



Adult & Girl Camp Parent Packet

Dear Friends and Family,

Welcome to the Girl Scouts of Greater Iowa Summer Camps! Camping and outdoor experiences are an important Girl Scout tradition, one which we are proud to carry on at our summer camp locations. Each camp provides a unique summer experience for girls from across the state.

Summer isn't just about fun; it's also about setting your camper up for an abundant life of quality relationships, self-confidence, independence, and healthy decision making. We are excited to partner with you to help her work toward these goals.

We're continuously monitoring the COVID-19 situation and updating our camp policies and procedures to match the recommendations from the CDC, Iowa Department of Public Health, and the American Camp Association. Please visit girlscoutsiowa.org/covid-19 for the most current information relevant to your daughter's camp experience this summer. We've also created a [quick guide to our procedures](#) to prevent the spread of COVID-19 at camp.

Read more to plan appropriately for your time at camp. This packet contains updated information, so please make sure to review it thoroughly, complete forms for you and your camper online, and review the packing list prior to your session. We can't wait to see you this summer!

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Table of Contents

Before Camp Starts	2
While at Camp.....	3
Check-in	3
Packing List.....	4
CampDoc Information.....	5

Before Camp Starts

Forms

You'll receive an email from CampDoc within two weeks of registering for camp. Forms for you and your camper are pre-filled with basic information you provided during registration including your names, dates of birth, and the session you're attending. You can make edits and updates to this information prior to the start of your camp session. Completing this information early will help us prepare for your stay!

Allergies & Dietary Considerations

We recognize the seriousness of allergic reactions brought on by certain foods and substances. Please provide us with any pertinent and as much information as possible as you fill out the camp forms, so that we are best able to care for your camper's needs.

We can accommodate a vegetarian diet and many common food allergies that cause changes in diet, including lactose and gluten. We are not able to guarantee that cross-contamination will not occur. Contact your camp office for information about how we can best accommodate your camper's dietary needs.

COVID-19 Considerations

We're continuously monitoring the COVID-19 situation and updating our camp policies and procedures to match the recommendations from the CDC, Iowa Department of Public Health, and the American Camp Association. Please visit girlscoutsiowa.org/covid-19 for the most current information relevant to your daughter's camp experience this summer.

Refunds, Cancellations, & Final Payment

Refunds for GSGL summer camp registrations will be issued if the cancellation request is received at least 10 days prior to the event start date. No refunds will be issued if a registration is cancelled less than 10 days prior to the event start date. If you need to change the session your camper is registered for, you may do so if space is available. Please contact GSGL as soon as possible. Deposits are non-refundable. For the full cancellation policy, visit girlscoutsiowa.org/refunds.

No refunds are given if a camper returns home during camp due to illness, injury, homesickness, and/or any other circumstance including poor behavior. No refunds will be made for campers who arrive late, leave early, are a no-show or attend only part of a program. No refunds will be made for missed activities due to inclement weather.

Your camp balance is due 10 days before your camper arrives at camp. If you anticipate difficulty in being able to pay the balance, please contact GSGL at 800-342-8389 or info@gsiowa.org as soon as possible.

Lice, Ticks, Bed Bugs, & Other Insects

During check-in, our staff will check all campers for head lice. We ask that you check your camper at home prior to arriving at camp. If your camper shows signs of head lice, she will need a typical at-home lice treatment prior to moving in and beginning camp activities. Head lice are common in environments where people (mostly children) are in close contact with one another. More information can be found at: cdc.gov/lice.

Ticks look for a place to attach, like the backs of knees, armpits, hair or behind the ears. A tick bite is painless and can go unnoticed. Ticks can spread disease such as Lyme disease, which is often signaled by a red "target-like rash" or flu-like symptoms. While we encourage campers to check themselves for ticks each day while they are at camp, we also encourage families to re-check campers when they return home to make sure no ticks have gone unnoticed. More information can be found at: cdc.gov/ticks.

Bed bugs are transferred by luggage in and out of hotels, colleges, camps, buses, offices, schools, and even hospitals. Bed bugs are not known to transmit human diseases. Their bites resemble mosquito bites, and form in a linear pattern. At our camps, all cabins are checked between groups for insects throughout the summer, and periodically throughout the year. If bed bugs are found, we take action immediately by treating the cabin/location where they are found, as well as heating all laundry and bedding for 45 minutes. You will be notified directly if a cabin your daughter is staying in is found to have bed bugs. As a precaution, as you return home, you can place luggage in large black trash bags for the ride home, then place in the sun for a day or two, or steam clean your luggage. You can also leave luggage outside and immediately dry all clothes and items on high for at least 45 minutes. Then go ahead and wash and dry items as you normally would. More information can be found at: cdc.gov/bedbugs.

Food, Candy, Gum, Phone, Tablet, or Other Devices at Camp

Please leave new or expensive clothing, jewelry, or accessories at home. We encourage you and your camper to wear older clothing that can get dirty! We also encourage parents and campers to leave any electronics, other than cell phones in your car or on silent while at camp. We recognize that cell phones take great pictures, and we encourage you to use your phone to document your day! We urge caution with bringing high-price items to camp. Bringing high-price items is done at your own risk. Please do not bring food, candy, or gum to camp as it attracts wildlife to our living areas.

While at Camp

Lost and Found Policy

The best way to prevent the loss of property is to leave valuables at home. The council assumes no liability and is not responsible for a camper's possessions that are lost or stolen. If you believe you left an item at camp, email the camp office to see if the item can be located.

Lost items left at camp will be retained for 6 months, then thrown away, used as camp supplies, or donated. Socks, underwear, and used toiletries are not retained for any length of time and are thrown away at the end of the camp session.

Money & Trading Post

If you want to purchase camp apparel or souvenirs from the Trading Post, please bring along money to purchase these items.

The Trading Post can accept cash, check, credit/debit cards (Visa, MasterCard, or Discover) and Cookie Dough. Make sure you bring your Cookie Dough balance with you, as we are unable to look up Cookie Dough balances at camp. There will also be snack options to purchase!

Severe Weather

We closely monitor the weather and suspend any activities if the weather causes a safety concern for our campers and staff. All camps have inclement weather procedures and staff are trained in how to handle weather emergencies. We will make every effort to make up missed activity time due to weather, however we can make no guarantees and refunds will not be issued for missed activity time.

Check-in

Camp Sacajawea

My Guy & I

Check-in 9:30 a.m.

Check-out is at 4:00 p.m.

Mom & Me Overnight

Check-In is at 10:00 a.m.

Check-Out is at 9:30 a.m.

Camp Tanglefoot

Mom 'n' Me Overnight Camp

Check-In is at 9:30 a.m.

Check-Out is at 11:00 a.m.

Prior to Camp

This year we ask that you pre-screen each day for 14 days prior to arriving at camp. Please record you and your camper's temperature and report any symptoms in our pre-screening tool in Camp Doc.

Camp staff will review your prescreening and will contact you if we have questions. If you have any symptoms common to COVID-19 or have been exposed to someone who is suspected of or tested positive for COVID-19, please contact the camp you are scheduled to attend.

Important Policies and Procedures to Note

- All camp property is non-smoking, including parking lots.
- Please do not bring pets to check-in or check-out. If you do bring pets, you will be asked to keep them in your car.
- Alcohol, drugs, and weapons are not permitted on camp property.

No-Show Policy

In the event of a "no-show", camp policy requires the administrative staff to call the home of any camper who has not arrived. If no one can be reached, the emergency contact person is called. No refunds will be issued for "no-show" campers.

If you forgot that it was check-in day, call us and let us know you'll be late – you can still come to camp!

If you need to change the session your camper is registered for, you may do so if space is available. You are encouraged to contact GSGI at 800-342-8389 or info@gsiowa.org.

When you Arrive

Check-in will look different this year! To minimize contact between families during check-in, we have chosen to modify our procedures. When you arrive, a staff member will greet you and direct you where to go.

Health Checks

Our health staff will collect all medications and review health information. Campers, including adults, can expect to have their temperature taken and their hair checked for lice before moving into their living unit.

Our policy is not to admit any camper who is not feeling well or has a fever of 100.4°F or above. Campers must be fever-free for at least 24 hours without the aid of fever-reducing medication prior to their arrival at camp. Other restrictions may apply based on current health standards. Please visit girlscoutsiowa.org/COVID-19.html for the most up-to-date information. If you're unable to attend your scheduled camp session, we'll help you reschedule for a later date.

Packing List

Overnight Camp

Required Clothing & Personal Items

- Shorts
- Shirts (no halter/strapless tops please)
- Jeans/long pants (required for adults & campers entering 7th grade and above)
- Sweatshirt/jacket
- Close-toed shoes
- Socks
- Face masks (1-2 per day)
- Insect repellent
- Sunscreen
- Rain poncho and boots
- Underwear
- Swimsuit
- Aqua socks/strap-on sandals to wear in the water
- Toiletry articles
- Flashlight & extra batteries
- Shower flip-flops
- Pajamas
- Towels
- Sleeping bag & pillow
- Single-size sheet to cover mattress
- Water bottle
- A BIG smile! 😊

Optional Items to Bring

- Laundry bag
- Hat/bandana
- Sunglasses
- Small backpack/day pack
- Stationery
- Disposable camera
- Notebook, pen or pencil
- Box or crate for bedside table
- Small throw rug
- Tissues
- Book for reading

Day Camp

- Face mask (1-2)
- Dress for the weather (t-shirt, shorts, sweatshirt/jacket)
- Close-toed shoes
- Jeans/long pants (required for climbing)
- Aqua socks/strap-on sandals to wear in the water
- Insect repellent & sunscreen
- Camera
- Hat/bandana
- Swimsuit
- Towel
- Water bottle
- Small backpack/day pack
- A BIG smile! 😊



This summer, Girl Scouts of Greater Iowa is partnering with CampDoc to better serve our campers and their families. CampDoc offers an electronic health record system for camps, and you can now complete your health information electronically.

The security and privacy of your health information is important to us. The CampDoc site is secure, encrypted, and password protected. You can find additional information about CampDoc privacy and security information at www.docnetwork.org/security.

After signing up for your session, you will receive an invitation email from CampDoc.

- Click on the green "**Accept Invite**" link within the email to create your CampDoc account.
- In the **Confirm Email** box, type your email address to confirm.
- In the **Password** box, type the password that you want to use.
- Click the **CONTINUE** button.

After you log in, select your camper's name and click on the health profile link to complete your camper's information. Required questions will be marked with an * and outlined in red.

Keep in mind that you can return to app.campdoc.com at any time to make updates to your camper's health information before your camp session begins. You can log in using the email address and password you previously created.

We're excited to let you know that your camper's health information will save from year to year, so once you complete it in CampDoc this season, you won't have to start from scratch next year.

Additionally, CampDoc sends out periodic reminder emails for incomplete health information. These notifications come from campdoc.com, so please add this to your safe sender list to avoid accidental delivery to junk and spam folders. We don't want you to miss important notices about camp!

Please note that CampDoc supports the current and previous major releases of [Chrome](#), [Firefox](#), [Microsoft Edge](#), and [Safari](#), which provide improved security and performance for health information.

For additional assistance, you can navigate to support.campdoc.com or contact the Support Team at support@campdoc.com or 734-636-1000.

We are excited to continually improve, building safer, more productive and more efficient systems to create the best experience for you and your family!

We can't wait to see you this summer,

Abbie Smith & Julia Mannes
Your Camp Directors