

Tips and Tricks Preparing Your First Time Camper

DISCUSSIONS AND IDEAS TO HELP PREPARE FOR CAMP

- Attend camp open house on April 14th 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.

ATTENDING GIRL SCOUT CAMP IS A VERY 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!

- 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.