

# Camp Holloway Overnight Camp Information Guide

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**GIRL SCOUTS OF MIDDLE TENNESSEE** works year round to provide an exceptional summer camp program for everyone. We consider it an honor and a privilege to serve your camper at Camp Holloway. We strive to create a loving and fun-filled atmosphere where your camper feels at home and can flourish.

Founded in 1952 by Josephine Holloway, Camp Holloway offers a fun-filled camp experience with activities such as: archery, rock climbing, creek stumping, Corcls, funoeing, cooking, science, and more! Josephine Holloway believed that camp was meant for all girls and we couldn't agree more! Camp is calling you to be YOU!

## CAMP CONTACT INFORMATION

Camp Holloway  
7551 Holloway Road  
Millersville, TN 37072

**Email:** [CampHolloway@gsmidtn.org](mailto:CampHolloway@gsmidtn.org)

**Camp Office Phone:** (615) 672-2959

**Council Office Phone:** (615) 460-0212

**Lauren "Flip Flop" Reichstein**  
*Manager of Camp and Adventure Programs*  
Email: [LReichstein@gsmidtn.org](mailto:LReichstein@gsmidtn.org)

## Open House

**MARCH 26, 2023: 1:00–4:00 P.M.**

Join us at Camp Holloway to experience a glimpse of camp magic! This is your opportunity to meet camp staff, take a self-guided tour, eat s'mores, and explore some camp activities. This is a free, drop-in event; families are welcome to bring a picnic lunch or snacks. *Please leave pets at home.*

# ALL CAMP FORMS ARE DUE BY MAY 25, 2023.

## How To Use CampDoc.com

All summer camp forms can be filled out on CampDoc.com, an electronic health record system for camps that helps consolidate and integrate camper health information into a centralized and secure location. This system gives our healthcare team instant access to camper health information. The security, confidentiality, and privacy of your camper's personal health information is always protected. Camp Holloway's health and administrative staff will have access to health information and the CampDoc.com site is secure and password protected.

Once you have been placed in a summer camp program, you will receive a "welcome email" from CampDoc.com with information about how to complete your camper's forms. *This e-mail may take up to one week to arrive after you have been placed in your camp program.*

*CampDoc.com and CouncilAlignMENT are two different systems and must be manually updated. This process is not instantaneous and is scheduled on a weekly basis. Please be patient and wait for your email invite from CampDoc.com*

If you are a returning camper family, you will receive an email asking to change and update your previous CampDoc.com information and shot record.

If you do not see your camper's previous session or are asked to create a new account, please contact the camp team for assistance. Sometimes alternate profiles are added, and staff have the ability to merge those profiles for a seamless experience.

You may return to CampDoc.com to make changes/updates to your camper's health information up until one week prior to the start of your camper's session.

**Please set Register@CampDoc.com as a 'safe sender' to avoid accidental delivery to junk or spam folders.**

# Who Comes To Camp

Girl Scouts of Middle Tennessee provides safe and affirming camping experiences to girls. We proudly offer a wide variety of activities with the goal of providing enriching experiences in areas that girls enjoy. We support campers wherever they are in life and feel privileged to create a safe space for those who join us. However, our facilities and programming limit the ways in which we can accommodate campers with differing needs.

We want everyone to be successful, and we find that campers have the best experience if they can do the following:

- Be fully independent with hygiene (with reminders from staff)
- Use the bathroom, shower, and get dressed unassisted
- Live, shower, and dress in communal spaces. Privacy is an essential and fundamental right of everyone at camp, including in toilets, changing areas, and showers, which are single-use. Typical of most public bathrooms many single-use bathroom stalls are located in one facility.
- Sleep in a room with other people and/or fall asleep without assistance. Our cabins and tents all hold multiple people; there is no situation in which a child will have their own room.
- Follow verbal directions
- Understand and follow camp rules and expectations
- Be able to verbalize if they need assistance, are hungry, hurt, etc.
- Be able to reasonably and age-appropriately self-regulate social and emotional needs

## **Physical Needs:**

If your camper has physical restrictions and/or uses a wheelchair, crutches, braces, or similar assistive technology, please contact our camp team so we can plan the best possible experience for them.

All campers must have completed Camper Forms packets on file. Completed packets provide information that camp staff need to make sure your camper has a fantastic experience. If you have any questions or concerns about camp forms, please contact a member of the camp team so we can plan the best possible experience. While many programs can be modified to meet the specific needs of our campers, we are not equipped or staffed to provide care for campers who require one-on-one assistance. Activities such as high challenge, canoeing, kayaking, horseback riding and similar activities are challenging to access for those with mobility challenges and have limited adaptations depending on the challenges faced.

# Insurance

**All campers must have valid health insurance and this information must be included on the Health History Form.** If you do not currently have valid health insurance, we offer temporary insurance during your child's stay at camp. Insurance can be purchased through Mutual of Omaha and must be purchased AT LEAST two weeks prior to arriving at camp. The fee is minimal, ranging from \$5 to \$10 per week. For more information about insurance, please contact Sue Tims at (615) 460-0201 or [STims@gsmidtn.org](mailto:STims@gsmidtn.org).

**The insurance form can be found at [gsmidtn.org/summer-camp](http://gsmidtn.org/summer-camp).**

You may not remain at camp without proof of insurance.

# Camp Medication

If your camper has medication that needs to be administered during their stay at camp, **please turn in all prescription and over-the-counter medication to the camp staff during check-in.**

## PRESCRIPTION MEDICATIONS

Prescription medication given to your camper must meet the following criteria:

1. Prescribed to them by a licensed prescriber.
2. In the original prescription container (**do not place medicine in baggies or medicine boxes**) and labeled with this following information on the label: camper's name, prescription number, medication name and dosage, how to administer, date, licensed prescriber's name, and pharmacy name, address, and phone number.
3. If instructions are different than prescription bottle, bring detailed written instructions from licensed prescriber.

Medication that is not received in the condition above cannot remain at camp. All medications are dispensed by the healthcare staff or trained staff member. Camp Holloway has a local physician on call.

## OVER-THE-COUNTER MEDICATIONS

- Non-prescription medication administered in our healthcare facility might include but is not limited to acetaminophen (e.g. Tylenol), ibuprofen (Advil), antacids (e.g. Tums), allergy medication (e.g. Benadryl), antibiotic ointment and other topical ointments (e.g. triple antibiotic cream and Hydrocortisone), powder (e.g. talc powders and medicated powders), cleanser (e.g. rubbing alcohol and hydrogen peroxide), eye drops, and ear drops.
- Any restrictions or additions regarding over the counter medication must be noted on the camper's Health History Form.

# Notification Of Parent/Guardian

**We will contact parents/guardians in the following circumstances:**

1. Illness, including a fever over 100.4 F
2. Vomiting
3. Any medication issues (including questions, refusal to take medication, etc.)
4. Injuries that require more than basic first-aid.
5. A need to visit a healthcare facility outside of camp
6. Emergency situations, including health, severe weather, and fire.

# Summer Camp Check-In

**SUNDAY • 3:00–5:00 P.M.**

**Both check-in and check-out processes will be drive-through.** Campers will receive a health check near their vehicle, and families will not be permitted inside camper living spaces. Camp staff will assist campers in transporting luggage to their cabins, setting up their beds, and other first day duties. Medication and mail will be dropped off as part of the drive-through.

## WHAT TO BRING TO CHECK-IN

1. Any incomplete forms.
2. Medications in the original medicine bottle. **We will not keep medication that is not in its original package or prescription bottle.**
3. Any dietary required food.
4. Money for the trading post.
5. Mail or packages to be delivered during the week.

## CHECK-IN PROCESS

1. Staff will greet you at the gate with information about your camper's unit and counselor assignments.
2. You will be directed from there to various stations for your camper's health check, and luggage, medication, trading post, and mail drops. After their health screening, your camper will immediately join their unit with their luggage.
3. As part of the health screening, we will check for the following:
  - a. Fever of 100.4 degrees or higher.
  - b. Symptoms of any contagious condition.
  - c. Head lice or evidence of lice in any form.
  - d. Any injury or condition which needs immediate medical attention. This may include cursory body check of torso, back, hands, feet, ear, nose, throat, and eyes.

*The welfare of the entire camp population must be kept in mind. If a camper is sent home, they may return with a signed letter from their physician stating that they do not have any contagious conditions and are in good health. You may be able to switch to a later session at Camp Holloway or Camp Sycamore Hills if space is available. In the case of head lice, a camper must wait 24 hours, be free of signs of lice or nits, and get rechecked upon return. Final decision is at the discretion of the camp director.*

# Summer Camp Check-Out

**FRIDAY • 1:00–3:00 P.M.**

**ALL ADULTS MUST SHOW A CURRENT GOVERNMENT ISSUED PHOTO ID (INCLUDING PARENTS/GUARDIANS).**

Campers will only be released to parents/guardians or authorized adults listed on the release form. Trading post money and medications will be given to the authorized adult(s).

**The check-out process is a drive through system, including sign-out, luggage pick-up, and picking up your camper. Please remember to remain in your car during the check out process.**

1. Have your current government-issued photo ID in an accessible spot. You will need this for us to release your camper.
2. When you arrive at the camp gate, a staff member will greet you and radio to staff and we will walk your camper to the location where you will pick them up.
3. When you arrive at the lodge, stay in your vehicle and direct staff where we can put your camper's luggage in the vehicle.
4. A staff member will check your ID and have you sign out your camper while still in your car.
5. You will be directed to a pick-up location where your camper will be waiting for you with her counselor.
6. Have a safe trip home, and we'll see you next summer!

***Please note:*** If you need to pick up earlier or later than the scheduled check-out time, you must contact the camp office and make arrangements. Early pick-up on Friday is from 9:00-11:30 a.m. After that, we will be preparing and setting up for regular check-out.

# Cancellations and Refunds

**Your deposit is only refundable if you cancel your registration prior to May 11, 2023** or you are unable to be placed from the waiting list. After this date, no refund of deposits or other monies paid will be given, except in the following circumstances:

- Not being placed off the waiting list for your chosen week of camp
- Absence due to a camper's illness or injury
- Death or serious illness of an immediate family member prior to the start of camp.

A medical statement must be provided in the case of a camper's illness or injury. Campers who leave camp early due to illness or other reasons will not receive a refund.

## **Transfers:**

There is no charge to transfer your camp registration to a different program prior to the payment deadline of May 11, 2023. After this date, we will withhold your \$100 deposit to transfer your registration to a new program, with the exceptions of illness, family emergency, transferring off a wait list, or a program cancellation by GSMIDTN. All other monies paid, including discounts received, will transfer depending on discounts applied and program type.

## **WAITING LISTS**

Some programs are in high demand and will fill early in the year. If your camper is placed on a waiting list, you have several options:

- Remain on the waiting list for an available space. The camp team checks waiting lists weekly and make adjustments as needed dependent on housing. Occasionally spaces open quickly, and sometimes they will not open at all. You may remain on the waiting list for as long as you'd like, or you may request a transfer or a refund at any time.
- Transfer to a different program with availability. Simply contact the camp director to make this change.
- Request a refund. Contact the camp team to cancel your program and request a refund.

If you join the waiting list to hold spots in two or more programs, you must cancel any additional programs within 10 days of receiving the placement notice from CouncilALIGNMENT. Failure to do so will result in forfeiting your deposit in any additional programs that your camper is placed in.

# Summer Camp Program

Girl Scouts of Middle Tennessee does our best to offer the programs advertised in the camp brochure. However, to meet the needs and interest of the girls in our community, we reserve the right to change, cancel, or adapt programs.

## **Physical Restrictions:**

To balance the demand for challenging activities and the safety and well-being of campers and staff. We offer the following programs and activities with restrictions as listed below. If you have questions or concerns regarding a camper participating because of these restrictions or would like additional information, please contact a member of the camp team. We realize these restrictions may lead to sensitive conversations, and we welcome the opportunity to speak in advance of your camp program to discuss options and potential solutions

## **Adventure Activities:**

Several of the activities offered at our facilities use specialized equipment. This equipment is designed with the safety of the participant in mind and has manufacturer's recommended limitations to minimize the risk of injury. In order to ensure that all participants are able to use equipment safely, the following weight limits must be strictly enforced:

**High Challenge, Rappelling, Tree Climbing:** 250 lbs.

**Zip Line, Flying Squirrel, Swing By Choice:** 250 lbs.

**CORCLs:** 225 lbs.

In addition to these weight limits, supplied harnesses and equipment must fit properly and securely. Fit will be evaluated by staff on site.

## **Water Activities:**

All participants using watercraft (canoes, kayaks, CORCLs) on council properties are required to wear Coast Guard approved Personal Flotation Devices (PFDs) at all times. Usage of watercraft is dependent on proper fit of supplies PFDs and will be evaluated by the instructor/facilitator on site.



## TYPICAL DAY AT CAMP

A camper’s day is filled with activities centered on the specific program your camper selected. Activities vary but may include hiking, challenge course activities, crafts, songs, swimming, archery, climbing, and games. It is our goal for all campers to experience as many activities as possible. Evening activities may include campfires, variety shows, and other all-camp activities.

## SAMPLE SCHEDULE

(times and activities may vary)

	SUNDAY	MONDAY
7:40		Breakfast
8:30		Flag
8:30 - 9:45		Themed Program
10:15 - 11:00		Showers
12:00 - 1:15		Yoga
1:30 - 2:30		Lunch
2:45- 3:45		Camper's Choice
4:00 - 5:15	Camper Check In (3:00-5:00 PM)	Camper's Choice
5:30 - 6:45		Swimming
7:15		Flag
7:30 - 8:30	Dinner	Dinner
8:45 - 10:00	Opening Campfire	Unit Night
10:00	Return to Cabins	Return to Cabins

## KAPERS

Girl Scouts promotes campers being active in our camp community and taking an active role in caring for “their” camp. Campers are assigned a daily unit chore and a daily camp chore; these are, known as kapers. Kapers can include cleaning up living space, picking up trash, collecting firewood, setting tables, and serving meals.

## BADGES

Most weeks of camp will earn parts of several different badges. More specific badge information can be found on our website at [gsmidtn.org/summer-camp](http://gsmidtn.org/summer-camp).

## SWIM CHECK

Each camper is checked for swimming ability at the beginning of the week. The swim check only determines if the camper may swim in deeper water without a personal flotation device (PFD) and helps our lifeguards keep campers safe. Groups of approximately five campers are tested at the same time. They will be asked to swim across the pool on top of the water and tread water; they may request to be re-checked during the week at any time. Please discuss this process with your camper so she is prepared and confident. Any camper may use PFDs to enjoy the deeper water.

## MEALS AND DIETARY NEEDS

Child-friendly meals and snacks are provided as part of your camp fees. Our menus are camper-friendly and reviewed annually. Every effort is made to meet diets which are medically based (i.e. allergies and intolerances), are religious, or are common dietary practices in the home (i.e. vegetarian). Dietary needs must be communicated on our summer camp forms. With some diets, you will be asked to provide some food for your camper. Though we are able to provide food items for campers with specific restrictions (for example: gluten-free bread or pasta) we recommend bringing any specific, favorite brands, especially for snack items. Please contact the camp director two weeks prior to your camper's arrival to discuss dietary arrangements.

If a camper does not like what is served at the meal, we do provide alternate options (i.e. grilled cheese, cereal, and sandwiches). Campers are always allowed to ask for extra food or snacks.

## TRADING POST

Our camp store, known as the Trading Post, has various souvenir items available for purchase such as water bottles, t-shirts, pens, and stuffed animals. Items range in cost from \$1 to \$30; for example, a camp shirt costs \$12. We recommend that you deposit \$20 to \$40 into your camper's trading post account. An email will be sent two weeks prior to your camp program with a Square link to add money to your camper's trading post account. **Trading post deposits will not be accepted after the first day of camp.** Your camper will visit the trading post **once** during the week. If there is a remaining balance in your camper's account you may choose to donate it to our camp scholarship fund or receive a full refund to be returned in your camper's check-out envelope. You can make your choice when you deposit funds into your camper's trading post account.

## SHOWERING

While every effort will be made for campers to shower in their units, showers might be taken at a shower house and at alternate times of day than your camper is used to. They might not shower immediately in the morning or at night. To help your camper feel more comfortable, please discuss sharing spaces with other campers. Privacy is an essential component of camp, but there may be many private stalls in one room. It may be helpful to bring a shower caddy.

## ELECTRONICS AND CELL PHONE PROTOCOL

Cell phones and any other electronic devices are not permitted at camp. We want campers to fully experience their camp programs and engage directly with other campers and staff. Camp is a time to build confidence in being away from home and learn to problem solve in unfamiliar environments. In addition, cell phones are expensive, camp can get dirty and wet, and items get lost easily. If you or your camper feel they need a cell phone to spend the night away, we encourage you to register for Me and Mine, Camp Y'all, or Day Camp programs. Cell phones discovered after check-in will be confiscated and stored in the camp office for the rest of the week. We are not responsible for lost or stolen items at camp. **This applies to campers at all levels, including CITs I and II.**

## LOST AND FOUND

Our staff makes every effort to assist your camper in keeping track of her personal belongings. Please label all of your camper's belongings. It will be difficult to return unlabeled items. For staff and camper safety, we will be unable to return hygiene items such as toothbrushes and undergarments. Items left at camp will remain at camp until two weeks after your camper's session. Remaining items are then donated to a charitable organization. Girl Scouts of Middle Tennessee is not responsible for any lost or stolen items at camp.

## TRADITIONS

At Camp Holloway, we have some traditions that your camper may want to participate in. On Tuesdays, we celebrate with tie dye, and on Wednesdays, we participate in Wacky Wednesday, where campers can wear their wackiest outfit for the day.

Participating in a naming ceremony is available to any camper that has attended summer camp for 4 summers at Camp Sycamore Hills, Camp Holloway, or a combination of both. They can choose their name and create a name block to leave in a special place on camp. Campers' names are special and we try not to repeat recent names of campers, staff, or horses. Be creative and unique in your name selection.

## BIRTHDAYS

Campers will be recognized on their birthdays! They will receive a special treat from the camp staff and campers will sing at one of the meals. Please communicate with camp staff if your child would be uncomfortable or embarrassed by this experience.

## LODGING FACILITIES

Our facilities include platform tents (floored tents with four beds) and dorm-style cabins. Campers sleep separately from staff but staff live in close proximity and are easily accessible. Bathrooms are located either inside or close to sleeping units. Housing is determined by the unit size, age of the participants, and the capacity and attendance of the program. Due to housing logistics, camp housing cannot be requested by specific campers, but families will be notified of their camper's unit approximately one week prior to their camp program. If your camper needs specific accommodations, please contact a member of the camp team.

Girl Scouts provide access to outdoor activities and attempt to maintain the surroundings and grounds of the facilities in a natural state. Pests inhabit the surroundings and grounds of its outdoor facilities and those such pests pose a risk to safety. By sending your child to camp, you are voluntarily exposing her to a natural habitat including potential exposure to pests. Girl Scouts of Middle Tennessee are not responsible for injuries, harm, or inconvenience associated with pests.

## ABOUT OUR STAFF

Camp staff are enthusiastic, talented, and caring adults. They are selected on the basis of their skills, experience, ability to serve as role models, and their genuine desire to work with girls. Camp staff are required to go through training including emergency procedures, health of campers, program instruction, homesickness, first aid, youth development, risk management, behavior management, camping skills, Girl Scout programs, and more. Most staff members are full-time college students or recent graduates. All staff are background-checked each year.

## SAFETY

A camper's general well-being is the primary concern of Girl Scouts of Middle Tennessee. Our camp meets both state health code and Girl Scout standards; in addition to healthcare staff, many other staff members maintain current First Aid and CPR certifications. A full-time site manager lives on the grounds, patrols and maintains the camp, and supervises security. All precautions are taken to provide a safe and healthy experience for each and every camper.

## EMERGENCY PROCEDURES

Camp happens rain or shine. In the event of severe weather while your camper is at camp, our first priority is safety. We have emergency procedures in place for situations such as fire, medical emergencies, intruders, and weather situations. We will update you via email, phone, or text as soon as possible in the event of severe weather situations or emergencies.

Some activities, such as aquatic and adventure activities, may be delayed or canceled due to inclement weather. We will do our best to accommodate unexpected changes in weather, but cannot guarantee participation in an activity if it is not safe for campers and adults.

# Preparing Your First Time Camper

## DISCUSSIONS AND IDEAS TO HELP PREPARE FOR CAMP

- Attend camp open house on March 26, 2023 from 1:00-4:00 p.m. to gain a better idea of what camp looks like.
  - Practice spending the night away from home before coming to camp.
  - Make positive statements about camp, activities, staff, etc.
  - Encourage your camper to help you pack for camp so they know what they have packed and why.
  - Pack your camper's favorite stuffed animal or blanket.
  - Encourage your camper to talk with the counselors and share their feelings and needs or to talk with the camp director if they feel they are not being heard.
  - Remind your camper that camp will have night sounds such as animals, wind, leaves, acorns on the roof, etc.
  - Homesickness is a common occurrence at camp. We will partner with you and your camper as they adjust to life at camp. Staff is trained in identifying the signs and stages of homesickness and we will call and consult with you if homesickness occurs.
  - Do not tell your child you will pick them up from camp if they don't like it or they will be able to call you. We, as camp staff, **know** that you will pick up your child, and we will partner with you to make the best decision for your camper.
  - Acknowledge you will miss them, but assure your camper they will have a great time at camp.
  - Send them positive letters, photos and/or care packages from home. Encourage them to write letters home and pack addressed envelopes with stamps.
- Acknowledge their feelings regarding camp before they leave and talk about fears or concerns they might have.
  - Let them know things at home will be taken care of (pets will be fed, etc.).
  - Remind your camper that they will be:
    - Sharing a cabin with other girls.
    - Trying different foods.
    - Sharing bathrooms with other girls.

**ATTENDING GIRL SCOUT CAMP IS A SPECIAL EXPERIENCE THAT ALLOWS YOUR CAMPER TIME TO GROW. THEY WILL RETURN HOME WITH PRIDE IN HERSELF AND EAGER TO SHARE THE NEW SKILLS THEY HAVE LEARNED!**

# Stay in Touch This Summer!

## MAIL

Mail is very important during summer camp, no matter how short your camper's stay. Parents, relatives, and friends are encouraged to write energetic and positive letters. The content of a letter makes a big difference.

You may bring letters on check-in day to be distributed throughout the week or you may mail them. If you would like to encourage letter-writing, send your camper with pre-addressed and stamped envelopes.

**We do not deliver mail on Fridays.**

Often, the first letters home are sad. Campers sound homesick and ask to come home. This is normal! However, we want you to feel comfortable with your camper's stay and welcome you to call the camp office with any concerns. Please see the "Phone Calls" section for more information.

Address mail as follows:

### **Camp Sycamore Hills**

Attn: [Camper Name - *please use given name*]

[Program Name]

2020 Girl Scout Road

Ashland City, TN 37015

## CARE PACKAGES

Care packages are a nice way to send a special thought from home. They may include games, items to share with camp buddies, postcards, or activities. Please make sure both name and program are clearly labeled. Do not send food items. Any food or candy brought or sent to camp is collected, held, and returned on the last day of camp.

## EMAILS WITH CAMPDOC

We are partnering with CampDoc to deliver CampGrams, a one-way email messaging service. CampGrams are printed and delivered with the general mail delivery. Emails are printed by 8:00 a.m. Monday-Thursday. **Emails are not delivered on Friday. Please post all emails before 8:00 a.m. Thursday morning.**

## PICTURES WITH WALDO

We are partnering with Waldo Photos to give you a seamless photo experience. You may choose to view the gallery on your computer or sign up for face-recognition and have photos sent to you via text message each day.

You will receive the Waldo join code and information in your camp welcome email two weeks prior to your camp program.

## PHONE CALLS

Your phone calls to the camp office are welcome. When you call to check on your camper, we will evaluate your camper and call you back. By doing this, you will get a firsthand account of your camper's experience. Our first priority is your camper and we pride ourselves on being part of the camp program; as a result, you may encounter our voicemail. Please leave a message, and we will return your call as soon as we can. Camper phone use is limited and based on individual circumstances. Please share with your camper that the office phone is used for business, and she will make more memories by connecting with her peers at camp.



# YOUR CAMPER'S PHOTOS SENT TO YOUR PHONE

We're excited to announce we've partnered with Waldo Photos to bring all your camper's photos to your phone. Be on the lookout for an email prior to your camper's session with more details on how to take advantage of the service!

## HOW IT WORKS



Text Join Code  
to Waldo



Submit  
camper's selfie



Enroll in  
photo service



Get all your  
camper's pics!

## FEATURES



Easy-to-use app



Photo album invites



All your camper's  
memories

need help? email [support@waldophotos.com](mailto:support@waldophotos.com)

# Packing List

Please label all of your camper's belongings.

## Clothing For Each Day

- Shirts or t-shirts (1 per day + 2 extra)
- Shorts (knee-length for adventure activities)
- Pants for evenings (depending on weather forecast)
- Underwear (1 per day + 2 extra)
- Socks (1 pair per day + 2 extra)

## Other Items

- Pajamas
- Jacket or sweatshirt
- Raincoat or poncho
- Hat or visor
- Bandana
- Swimsuit (2 are recommended)
- Shower shoes
- Hiking boots and/or tennis shoes
- Sandals with back straps
- Old shoes that can get wet or water shoes
- T-shirt to tie-de (pack at top of luggage)

## Toiletries

- Hairbrush
- Hair ties
- Towels and an extra pool towel
- Washcloths
- Toothbrush and toothpaste
- Shampoo
- Soap
- Menstrual products
- Hand sanitizer
- Shower caddy or toiletry bag that drains well

## Bedding

- Drawstring bag for laundry
- Sleeping bag and/or blankets and sheets
- Pillow and pillowcase

## Daily Essentials

- Water bottle (at least 16 oz)
- Small backpack to carry daily items
- Flashlight
- Non-aerosol bug spray
- Sunscreen

## Optional

- Stuffed animal
- Camera (consider a disposable)
- Stationery with stamped and addressed envelopes
- Books or magazines

## Things To Leave At Home

- Cell phones
- Tablets (including Kindle and iPads)
- MP3 Players
- Laptops
- Any device that will connect to Wi-Fi or has data
- Food, candy, and drinks
- Weapons (including pocket knives)
- Drugs and alcohol
- Items of value (camp is not responsible for items that are lost and stolen at camp)

**Printable packing list is available at [gsmidtn.org/summer-camp](http://gsmidtn.org/summer-camp)**