

June 19, 2023



Dear Camp Ya'll participants,

Welcome! I am so excited to have you join us at Camp Sycamore Hills for some camper and adult bonding time! During this event you'll explore Camp Sycamore Hills, make s'mores, tie dye, participate in adventure activities, make a craft and experience camp magic! If you have any questions, comments, or concerns, please let me know. We're happy to help and answer any questions you may have.

Please read through this entire packet and let me know if you have any questions.

If you have questions before the day of the program, please call (615) 545-8708

We look forward to seeing you soon!

Yours in camp,

**Kelly "Jester" Sharpe** | Camp Sycamore Hills Director

**Girl Scouts of Middle Tennessee**

4522 Granny White Pike | Nashville, TN 37204

(615) 460-0239 | [www.gsmidtn.org](http://www.gsmidtn.org)



## **Required Forms**

### ***Forms/paperwork required for both children and adults include:***

1. Property Liability Waiver (see instructions below to complete) in CouncilAlignMENT
2. Girl Scout permission form

Participants without the required forms will have to leave camp.

### ***Property Liability Waiver:***

Everyone **MUST** have completed their Property Liability Waiver in CouncilAlignMENT. To complete the liability waiver, follow these steps:

1. Log into your CouncilAlignMENT account at <https://ca52.councilalignment.org>
2. Click on "View Profile."
3. On the menu at the top of your profile, click "Property Liability Waiver."
4. Read the information.
5. Click "Accept" if you agree to the terms.

### ***General Cancellation Policy***

Per Girl Scouts of Middle Tennessee's summer camp cancellation policies, the last day to cancel this program and receive a full refund was May 11, 2023. Partial refunds may be considered in extenuating circumstances.

### ***Cancellations Due to Inclement Weather***

Camp Y'all will run rain or shine. Refunds are not issued for individuals who choose not to attend a program. In the event of program cancellation due to severe weather you will be contacted via e-mail and phone by Girl Scouts of Middle Tennessee. If we are unable to hold this program due to inclement weather, you will receive a full refund.

## ***Cancellations Due to Illness or Emergency***

Refunds for unexpected sickness or family emergencies will be considered upon request. Refund requests may be sent to the Manager of Camp and Adventure Programs at [lreichstein@gsmidtn.org](mailto:lreichstein@gsmidtn.org). Please do not attend this program if you, your Girl Scout, or someone in your household is ill.

### **Check in & Check out:**

#### ***Check in:***

Check-in for this program will be on Wednesday, 7/5 between 3:00 – 5:00 PM. Please do not arrive earlier than 3:00 PM – we are still preparing for your arrival and have time built into the schedule to allow you to get settled into your cabin or tent!

When you arrive at Camp Sycamore Hills staff will guide you to our check-in location.

#### ***Check out:***

Our program is complete after lunch on Friday afternoon by 2:00 PM. You will grab a sack lunch and may leave when you're ready after you have packed and moved out of your cabin.

### **Program Information:**

#### ***Overview:***

This program is designed to show you all the wonderful things Camp Sycamore Hills has to offer, and to encourage bonding between campers and their adults.

**Schedule:**

A more detailed schedule will be given to you when you check-in.

Many activities will be led by our camp staff, but some will be on your own . Please let us know if you have any questions while at camp! We're here to help.

<b>Wednesday</b>		
<b>Time</b>	<b>Activity</b>	<b>Location</b>
3:30- 5:30 PM	Check in & unpack	In Unit
5:45 PM	Flag	Flag
6:00 - 7:00	Dinner	Dining Hall
7:00 - 8:30 PM	Opening Campfire & S'mores	Main Fire Circle
9:30 PM	Lights Out	Units

<b>Thursday</b>		
<b>Time</b>	<b>Activity</b>	<b>Location</b>
7:45 AM	Flag	Flag Pole
8:00 AM	Breakfast	Dining Hall
9:00 AM - 12:00 PM	Activities	Various locations
12:15 PM	Singing Tree	Singing Tree
12:30 - 1:30	Lunch	Dining Hall
1:30 - 5:30 PM	Activities	Various locations
5:45 PM	Flag	Flag
6:00 - 7:00	Dinner	Dining Hall
7:00 - 8:30 PM	Night Activity	TBD
9:30	Lights Out	Units

<b>Friday</b>		
<b>Time</b>	<b>Activity</b>	<b>Location</b>
7:45 AM	Flag	Flag Pole
8:00 AM	Breakfast	Dining Hall
9:00 AM - 12:00 PM	Activities	Various Locations
12:00 PM	Grab and Go lunch, Pack	Units
1:00 PM	Depart	See you next summer!

### ***Activity Descriptions:***

While not every group will be able to participate in every activity, we are going to do our best to make sure you have the full camp experience and are able to do as much as possible! Each group will have an art block, and adventure activity, and nature activity as well.

**Art:** Create a special art piece with your camper!

**Adventure Activities:** Based on age, campers and adults will participate in at least one adventure activity during their stay at Camp Sycamore Hills.

**Archery:** Take aim for a bullseye! Our archery range is waiting for you.

**Swimming:** Our zero-entry pool with fountains is the perfect place to cool off and beat the heat!

**Nature:** Join our Nature Counselor to learn more about the outdoors

**Tie Dye:** Tie Dye a t-shirt with our professional dye. Make any design you want with a rainbow of color options. (PLEASE BRING A WHITE T-SHIRT)

**Gaga Ball:** This is a tried and true camp favorite! A ball and instructions will be available at the gaga pit.

**Campfire Songs:** We'll learn some camp songs! There are so many favorites to explore!

### **Housing:**

Girls and adults will stay in cabins with others. You will likely share a space with others not in your troop. Please plan on who will be on the top and who will be on the bottom bunk. Be respectful of everyone at camp by honoring our 9:30 PM lights out time. You can always come hang out in one of our pavilions if you need to space or to stay up late!

### **Meals and Snacks:**

All meals and snacks for this program are provided.. Please let us know immediately if anyone in your group has a dietary need.

### **Trading Post:**

The trading post will be open at various times for you and your shopper at designated times! There are many Camp Sycamore Hills themed items in the trading post ranging from \$2 to \$35. Items include tee shirts, bandanas, key chains, stuffed animals and more!

### **Physical Needs:**

If you have physical limitations that we can assist with please let us know **immediately**. This program includes walking on uneven terrain and some nature walks/hiking. We want everyone to have a great time at camp, so please let us know how we can adapt our program to meet your needs.

### **Medication and First Aid:**

Any medication that you or your camper will need must be stored and locked. This can be in your personal space (in a locking bag) or turned into the camp office. You can access it when you need it. We also have a designated first-aider on site with common first-aid supplies

**Rules of Camp:**

- Camp Sycamore Hills, like all Girl Scouts of Middle Tennessee properties, is a smoke free/tobacco free/vape free property. You must leave camp to smoke or use tobacco products.
- Leave all illegal drugs, alcohol and weapons at home.
- Speed Limit is 5 mph on camp.
- Park in designated parking spaces only.
- Respect the camp staff and their guidelines.
- You must supervise your Girl Scout(s) at all times.
- Tell a camp staff if you are hurt or need medical attention.
- Inform camp staff if you are leaving property.

## **Packing List**

- 2- 3 Shorts (longer shorts required for adventure activities)
- 2-3 shirts
- 2-3 pairs of socks
- Closed toed shoes (required for adventure activities)
- Sandals with a strap (example: Chacos)
- Pajamas
- Water bottle
- Sleeping bag or sheets & blankets
- Pillow
- Toiletries
- Shower shoes
- Towel
- Medications (must be locked)
- Place to lock medications if applicable
- Flashlight
- Sunscreen
- Bug Spray
- Backpack
- White T-shirt to Tie-Dye

### ***Optional***

- Camera
- Money for Trading Post

### ***Leave at home***

- Expensive clothing
- Ipods, MP3s or Electronic Games
- Weapons
- Alcohol, Drugs