavy Plastic Plate, Bowl, Cup, Fork, Knife, Spoon, and Dunk Bag
- Flashlight
- Batteries
- Water Bottle – A MUST!!!
- Beach Towel
- Shower Towel, Face Cloth
- Soap, Deodorant, Shampoo, Toothpaste, Toothbrush
- Stick or Lotion Sunscreen (SPF 15+)
- Stick or Lotion Insect Repellent
- Day Pack or Book Bag
- Bug Netting (Can be purchased at the Camp Trading Post)

- White Cotton T-Shirt to Tie-Dye
- Spending Money for Trading Post (Items range from \$2 - \$30)

Many of the items listed above are available at the council shops located in Middleboro, Waltham and Andover.

ADDITIONAL EQUIPMENT TO BRING FOR SPECIALTY PROGRAMS

Please bring ALL items listed on the previous page AND the additional items listed below

All Horseback Riding Programs

If this is your camper's first riding experience or she only rides at camp, you do not need to purchase new riding equipment. Camp has equipment to borrow.

- Boots or tie shoes with minimal treads and a defined heel which is no higher than one inch (hiking boots, sneakers and high heeled boots are NOT allowed)
- Extra pair of long pants/jeans
- Riding helmet (optional – camp will supply if needed)

Wild for Water

- Extra Bathing Suit
- Small day pack
- Water Shoes or sport sandals – flip flops are not acceptable
- Duffle bag to pack 2 days of clothes and toiletries in. Trunks or plastic totes are not allowed here.

Wabasso Adventure

- Small day pack
- Hiking Boots or Sturdy Sneakers – fashion sneakers or converse shoes are not acceptable
- Duffle bag to pack 2 nights of clothes and toiletries in. Trunks or plastic totes are not allowed here.

All Overnight Camping, Hiking, Canoeing or Rafting Programs

The weather, temperature, precipitation can vary greatly at the locations our trip and travel programs go to. Temperatures can range from 30 – 90 degrees with rain, snow, wind, and of course sunshine. Girls MUST be prepared for ALL weather possibilities. This is for both their safety and enjoyment of their trips. **Please do not send your camper with cotton clothing.** Cotton does not dry quickly, becomes heavy when wet, and results in cold campers. **ALL items on these lists much be brought to camp.** If your camper arrives unprepared for her trip the Camp Director will decide if she should attend.

How to Get to Camp and When

DROP OFF TIMES – All 1, 2, or 3 week long programs

Drop off for all campers occurs between 2:00PM and 4:00PM. 3 day session will be the same drop off time.

PICK UP TIMES – All 1, 2, or 3 week long programs

Pick up for all campers occurs between 1:00 PM and 3:00PM on Friday. For **session 1**, pick up will occur on Wednesday between 1:00 PM and 3:00 PM.

Please double check the day before pick up the person who will be picking up your children is on your approved adult list.

DIRECTIONS TO CAMP WABASSO

Take 93 north to Route 89. Follow Route 89 to exit 9 (Bradford). Turn right off exit onto Route 103. At the junction of 103 and 114, there will be traffic lights. Turn right at the lights onto Route 114. Camp is approximately 2 miles north on Route 114 on the right hand side. **Please note that GPS does not work in locating camp and will take you to an incorrect location. Please use the directions listed above.**

PICK UP AND DROP OFF AT BUS SITES

Must be done by parent or approved adult listed on Camper Information Record whom must present photo ID. Please arrive at least 20 minutes prior to your scheduled time. Please have her medications in a separate zip loc bag with her name and program on it. Please also have her trading post money in a separate envelope with her name on it. Please give these to the bus monitor.

BUS SAFETY

Campers must remain seated on the bus and seatbelts (when available) must be worn. If a problem arises with a camper’s behavior on the bus, the parent will be notified and we expect the problem will be corrected in order for the camper to continue riding on the bus.

TAKING THE BUS

A reservation is required to ride the bus to camp. Buses with insufficient enrollment may be cancelled. The bus fee is \$50 each way. If you are not signed up and want to sign up, please call 617-350-8335 at least 3 weeks prior to the start of the program. If you have reserved a seat on the bus, please note fees are not refundable if you miss the bus. Please plan to arrive at your bus stop at least 20 minutes before departure time. Ample time is needed to ensure everything is in place for your daughter’s stay at

camp. Parents must make arrangements to meet their daughter when the bus returns from camp. We will make every effort to have all the buses arrive at the scheduled time. Make sure you collect your daughter’s luggage, laundry, medication, and trading post refund before you leave the bus stop. Girls taking the Friday bus home will receive a snack from camp to eat on the bus.

If your there is a change to your camper’s bus stop, pick up or drop off times, or an emergency on the bus, the camp office will call all of the phone numbers given to the camp to notify an emergency contact of the situation. If the situation requires a permanent change, you will be notified in writing by the camp.

BUS # 2 Runels & Wabasso	SUNDAYS (TO CAMP)	FRIDAYS (FROM CAMP)
STOP 1 Lot next to West Marine 180 Pearl St. Braintree, MA 02184	11:30 AM	6:00 PM
STOP 2 Girl Scouts of Eastern Massachusetts - Office 95 Berkeley Street Boston, MA	12:00 PM	5:15 PM
STOP 3 Anderson Transportation Center 100 Atlantic Ave. Woburn, MA 01801	12:45 PM	4:00 PM
Camp Runels 82 Girl Scout Road Pelham NH 03076	1:45 PM	3:15 PM
Camp Wabasso 166 Rte 114 Bradford, NH 03273	3:00 PM	2:00 PM

Health Care at Camp

HEALTH CARE CONSULTANT

This is a licensed physician. The HCC assists in the development of the camp's health care policy; develops and signs written orders for the Health Care Supervisor; and is available for consultation at all times. The HCC is not present at camp.

HEALTH CARE SUPERVISOR

This person is, by regulation, present at the camp at all times and has, at a minimum, First Aid and CPR certification. The Health Care Consultant authorizes the Health Care Supervisor to be in charge of health matters at camp on a day-to-day basis and to dispense medications.

CARE OF MINOR INJURIES OR MILD ILLNESS

Necessary First Aid is always given by qualified persons. Staff members are responsible for reporting any signs of illness or injury to the Health Care Supervisor as soon as possible. The Supervisor assesses the severity of the situation and determines if the child may be treated safely at camp or should be seen by the Health Care Consultant. The Health Care Supervisor may administer over-the-counter medications she believes warranted if they are authorized by the parent/guardian. If the Health Care Supervisor determines the child should be transported home, be seen by the Health Care Consultant, or at the local hospital she informs the Camp Director and arrangements are made.

Should an injury occur while campers are out of camp, local emergency services are called first and then the Camp Director is notified. If a camper is transported to the Health Care Consultant or the local hospital, a staff member is sent with the camper along with the camper's health form and signed permission to treat form. The parent/guardian is contacted as soon as possible.

CARE OF CAMPERS WHO HAVE AN ILLNESS / ACCIDENT AT CAMP

While your daughter is at camp, you will be notified as soon as possible should she be taken to the doctor's office/hospital for an injury or health condition and if medication has been prescribed by the camp's Health Care Consultant. The Health Care Supervisor or Camp Director will notify you of any persistent conditions or ailments. You should notify your doctor and health care provider of any health condition of accident/injury occurring at camp for follow up visits and billing purposes.

HEALTH CHECK-IN PROCESS

All campers will be screened by the Health Care Supervisor on first day. Campers who do not meet health requirements and conditions (e.g. temperature, contagious disease, lice, etc) are not permitted to stay. Please make sure your daughter is free of any unacceptable health conditions before she leaves for camp.

MEDICATIONS

State regulations cover the storage and dispensing of medications. All must come to camp in **original containers** and be stored by the Health Care Supervisor in locked compartments in the camp health center. Exceptions to storage by the Health Care Supervisor are authorized for medications for treatment of allergies and asthma. Questions about these medications should be raised with the camp prior to the child's arrival. To ensure a smooth transition, we recommend that your child continue the medications she needs during the school year at summer camp. **If prescription medications are brought to camp, the container must have a pharmacy label showing the prescription number, patient's name, date filled, physician's name, name of medication and directions for use.** Any camper coming to camp with a prescription Epi-pen® or inhaler, must bring two of either, one for the infirmary and one for the unit. The Health Care Supervisor dispenses medication according to the directions. If a camper refuses to take prescribed medications, this refusal is documented in the health log and the parent/guardian is notified. If your camper is taking the bus to camp, all medications must be placed in a labeled zip-lock bag with campers name and address and handed directly to the bus monitor by parent/guardian.

Complete Health Care policy for council camps is available to a parent or guardian upon request to Girl Scouts of Eastern Massachusetts, 111 East Grove St., Middleboro MA 02346.

HEALTH CONCERNS

As your daughter checks in at camp, you will have the opportunity to discuss specific concerns with the Health Care Supervisor and the Camp Director. If your daughter is taking the bus to camp, or if you would like to discuss any concerns or need to clarify specific health conditions or medications to be administered, please call the Health Care Supervisor or the Camp Director prior to arrival. The Health Care Supervisor may also call the parent for clarification of your daughter's needs.

NOTE TO PARENTS

At the request of the Department of Public Health we have included a fact sheet on Meningococcal disease. Children attending day or resident camps are not considered to be at an increased risk. Also, in an effort to increase awareness of Lyme Disease, the Department of Public Health asks all parents to conduct daily "tick checks" to help prevent infection. Remember: Not all ticks carry Lyme disease. For more information, please view the fact sheet on Lyme Disease included in this packet.

Health care at council camps is administered under regulations established by the Massachusetts Department of Public Health (105 CMR 430).

Girl Scouts of Eastern Massachusetts CAMPER CONDUCT AGREEMENT

CAMP(S) _____ SESSION (S) _____

PRINT CAMPERS NAME: _____

Our goal at camp is to have all girls experience an enjoyable and memorable stay at camp.

In an effort to attain this goal an environment of safety and comfort needs to exist. We feel this is a part of the learning process at camp. We want the camper with her parent to read the following, and for the parent to make sure that the camper understands what is expected of her while she is at camp.

It is important that both the camper and her parent/guardian sign the code with the intention of following it.

1. All girls need to respect other campers, staff and themselves.
2. All girls need to respect camp property and other campers' property.
3. All girls need to follow the safety rules of camp, in camp as well as on field trips out of camp.
4. Profanity, bullying, fighting, hitting, threatening or disruptive behavior of any kind will not be tolerated at camp or on the bus to and from camp.
5. Smoking, and/or the use or possession of drugs or alcohol at camp, on out-of-camp trips or on the bus to and from camp, is not permitted.
6. Camper is a willing participant in planning daily program.
7. Camper and parent/guardian(s) know what program the camper is enrolled in and will participate willingly in all activities.

When a camper violates one of these rules, and allows others to be denied the full experience of camp, the following steps will be taken:

1. Camper will sit down with her counselor to discuss the issue, review expectations and create a plan of action, either written or verbal.
2. Camper will meet with the Camp Director and Counselor to adjust the plan of action and create a written contract regarding the behavior. The parents/guardian will be notified.
3. If the behavior or attitude has not improved within a time agreed upon the parent/guardian will be notified and will need to make arrangements for the child to leave camp.

We have both read this statement and understand it.

Signature of Camper

Date

Signature of Parent/Guardian

Date

Please bring to camp on your camper's first day. Thank you!

Administering Medication

THE FOLLOWING MEDICATION IS TO BE ADMINISTERED TO CAMPER

If you are sending more than five medications, either prescribed or over the counter, please copy this page before listing. Please complete all information for each medication sent.

Any camper coming to camp with a prescription Epi-pen® or inhaler, must bring two of either, one for the infirmary and one for the unit.

Name of 1 st Medication	Quantity Sent	Dosage to be Given	Frequency	Storage Requirements
------------------------------------	---------------	--------------------	-----------	----------------------

--	--	--	--	--

Directions (e.g. on empty stomach, with water)

Name of 2 nd Medication	Quantity Sent	Dosage to be Given	Frequency	Storage Requirements
------------------------------------	---------------	--------------------	-----------	----------------------

--	--	--	--	--

Directions (e.g. on empty stomach, with water)

Name of 3 rd Medication	Quantity Sent	Dosage to be Given	Frequency	Storage Requirements
------------------------------------	---------------	--------------------	-----------	----------------------

--	--	--	--	--

Directions (e.g. on empty stomach with water)

Name of 4 th Medication	Quantity Sent	Dosage to be Given	Frequency	Storage Requirements
------------------------------------	---------------	--------------------	-----------	----------------------

--	--	--	--	--

Directions (e.g. on empty stomach with water)

Name of 5 th Medication	Quantity Sent	Dosage to be Given	Frequency	Storage Requirements
------------------------------------	---------------	--------------------	-----------	----------------------

--	--	--	--	--

Directions (e.g. on empty stomach with water)

Parent/Guardian Signature X _____ Date _____

Please bring with you on the first day of camp with the medications.

Meningococcal Disease

What is meningococcal disease?

Meningococcal disease occurs with infections due to the bacterium, *Neisseria meningitidis*. There are two major types of meningococcal disease: Meningococcal meningitis and meningococemia. Meningococcal meningitis is an infection of the tissue (called the “meninges”) that surrounds the brain and spinal cord. Meningococemia is an infection of the blood and may also involve other parts of the body.

What are *Neisseria meningitidis*?

Neisseria meningitidis are bacteria that may be found normally in people’s throats and noses. About 5 to 15% of people carry these bacteria and do not get sick from them. These people may be called “carriers.” Carriers only have bacteria for a short time. Usually, the bacteria go away and these people may have increased resistance to infection in the future. In rare cases, the bacteria may get into the blood and go to the tissue surrounding the spinal cord and brain, causing severe illness.

How are the bacteria spread?

The bacteria are spread from person-to-person through saliva (spit). You must be in close contact with an infected person’s saliva in order for the bacteria to spread. Close contact includes activities such as kissing, sharing water bottles, sharing eating/drinking utensils, or sharing cigarettes with someone who is infected; or being within 3-6 feet of someone who is infected and is coughing or sneezing.

How is meningococcal disease diagnosed?

Persons showing signs and symptoms of illness are diagnosed by growing the bacteria from their spinal fluid (meningitis) or blood (meningococemia) in the laboratory. It may take up to 72 hours to have test results. Sometimes an earlier diagnosis can be made by looking at a person’s spinal fluid under a microscope. Often a preliminary diagnosis is made on the basis of signs and symptoms before laboratory results are available.

What are the signs and symptoms of illness?

Meningococcal meningitis:

Signs and symptoms of meningitis include sudden onset of high fever, stiff neck, headache, nausea, vomiting, and/or mental confusion. Changes in behavior such as confusion, sleepiness, and being hard to wake up are important symptoms of this illness. A rash may be present, often involving the hands and feet. In babies, the only signs of this illness may be acting more tired than usual, acting more irritable than usual, and eating less than usual. Babies with meningitis will usually have a fever, but this is not a reliable sign of illness. Anyone who has these symptoms should be seen by a health care provider right away.

Meningococemia:

Signs and symptoms of meningococemia include a sudden onset of fever, chills, and feeling unusually weak and tired. A rash may be present, often on the hands and feet. Anyone who has these symptoms should be seen by a health care provider right away.

How are these illnesses treated?

Antibiotics are used to treat people with both meningococcal meningitis and meningococemia. People who have had close contact with the sick person any time during the two weeks before she/he became ill may also need to take antibiotics. Preventive treatment of all close contacts should be started as soon as possible but ideally within 24 hours of identifying the case.

Why do close contacts of a sick person need to be treated?

Close contacts of a person who has meningococcal disease are treated with antibiotics because the disease-causing bacteria may be spread from the infected person to other people through contact with the saliva (spit) of the infected person. The antibiotics will kill the bacteria and prevent illness.

Is there a vaccine to protect me from getting sick?

Yes, quadrivalent meningococcal polysaccharide and meningococcal conjugate vaccines protect against 4 serotypes (subgroups), A, C, W, and Y, of meningococcal disease. Meningococcal serogroup B vaccines protect against serogroup B meningococcal disease.

- Quadrivalent meningococcal conjugate vaccine (Menactra and Menveo) is recommended for children 11-12 years of age and for some younger children with certain health conditions like asplenia (including sickle cell disease), or prior to travel to certain parts of the world where meningococcal disease is common. Students 16-18 years of age should receive a booster dose or their first dose if they have not yet been vaccinated. College freshmen, military recruits and other newly enrolled college students living in dormitories who are not yet vaccinated are also recommended to receive meningococcal conjugate vaccine.
- Meningococcal serogroup B vaccine (Bexsero and Trumenba) is recommended for people with certain relatively rare high-risk health conditions age 10 or older (examples: persons with a damaged spleen or whose spleen has been removed, those with persistent complement component deficiency, those traveling to countries where meningococcal disease is very common, microbiologists working with *N. meningitidis*, and people who may have been exposed during an outbreak), but may also be used in other adolescents and young adults aged 16-23 years based on clinical judgment.
- Quadrivalent meningococcal polysaccharide vaccine (Menomune) also protects against 4 types (A, C, W, Y) of the 13 serogroups (subgroups) of *N. meningitidis* that cause serious disease. It is recommended for people with certain high-risk conditions 56 years of age and older.

If you have questions about whether or not you or your child should receive any of these vaccines, talk to your healthcare provider.

Massachusetts law requires newly enrolled full-time students attending colleges and schools with grades 9-12, who will be living in a dormitory or other congregate housing, licensed or approved by the school or college, to receive quadrivalent meningococcal vaccine or sign a waiver declining vaccination. This law does not apply to meningococcal B vaccine. More information about this requirement may be found in the MDPH document entitled "*Information about Meningococcal Disease and Vaccination and Waiver for Students at Residential Schools and Colleges.*"

What should I do if I have had contact with a person who has meningococcal disease?

If you have had close contact with a person who has been diagnosed with meningococcal disease you should call your health care provider and get an antibiotic. If you have had contact with an ill person, but have not had close contact, you should be aware of the symptoms of illness and contact your health care provider right away if you have any of these symptoms.

Are there times when I would not have to take antibiotics after close contact with a sick person with meningitis?

Yes. Meningitis can be caused by many different types of germs, including other bacteria and viruses. Only certain types of meningitis require treatment of the infected person's close contacts. If you have questions about meningitis or your exposure to a sick person, contact your health care provider.

Where can I get more information?

- Your healthcare provider
- The Massachusetts Department of Public Health, Division of Epidemiology and Immunization at (617) 983-6800 or toll free at (888) 658-2850 or on the MDPH website at <http://www.mass.gov/dph/>
- Your local health department (listed in the phone book under government)

Lyme Disease

What is Lyme disease?

Lyme disease is caused by bacteria (germs) that are spread by tiny, infected deer ticks. Both people and animals can have Lyme disease.

Where do cases of Lyme disease occur?

In the United States, Lyme disease most commonly occurs in the Northeast and mid-Atlantic regions and in the upper Midwest. In Massachusetts, Lyme disease occurs throughout the state.

How is Lyme disease spread?

Lyme disease is spread by the bite of an infected deer tick. The tick usually must be attached to a person for at least 24 hours before it can spread the germ. Deer ticks in Massachusetts can also carry the germs that cause babesiosis and human granulocytic anaplasmosis (also known as human granulocytic ehrlichiosis). Deer ticks are capable of spreading more than one type of germ in a single bite.

When can I get Lyme disease?

Lyme disease can occur during any time of the year. The bacteria that cause Lyme disease are spread by infected deer ticks. Young ticks (nymphs) are most active during the warm weather months between May and July. Adult ticks are most active during the fall and spring but may also be out searching for a host any time that winter temperatures are above freezing.

How soon do symptoms of Lyme disease appear after a tick bite?

Symptoms of early Lyme disease, described below, usually begin to appear from 3 to 30 days after being bitten by an infected tick. If untreated, symptoms of late Lyme disease may occur from weeks to years after the initial infection.

What are the symptoms of Lyme disease?

Early stage (days to weeks): The most common early symptom is a rash (erythema migrans) where the tick was attached. It often, but not always, starts as a small red area that spreads outward, clearing up in the center so it looks like a donut. Flu-like symptoms, such as fever, headache, stiff neck, sore and aching muscles and joints, fatigue and swollen glands may also occur. Even though these symptoms may go away by themselves, without medical treatment, some people will get the rash again in other places on their bodies, and many will experience more serious problems.

Treatment during the early stage prevents later, more serious problems.

Later stages (weeks to years): If untreated, people with Lyme disease can develop late-stage symptoms even if they never had a rash. The joints, nervous system and heart are most commonly affected.

- About 60% of people with untreated Lyme disease get arthritis in their knees, elbows and/or wrists. The arthritis can move from joint to joint and become chronic.
- Many people who don't get treatment develop nervous system problems. These problems include meningitis (an inflammation of the membranes covering the brain and spinal cord), facial weakness (Bell's palsy) or other problems with nerves of the head, and weakness or pain (or both) in the hands, arms, feet and/or legs. These symptoms can last for months, often shifting between mild and severe.
- The heart also can be affected in Lyme disease, with slowing down of the heart rate and fainting. The effect on the heart can be early or late.

Is there treatment for Lyme disease?

People who are diagnosed with Lyme disease can be treated with antibiotics. **Prompt treatment during the early stage of the disease prevents later, more serious problems.**

What can I do to lower my chances of getting Lyme disease, or any other disease, from ticks?

Prevention begins with you! Take steps to reduce your chances of being bitten by any tick. Ticks are most active during warm weather, generally late spring through fall. However, ticks can be out any time that temperatures are above freezing. Ticks cling to vegetation and are most numerous in brushy, wooded or grassy habitats. They are not found on open, sandy beaches, but may be found in grassy dune areas. When you are outside in an area likely to have ticks (e.g. brushy, wooded or grassy places), follow these simple steps to protect yourself and your loved ones:

- Use a repellent with **DEET** (the chemical N-N-diethyl-meta-toluamide) or **permethrin** according to the instructions given on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear, and should not be applied to skin.
- Wear long, light-colored pants tucked into your socks or boots, and a long-sleeved shirt. This may be difficult to do when the weather is hot, but it will help keep ticks away from your skin and help you spot a tick on your clothing faster.
- Stay on cleared trails when walking or hiking, avoiding the edge habitat where ticks are likely to be.
- Talk to your veterinarian about tick control options (tick collars, repellents) for your pets.
- More information on choosing a repellent and how to use repellents safely is included in the MDPH Tick Repellents fact sheet at www.mass.gov/dph/tick. contact the MDPH at (617) 983-6800 for a hard copy

Did you know?

You don't have to be a hiker on Cape Cod to worry about ticks. In Massachusetts, you may be bitten in your own backyard. There are lots of things you can do around your own backyard to make it less inviting for ticks! Visit the MDPH Tickborne Disease Website at www.mass.gov/mosquitoesandticks for suggestions.

After spending time in an area likely to have ticks, check yourself, your children and pets for ticks. Young ticks, called nymphs, are the size of a poppy seed. Adult deer ticks are the size of a sesame seed. Both nymph and adult deer ticks can spread the bacteria that cause Lyme disease; however, nymphs are of more concern. They are aggressive feeders and so tiny that it can be difficult to see them on the body, unless you are looking carefully. When doing a tick check, remember that ticks like places that are warm and moist. Always check the back of the knees, armpits, groin, scalp, back of the neck and behind the ears. If you find a tick attached to your body, remove it as soon as possible using a fine-point tweezers. Do not squeeze or twist the tick's body, but grasp it close to your skin and pull straight out with steady pressure.

Know the symptoms of Lyme disease as described in this fact sheet. If you have been someplace likely to have ticks and you develop symptoms of Lyme disease, or any other disease carried by ticks, see your health care provider right away.

Where can I get more information?

- Your doctor, nurse, or health care clinic or your local board of health (listed in the telephone directory under local government)
- The Massachusetts Department of Public Health (MDPH), Division of Epidemiology and Immunization at (617) 983-6800 or toll-free at (888) 658-2850, or on the MDPH Tickborne Diseases website at www.mass.gov/dph/tick
- **Health effects of pesticides**, MDPH, Center for Environmental Health at 617-624-5757