

Camper Guide

Camp Alice Chester • Summer 2014

Packing List

This is a suggested packing list. Adjust accordingly to the length and needs of your stay.

Clothes

- Underwear
- Shorts
- Jeans
- Sweater/sweatshirt
- Warm jacket
- Hat with visor
- Short sleeve T-shirts
- Long sleeve shirt
- Socks
- Sturdy, enclosed (closed-toed with full backing over heel) shoes that tie (2 pairs). Athletic shoes are ideal; please do not bring new shoes as they cause blisters.
- Flip-flops or plastic shoes for showerhouse

For Health & Safety

- Water bottle
- School backpack to carry items during the day
- Flashlight & new batteries
- Bug repellent
- Shampoo
- Bath towel
- Deodorant
- Washcloth & towel
- Comb & brush
- Toothbrush & paste
- Soap
- Lotion
- Sanitary napkins
- Hair bands & clips
- Laundry bag with name
- Eating utensils: bowl, cup, plate, knife, fork, spoon (all unbreakable) for cook outs. **Only for campers staying for 5 or more nights.**

For Sleeping

- Sleeping bag
- Pillow & pillow case
- Pajamas
- A sheet to lay on top of mattress

For Swimming

- Swimsuit
- Beach towel
- Sunblock

For Wet Weather

- Raincoat or rain poncho (no umbrellas)
- Rain hat or hood
- An extra pair of shoes that can get wet or muddy

Optional

- Camera and film
- Pre-addressed envelopes, or postcards, stationery and stamps (pack in ziplock bag)
- Pencil/pen and notebook
- Stuffed animal
- Cards, book, or quiet games for *Me Time*
- Favorite book

Leave at Home

- Cell phones
- Candy and food
- Radios/music players
- Electronic games or toys
- Laser pointers/pens
- Blow dryers/curling irons
- Girl Scout vests or sashes

Pack **all** belongings in a suitcase or duffel bag. Consider labeling all your things so they do not get lost. If someone else packs for you, help them so you know where things are in your bag.

You will be playing hard and will get dirty. Do not bring clothes you or your parents want to stay clean or neat.

As food attracts mice, raccoons, and skunks into the tents and cabins, **please** do not bring or send food, candy, or gum.

You may bring bottled water with you, or purchase it at the Trading Post. There is plenty of drinking water available at camp.

Check-In

(first day)

Arrive 2:30–4:00 p.m.

Visit three stations

- (a) registration
- (b) health
- (c) meet your counselor and check out your cabin/tent.

- If you have medicine, turn in ALL medications at the Health Check-In.
- At the Health Check-In, you will have a head and foot check.
- Turn in all money to be spent at the Trading Post.
- Walk to your assigned unit to get settled and meet your counselors and group.
- Give hugs and say your good-byes to whoever dropped you off in the unit.
- Make a name tag, introduce yourself, and start having fun.

Summer Celebration Open House

Sunday, May 4, 2014

1:00–4:00 p.m.

Bring a friend or your whole family for a free day at camp before the summer starts.

Make a craft, play games, tour camp, check out a cabin and tent, visit the Trading Post, and meet some staff. It's a great time to see what camp is all about.

Counselors

Two counselors will be with you throughout your entire program. They are women who have finished high school and most of them are in college.

What other staff will be there?

You will also meet lifeguards, the craft specialist, program director, program assistants, and cooks who will help you and your counselors all day.

Check our website in March to meet the staff.



Camp Souvenirs

You will have time to visit the Trading Post (camp store). All money is turned in during check-in so that none of your money is kept in the unit.

Merchandise & Prices

Prices and items change regularly. Here's a sample of what we have and about how much it will cost.

Camp T-shirt: \$14

Stationery & postcards: 50 cents-\$5

Stuffed animals: \$5-\$15

Water bottles: \$3-\$7.50

Jewelry: \$1-\$5

Patches: \$1-\$2

Bottled water: 50 cents

Other camp clothing: \$10-\$30

Sample Schedule of a Typical Day

8:00 a.m. - Flag

8:15 a.m. - Breakfast

9:00 a.m. - Morning activities

12:30 p.m. - Lunch

1:30 p.m. - *Me-time* (rest time to sleep, be with friends, or write letters)

2:15 p.m. - Afternoon program activities

5:45 p.m. - Flag

6:00 p.m. - Dinner

7:15 p.m. - Evening activities (i.e. mail call, campfire, waterfront party)

8:45 p.m. - End of daily activities

Bedtime varies on the age of the girls.

NOTE: Daily schedules may vary.

Words to Know

Hoppers: Campers who set tables, get food, and clear tables in the dining room. This responsibility is rotated to each group.

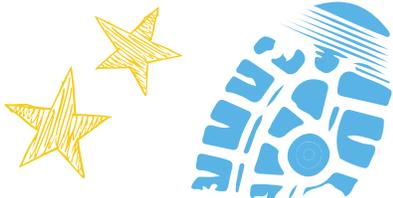
Kapers: Part of camp life which includes keeping living spaces clean, washing dishes after your cookout, and helping to keep camp and equipment in good condition. You'll divide up the work and be asked to sweep, clear tables, or raise the flag.

Me Time: Individual free time at the unit after lunch when you write letters, read, talk, or relax in your cabin.

Mosquito net: The netting over beds to protect us from mosquitoes so that we can sleep mosquito free at night.

Opening night: Sit around the campfire with the entire camp. Staff perform some fun skits to welcome you and introduce themselves.

Units: You won't know the specific unit and cabin/tent where you are sleeping until you arrive at camp. Take a sneak peek at the possibilities. Visit www.gswise.org.



What is camp all about?

New Friends. There will be girls from different backgrounds and cultures at camp. We treat each other with respect and understanding.

Outdoor Living. You will use your flashlight at night and in your cabin or tent. You'll also probably get messy doing art projects and making s'mores.

New Neighbors. A unit is a group of tents, cabins or a lodge where you will live. Camp living areas are not air conditioned and most sleeping areas do not have electricity. Most units have 24 campers and three to six counselors staying in cabins/tents of four to six campers each.

Missing Home. Missing home is normal. Camp is a marvelous place to learn that while you may miss your family, you can try new activities, make new friends, and have fun! Camp staff will help you if you feel homesick.

Growing Independent. Being away from home during the day and at night will make you more independent. You will sleep in bunkrooms, cabins, or tents with other campers.

mmm mmm Good Food. Our cook prepares three delicious meals and a snack each day. Tell your parents that there is healthy food and ample servings. If you don't like what is on the menu or if you are still hungry, we have a salad bar and peanut butter and jelly for lunch and dinner. For breakfast there are always cereals to eat if you don't feel like pancakes and sausage or waffles and bacon.

Cook Over a Fire. For at least one meal, you and your group will cook over the campfire. This is when you'll need your eating utensils and plate or bowl.

Mail Call. Tell family and friends to write to you at camp. Mail takes two to three days to get to camp, so be patient if you don't get any right away. If this is important to you, tell your parents to read about mail in their packet. Mail call happens each day after dinner.

Fun! Giggles! Friends! Above all, our goal for you is to have a terrific and memorable time! Prepare yourself for a positive experience by opening your mind to new people, activities, and the outdoors at camp. Camp is an amazing place to grow and learn.

