

girl scouts

heart of new jersey

Dear campers and families,

We are thrilled that you will be joining us at The OVAL Day Camp this summer! Camping is a vital part of the Girl Scout Leadership Experience and spending time outdoors opens up opportunities to try new things, meet forever friends, and learn more about the environment. Through camping, not only are girls able to develop important outdoor skills like building a campfire and pitching a tent, they have the ability to unplug and explore the world around them.

The OVAL is operated by Girl Scouts Heart of New Jersey. It is located in the South Mountain Reservation in Maplewood, NJ. Girls have been exploring nature and spending time camping The OVAL since 1959.

The success of our program is based, in part on:

- **High standards of care for your children**
- **High expectations of ourselves and our staff**
- **A value system explained to staff, campers, and families**
- **Boundaries clearly defined for campers and staff**
- **Living by the Girl Scout Promise and Law**

Our camp aims to teach campers:

- **To recognize that they have responsibility for themselves and those around them.**
- **To make smart choices, which are good for themselves and others, and to take responsibility for the choices they make.**
- **To respect oneself and others in spite of differences.**
- **To accept that they are accountable for their actions and the consequences for inappropriate behaviors.**

This packet will provide you with important information about The OVAL. Please read all of the information carefully and refer to the information in CAMPWISE, our registration system, and our website. We ask that you check your email regularly and please visit [our Summer Camp page](#) for the most up to date information or contact me directly with questions or concerns.

We can't wait to see you at camp!



Kate "Brisca" Greci
Camp Director & Property Manager
Camp DeWitt and The OVAL



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OPEN REGISTRATION

Girl Scouts is proud to be the premiere leadership organization for girls in the country. Though we identify as a Girl Scout camp, our camps are open to all who identify as girls. Placement of transgender youth is handled on a case-by-case basis, with the welfare and best interests of the child and the members of the troop/group in question as a top priority. That said, if the camper is recognized by the family and school/community as a girl and lives culturally as a girl, then Girl Scouts is an organization that can serve them in a setting that is both emotionally and physically safe.

Our rules for acceptance and participation in camp programs are the same for everyone without regard to race, religion, physical ability, economic status, or national origin. We have accepted your application based upon your choice of dates and programs and the availability of space in camp. If, during the summer, we are concerned about your camper's readiness for a program, where safety is a concern, we reserve the right to transfer your camper to another activity of our choice and we will call you to discuss alternatives.

GIRL SCOUT STANDARDS & GOALS

The OVAL is licensed by the State of New Jersey under the Youth Camp Safety Act, adheres to the strict standards of the Girl Scouts of the USA, and is accredited by the American Camp Association. The Girl Scout Camp program experiences and activities meet the needs and interest of our campers, enable them to grow and develop, and are based on the values of the Girl Scout Promise and Law.

GIRL SCOUT PROMISE

On my honor, I will try:
To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.

GIRL SCOUT LAW

I will do my best to be:
Honest and fair,
Friendly and caring,
Courageous and strong, and
Responsible for what I say and do.

And to
Respect myself and others,
Respect authority,
Use resources wisely,
Make the world a better place, and
Be a sister to every Girl Scout.

GSHNJ DAY CAMP GOAL & MISSION STATEMENT

GSHNJ Day Camps are dedicated to inspiring campers with the highest ideals of character, conduct, patriotism, and service. As a Girl Scout day camp, The OVAL is further dedicated to providing contemporary program opportunities to enable every camper to become the best person they can possibly be. The camp is committed to serving the diverse needs of all its constituencies in order to ensure that every camper, staff member, volunteer, and guest participates fully and at all levels.

GSNJ DAY CAMP OBJECTIVES & OUTCOMES

- 1. The camper will respect, care for, and protect the environment while living safely in the out-of-doors.**
 - The camper will demonstrate increased knowledge of techniques for protecting the environment through such things as walking on established trails, conserving water, recycling, and refraining from picking live plants.
 - The camper will demonstrate increased awareness of and appreciation for the natural world by sharing their observations with others and asking questions about things in the natural world that interest them.
 - The camper will demonstrate increased awareness of and appreciate the wildlife found in the area.
 - The camper will demonstrate an increased awareness of conservation including the areas of water, electricity, and recycling.
- 2. The camper will learn or improve skills in their program focus area.**
 - The camper will demonstrate increased technical skills in their area of program focus, according to the skill progression outlined for that program activity.
 - The camper will be able to describe at least one new program or activity skill learned while at camp.
 - The camper will develop or improve at least one activity skill to a level such that it can be confidently repeated and demonstrated to others once they have returned home.
- 3. The camper will develop interpersonal-relationship skills while living in a diverse community.**
 - The camper will make the acquaintance of and develop friendship ties with at least one other camper who comes from a different community, cultural/ethnic background, or whose life experience is different from their own.
 - The camper will be able to articulate at least one thing (skill, concept, or point of view) learned at camp from a person who comes from a different community.
 - The camper will demonstrate positive listening skills and respect for different points of view by listening to the ideas of others without putdowns and giving careful consideration to others' input prior to making judgments or evaluative comments.
 - The camper will demonstrate an increased ability to work out cooperative solutions within a group, and will be able to describe at least one instance where they came to a compromise with fellow campers or staff for the good of the group.
- 4. The camper will develop a more increased self-confidence level by participating in their new surroundings and engaging in conversation with others.**
 - The camper will attempt at least one skill, activity, or food which they have never experienced before coming to camp.
 - The camper will make at least one new friend and will express confidence about meeting new people.
 - Upon returning home, the camper will demonstrate increased willingness to attempt new things and increased ease in new or unfamiliar situations.
 - The camper will be able to describe at least one instance where they volunteered to participate in a camp activity or project.
 - Upon returning home, the camper will be willing to share their feelings about their camp experience.

*Achievement of these goals are measured using a series of tools and assessments including observation, evaluation of content-area skill progression, and direct surveys of campers, guardians, and staff. **To help us continually meet our high standards at The OVAL, please complete the electronic survey(s) you'll receive by email.** These surveys are your chance to tell us how it went, what you loved, what needs work, and what your camper learned. They directly affect our programming selections for the next summer.*

CONTACT INFORMATION

THE OVAL

Camp Telephone 908-393-0902
Camp Health Center 908-393-0903
Monday – Friday, 8:30 a.m. – 4:00 p.m.

Address The OVAL Day Camp
West South Orange Avenue (1 Girl Scout Lane)
Maplewood, NJ 07040

GPS Coordinates N40.748673, W74.284601

Camp Director Kate Greci

Director Telephone 908-947-1710

Director Email kgrenci@gshnj.org

GENERAL CAMP SUPPORT

Telephone 908-947-1708

Email summercamp@gshnj.org

Secure eFax 908-947-1720 (*Indicate to the Attention of The OVAL Admin*)

Website www.gshnj.org

Address Girl Scouts Heart of New Jersey
North Branch Service Center
1171 Route 28
North Branch, NJ 08876

EMERGENCY LINE

Telephone 908-518-4400, option 8
24/7, year-round

Follow us @gsheartofnj



SUMMER CAMP SESSIONS & PROGRAMS

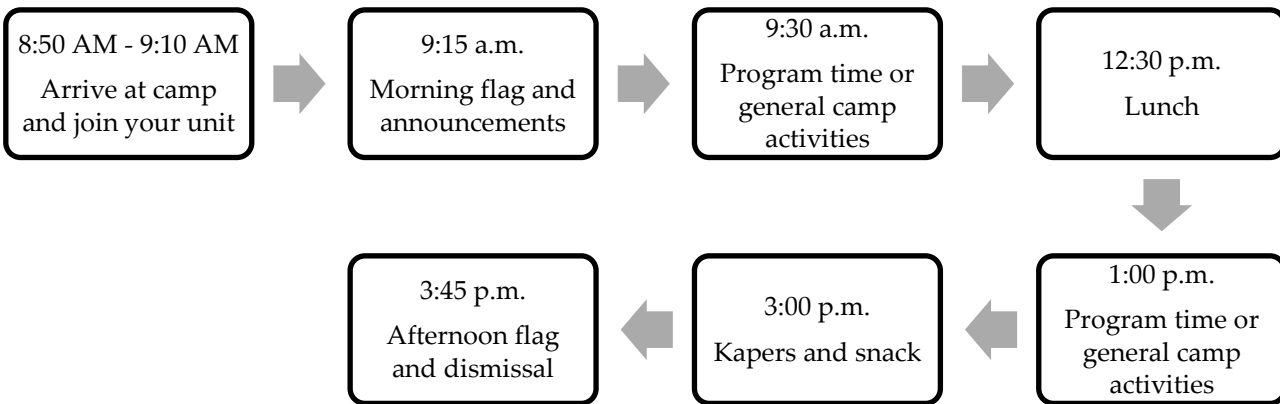
Welcome to The OVAL Day Camp, located in the picturesque South Mountain Reservation. The OVAL has been offering girls the opportunity to explore and discover the out-of-doors since 1959! Our programs are designed to challenge girls and help them gain independence while creating friendships and memories to last a lifetime. The OVAL offers outdoor summer camp for girls, age 5 and up, in grades K–10. The program runs from 9:00 a.m. – 4:00 p.m. daily, as outlined below:

Opener	July 5-7, 2023	Wednesday-Friday
Session 1	July 10-14, 2023	Monday-Friday
Session 2	July 17-21, 2023	Monday-Friday

Session 3	July 24-28, 2023	Monday-Friday
Session 4	July 31- August 4, 2023	Monday-Friday
Session 5	August 7-11, 2023	Monday-Friday

A DAY IN THE LIFE OF AN OVAL CAMPER

The camp day will generally follow this schedule, subject to change based on weather or other needs. *Please note that a tenet of the Girl Scout program is a camper-led program which means a weekly schedule of activities will not be given.*



ACTIVITIES

In addition to their program theme, girls may also participate in these activities. For more information about the age/ability and associated risks of the (*) activities, review [Safety Activity Checkpoints](#).

- All-Camp Activities
- Archery (grades 2+)*
- Arts & Crafts
- Brooking
- Campfires
- Field Games
- Flag Ceremonies
- Gaga
- Geocaching
- Hiking*
- Kapers
- Nature Activities
- Outdoor
- Cooking*
- Songs
- Sports
- STEM Activities
- Trading Post

GENERAL PROGRAMS

These programs are offered for the indicated level and weeks. In general programs, campers will participate in various camp activities such as arts & crafts, field games, and outdoor cooking, and also work with their group to plan girl-led activities. Additionally, each week focuses on a different specialty badge, from STEM, to outdoor adventure, to arts & crafts.

Grade	Program	Specialty Badge by Session
K-10	Season Opener	Daisy/Brownie – Eco Learner / Eco Friend Junior – Eco Camper Cadette – Eco Trekker Senior – Eco Advocate
K-1 (Daisy)	Camp Discover	1 – Outdoor Art Maker 2 – Buddy Camper 3 – Climbing Adventure 4 – Math in Nature 1: Shapes in Nature 5 – Trail Adventure
2-3 (Brownie)	Camp Explorer	1 – Outdoor Art Creator 2 – Cabin Camper 3 – Hiker 4 – First Aid 5 – Trail Adventure
4-5 (Junior)	Camp Quest	1 – Outdoor Art Explorer 2 – Animal Habitats 3 – Camper 4 – Eco Camper 5 – Trail Adventure

SPECIALTY PROGRAMS

These programs focus on a specific theme and earn a badge tied into that theme. In addition to these specialized activities, campers will also participate in general camp activities.

Grade	Program	Session(s)	Badge/Award Earned
2-3 (Brownie)	Dance and Cheer	1	Dancer
	Fairies, Flowers, and Butterflies	2, 5	Outdoor Art Creator
	Friends of the Forest	3	Bugs, Tree Promise Patch
	Summer Science	4	Home Scientist
4-5 (Junior)	Oh My Stars!	1	Space Science Investigators
	Witches, Wands, and Campfires	2	Social Butterfly
	Friends of the Forest	3	Animal Habitats, Tree Promise Patch
	Robo Campers	4,5	Robotics 1: Programming Robots
6-8 (Cadette)	Comic-Con	1, 2	Comic Artist

	Aim, Shoot, Bullseye	3	Archery
	Program Aide	4-5	Program Aide
9-10 (Senior)	Leader in Training	1-2, 4-5	Counselor in Training
	Practice Play	3	Game Visionary

LIFE AT CAMP

A NOTE ON COMMUNICABLE DISEASE

Girl Scouts Heart of New Jersey camps are licensed by the New Jersey Department of Health. At the time of this writing, no restrictions exist pertaining to communicable disease, including but not limited to COVID-19. Should that change, families will be notified of any changes. That said, we will continue to employ non-pharmaceutical interventions, many that have been in place for years, to promote the health and wellness of our staff and our campers and their families.

- Anyone who wishes to may mask as they feel comfortable and when it is safe or practicable.
- Regular handwashing and good hygiene will be strongly encouraged. Handwashing or sanitizing breaks will occur throughout the day.
 1. We ask that families engage in healthy hygiene practices and follow guidance from all governing bodies when it comes to minimizing the risk of exposure.
 2. **Families are, as always, asked to self-screen each morning prior to attending camp, keeping campers who have symptoms or are unwell home.**
 3. Staff and campers who are sick or have recently had a close contact with a person with someone who is ill are required to quarantine/stay home as advised by a medical professional or as outlined by the Centers for Disease Control and Prevention. We ask that you please inform us immediately of an exposure so we can determine what course of action must be taken at camp.
- We will document vaccination status to enable contact tracing for any outbreak of communicable disease if necessary. No matter someone’s status, policies and protocols exist for when a staff member or camper receives a diagnosis of communicable disease. If necessary, appropriate staff will activate our communicable disease plan.

GENERAL ATTIRE

- **If you wish your camper to mask, please plan to pack masks each day. As masking is currently not required, staff will not be asked to enforce individual masking. Please have a conversation with your camper if you wish them to mask.** Masks should be kept in a labeled paper bag in the camper backpack. Zip top bags retain moisture.
- **ALL CAMPERS MUST WEAR CLOSED TOE SHOES (RUBBER-SOLED, SNEAKERS, ETC.) AND SOCKS.** Flip flops, sandals, jelly shoes, crocs, clogs, hiking sandals, and open toed shoes are not allowed. Footwear must be worn at all times, unless in a water activity, and cover the entire foot. Socks must cover the ankle.
- Shirt and shorts/pants. Avoid tube tops, spaghetti straps, skirts, and dresses.
 - Activities like archery, low ropes course, and hiking benefit from no baggy or loose clothing, no jewelry and long hair tied back.
- Clothing should be comfortable and appropriate to wear while being active outside.
- Dress for the weather – jacket/poncho in case of rain, sweatshirt on cool mornings, etc.

BACKPACK

Campers should bring a backpack to camp each day. Please label ALL items. Parents/guardians are responsible for what their camper brings to camp. We strongly encourage parents to pack with their camper in an effort to ensure that you are aware of what they are bringing to camp and they are adequately prepared for the day. GSHNJ is not responsible for any broken, lost, or stolen personal property. We also have a policy against use of personal athletic/sporting equipment, such as bows for archery.

BACKPACK CHECK LIST:

- Mask(s), if desired
- Water bottle
- Mid-morning snack and lunch (no refrigeration available)
- Sunscreen (non-aerosol if possible, SPF 30+, camper will apply themselves)
- Insect/tick repellent (camper will apply themselves)
- Extra pair of socks, extra underwear
- Special program attire and/or equipment (when requested in advance)
- Lightweight sweatshirt (for cooler day)
- Lightweight rain jacket/poncho (for rainy days, no umbrellas please)
- Sunglasses
- Bandana or Hat
- Small activities for those riding the bus or participating in before/after care, such as books, fidget toys, small games, etc. – campers with other needs who may wish to sit to the side during activities are strongly encouraged to bring such activities with them. We ask that you not send electronics.

Mabel's Labels

Worried about your child keeping track of their belongings? No problem, head on over to Mabel's Labels https://mabelslabels.com/en_US/fundraising/support/# and search for The OVAL/Camp DeWitt to purchase labels for your camper's belongings and help to support our camps.

CAMP STAFF

Our enthusiastic and dedicated staff is comprised of high school students, college students, and adults who are experienced in working with youth in a camp setting. All staff members are carefully screened to find the best and most qualified candidates to promote a safe, positive, and nurturing camp environment. Each candidate submits an application and three references, and then goes through an interview and national criminal background check.

All camp staff participates in a pre-camp training program conducted by trained professionals. The majority of Unit Leaders, Program Staff, and Administrative Staff are certified in First Aid and CPR. Program staff often have additional certifications/qualifications in their specialty area.

STAFF TO CAMPER RATIOS

In our commitment to ensuring the safety of all campers, we strive to meet or exceed all established safety standards for staffing. We abide by ratios outlined by our state license and American Camp Association Accreditation, but also have activity-based ratios suggestions from Girl Scouts.

TRADING POST

Each camp's trading post is full of camp-specific patches, memorabilia, and gear ranging from \$1.50 up to \$40. Girls visit the Trading Post at least once during the week to enjoy the freedom of shopping for souvenirs for themselves and for family. Help your camper flex their budgeting muscles by loading their account with some money to spend at the Trading Post during the registration process. Unspent funds greater than \$2 will be refunded. An effort is made to email families with the trading post schedule and merchandise available prior to their camper's session.

KAPERS

Kapers are small responsibilities necessary for comfortable living in a camp situation. As part of daily routine, campers keep their unit sites and general camp area clean. Kapers may include sweeping, mopping, cleaning the cabin kitchen/bathroom, picking up trash, and helping to clean the main camp areas such as OVAL field, Picnic Grove, Art Studio, etc. Kapers are shared by all campers in a unit and supervised by camp staff. They are designed to take minimal time away from program and typically take about 15 minutes.

CAMP PHOTOS

A designated camp staff member will photograph camp life throughout the summer. Pictures of each camp session will be available for viewing by families – instructions will be provided on how to access the pictures. While we attempt to photograph all our campers and activities, we cannot guarantee it.

If campers wish to take their own photos while at camp, we strongly suggest using a disposable camera rather than a digital camera. Please note that cell phones, tablets, and other picture-taking smart devices are not to be used at camp and are not permitted for photo-taking. GSHNJ is not responsible for any broken, lost, or stolen personal property.

CAMP TELEPHONE

The camp telephone is for business and emergency calls only. A staff member will deliver an appropriate message to your camper, if necessary. Campers may not use the camp phone unless authorized by a staff member in case of an emergency.

LOST & FOUND

PLEASE LABEL CAMPER'S BELONGINGS TO AVOID LOST ITEMS. Lost and found items are sent to the Service Center in North Branch during the summer and can be picked up until September 15, 2023. After that time, all remaining items that haven't been picked up will be disposed of or donated.

SERVICE ANIMALS

Pets and are not permitted at camp except for service animals. All service animals at camp must have the appropriate health and immunization records on site.

FOOD AT CAMP

CAMPER LUNCH

- Families will have the ability to utilize a lunch service (likely Simply Gourmet) for an additional fee. Otherwise, families should send their camper with a bag lunch each day. Refrigeration is not available.

SNACKS PROVIDED BY PARENT/GUARDIAN DAILY

- Mid-morning snack (crackers, fruit, pretzels, fruit, etc.)
- Please no glass bottles, gum, candy, soda, juice boxes, or straws.

SNACKS PROVIDED BY CAMP DAILY

- Afternoon snack options include fruit snacks, applesauce, pretzels, cookies, graham crackers, ice pops, etc.
- We will do our best to provide nut or gluten-free options to campers that are similar to the daily snack.
- Campfire snacks may be provided at times.
- If your camper has allergies, please speak directly with the Camp Director and note appropriately on your camper's medical forms (see below under "Food Allergies").

WATER BOTTLES & STAYING HYDRATED

- Campers should bring a filled water bottle with ice each day to camp.
- Campers will have access to water to refill their water bottles. Water on camp is not potable but we provide drinking water.

FOOD ALLERGIES

If your camper has food allergies, indicate this on your *Camper Medical Information Form*. We will provide vegetarian, nut-free, dairy-free, and gluten-free options as best as we are able. We can accommodate certain other dietary needs, if they are not severe, where simple substitutions are required. Our day camps are NOT nut or peanut-free. If your child has a severe food allergy, please email the Camp Director.

TRANSPORTATION

TRANSPORTATION BY BUS

- Busing requires preregistration and payment in CAMPWISE.
- Parents are responsible for transporting their camper to and from the bus stop at the appropriate times. *Supervision is not provided at the bus stops.*
- Refer to the *Bus Schedule as outlined in the Camp Guide* on the GSHNJ website camp page for bus stop locations and pick-up and drop-off times. Finalized routes will be sent by the first week of June.
- Plan to arrive at least 10 minutes before designated pick-up time in the morning and drop-off time in the afternoon. Please make every effort to be on time for pick-up and drop-off. A bus driver who is kept waiting at a scheduled stop continues to run late for all the other stops.
- Each bus is staffed by a Bus Counselor, who greets and releases campers to their parent/guardian or designated person. This person may be supplied by the bus company or by the camp depending on availability of staff.
- Attendance for each camper will be taken as they board the bus.
- When meeting your camper at the end of the day, please have photo ID readily available.
- If no one is at the bus stop for pick-up in the afternoon, your camper will remain on the bus. The camp will attempt to notify you about where to meet your camper. For this reason, be sure to know your camper's bus route.
- Campers must be picked up by a designated adult and are not permitted to walk home by themselves from the bus stop.
- Please remember that the published bus times are estimates and may change due to weather

conditions, traffic conditions, and overflow or lack of campers at stops. The camp will attempt to notify you if the bus will be late by 15 minutes or more. Factors that may affect the bus time schedule include weather conditions, traffic conditions, bus delays, emergencies, or other factors beyond our control. The listed contact for each camper will receive an automated message clarifying the delay. This will come in the form of a text message. Please ensure you have provided a correct number two weeks prior to the start of your session to ensure your number is added.

BUS SAFETY PROCEDURES

- Vehicles must be loaded within the passenger seating limit established by the vehicle manufacturer.
- All persons must wear seat belts when provided and required.
- All passengers must remain seated while the vehicle is moving.
- All vehicles must follow convoy travel procedures, when applicable.
- Staff members both on the bus and in the camp office have a list of individuals who use the bus for daily transportation and/or camp trips.
- Persons in wheelchairs must have their wheelchairs in a locked position and use seat belts while riding the bus.

BUS SAFETY RULES – *Please discuss these rules with your camper before coming to camp.*

- Be early and wait for the bus at the designated stop. Stand back from the curb.
- Cross only in front of the bus so that the bus driver can see you.
- While riding the bus, take your seat, fasten your seat belt, and be courteous to your bus driver and fellow passengers.
- Get on and off the bus in a single file line.
- Remain seated while bus is in motion.
- Do not block exit doors with equipment.
- Do not put anything out the window.
- Do not talk to or distract the driver while the vehicle is in motion.
- Upon arrival at camp, follow the instructions of the Bus Counselor.

TRANSPORTATION BY CAR

- Campers may not drive themselves to/from camp.
- Check-in arrival time for campers is from 8:50 a.m. to 9:05 a.m.
- Afternoon check-out departure time for campers may begin as early as 3:50 p.m. with the expectation being 4:00 p.m.
- *To comply with any regulations, we may alter pick up and drop off procedures. This may include a further staggered timing or car-side check in/check out. Information will be provided as needed.*
- Follow the traffic-flow directions from staff and/or signage posted throughout your campsite location. The entrance for The OVAL upon pulling off South Orange Avenue is to the right. Traffic flows in one direction around the camp property.
- Assigned staff members will be responsible for supervising the campers at the drop-off/pick-up point near the camp parking area and releasing campers to authorized adult drivers.
- Every camper **must** be signed out before leaving camp. Please inform anyone responsible for pick up they will be required to show ID and sign out the camper(s).
- When meeting your camper at the end of the day, please have your photo ID and be prepared to present it to staff. If you are running late to pick-up your camper, please call us to let us know.

LATE ARRIVALS OR EARLY DEPARTURES

If camper is arriving after morning flag (9:15 AM) or leaving before closing flag (3:45 PM), they must be signed in/out by parent at the Camp Office. Please park in the parking area and WALK your camper up to the Camp Office (Lenape Lodge). We will ensure your camper joins their unit after they are signed in. We do ask, whenever possible, that early pickups take place before 3 pm.

TRANSPORTATION CHANGES

ALL transportation changes must be submitted in writing to the Camp Director including:

- Camper is to be released to persons other than Parent/Guardian/Emergency Contact
- The drop-off or pick-up time of camper will change
- Change in Before Care or After Care

ADD-ON OPPORTUNITIES

BEFORE CARE – 7:30 a.m. – 9:00 a.m.

AFTER CARE – 4:00 p.m. – 6:00 p.m.

This \$65/week service must be preregistered for online through the CAMPWISE system. Please specify in CAMPWISE if you will be using Before Care, After Care, or both. The cost is not prorated. Should you need to change your plans, you may notify us in advance. Spaces are limited.

Special program activities, quiet games, and arts & crafts will be offered. Campers can bring their own books or quiet toys in their backpack, but camp is not responsible for these belongings. Campers will be supervised by camp staff.

OPTIONAL OVERNIGHT

Session 2, July 20 and Session 4, August 3 – *must be registered for the session and must register for the overnight in advance.*

OVERNIGHT PROGRAM

- Campers must pre-register for any of the overnights at the time of initial registration. Registration closes one week before each camp session begins. Each overnight is an additional \$55, and space is limited.
- Campers entered grade 4 or above are eligible for the overnights.
- Registration for this event will take place in our **CAMPWISE** system. Please register by the Monday before the overnight, understanding that low enrollment may lead to overnights be canceled. Only campers who are registered in **CAMPWISE** may stay overnight.
- For meals, Thursday dinner is included and campers will enjoy a campfire sing-along with s'mores, weather permitting. Rise and shine to breakfast on Friday morning with their fellow overnight campers. Lunch is provided on Friday.
- If your camper has food allergies, indicate this on your **Camper Medical Information Form**. We can provide vegetarian, nut-free, dairy free, and gluten free options. We can accommodate certain other dietary needs, if they are not severe, where simple substitutions are required. Our day camps are NOT nut or peanut free. If your child has a severe food allergy, please email the Camp Director.

TIPS FOR A SUCCESSFUL OVERNIGHT

- Prepare yourself and your camper for the sleep away experience. Go over equipment lists and obtain needed items. You can offer strong support from home to your camper before they depart on this exciting experience.
- Emphasize that your child is “going” to camp, rather than you are “sending” your child to camp.
- Heighten your child’s interest by pointing out some of the exciting things you remember about any camp experience you may have had. Be sure to be positive about how you were able to handle being away from your parents/guardians.
- Avoid statements like “If you don’t like camp you can come home” and “You can call home if you are feeling homesick.”

OVERNIGHT GEAR

- Teach your camper how to pack, as they will be responsible for their own gear.
- Campers should bring all their gear to camp with them on Thursday morning.
- Campers may be responsible for transporting their own gear.
- Pack all items in a large duffel bag. Pack a pillow, sleeping bag, and extra blanket in a nylon stuff sack. Suitcase cases are not allowed for overnight programs.
- Label duffel bag and nylon stuff sack on the outside with your camper’s name.
- No food, candy, or gum of any kind is allowed to prevent issues with pests or animals.
- Parents/guardians are responsible for what their camper brings to camp. We strongly encourage parents to pack with their camper to ensure that you are aware of what they are bringing to camp.
- GSHNJ is not responsible for any broken, lost, or stolen personal property.

OVERNIGHT PACKING LIST

The following list is suggested for one night at camp. These items are in addition to camper’s daily backpack. Please label ALL items.

BEDDING

- Pillow
- Sleeping bag
- Nylon stuff sack to hold pillow and sleeping bag
- Camp pad (optional; under sleeping bag)
- Extra blanket (optional)

CLOTHES

- Outfit for next day (shirt, shorts/pants, etc.)
- Underwear
- Socks
- Sweatshirt
- Warm pajamas (nights can be cool)

TOILETRIES

- Toothbrush and toothpaste
- Hairbrush
- Eyeglasses case OR contacts case and solution
- Soap in soap container
- Washcloth
- Hand towel
- Deodorant stick (no aerosol sprays please)
- Feminine hygiene products, if needed
- Bag to carry items to bathroom

EQUIPMENT

- Flashlight with extra batteries
- Sit-upon (for the campfire)
- Plastic bag to carry dirty or wet items

CAMPER CONDUCT

CAMPER BEHAVIOR

All campers are expected to adhere to the following guidelines to ensure that they and their fellow campers have a safe, fun, and meaningful experience at camp.

1. Participate to the best of their abilities in all camp activities both on and off camp property.
2. Understand that safety is the highest priority, and some activities may be changed to ensure the safety and welfare of all campers.
3. Respect all camp property and the personal property of staff and other campers.
4. Respect the differences and boundaries, physical and otherwise, of staff and other campers.
5. Follow the Leave No Trace principles, refrain from littering and chewing gum, and help to keep camp beautiful.
6. Use kind words and actions when interacting with others. Refrain from harassment of any form, including bullying, disrespectful behavior, discriminatory behavior, or physical violence.

To ensure the safety and quality experience of all campers, GSHNJ reserves the right to dismiss a camper from camp, without return of fees, for any camper who consistently exhibits unsuitable behavior or willfully disobeys camp rules, policies, or procedures. Any behavior that is deemed to violate the safety or the wellbeing of the camper, other campers, or staff is grounds for dismissal without return of fees. Any camper who defaces or damages camp property or another person's personal property may be dismissed from camp and their parent/guardian shall be liable for damages.

LEAVE NO TRACE

Girl Scouts always leaves an area better than they found it. By following the Leave No Trace principles, campers will ensure they help to keep camp and the environment beautiful.

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|--|--|
| <ol style="list-style-type: none">1. Plan ahead and prepare.2. Travel and camp on durable surfaces.3. Dispose of waste properly.4. Leave what you find. | <ol style="list-style-type: none">5. Minimize campfire impacts.6. Respect wildlife.7. Be considerate of other visitors |
|--|--|

TECH-FREE CAMP ENVIRONMENT

GSHNJ believes in a tech-free camp environment to give campers the best outdoor experience possible. Electronic devices are not to be in use or visible for any reason during camp hours or during an Overnight Program. Any electronic devices seen during camp hours will be help in the Camp Office and returned at the end of the days. Parents/guardians will be notified. Electronic devices include, but are not limited to:

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| <ul style="list-style-type: none">• Cell phones• CD players• Tablets | <ul style="list-style-type: none">• Portable personal music devices• Portable game systems |
|--|---|

ALCOHOL, DRUGS, WEAPONS, AND OTHER CONTRABAND

To ensure the safety and welfare of GSHNJ campers and staff, possession or use of alcohol, drugs, weapons, and other contraband is strictly prohibited on GSHNJ properties, at GSHNJ camps, and in GSHNJ vehicles. Any incident where a camper is found in possession or use of alcohol, drugs, weapons, or other contraband

SOCIAL MEDIA

For the safety and privacy of GSHNJ campers and staff, please do not post, and advise your camper not to post, any identifying information about our camps (photos of campers or staff, location information, addresses, etc.) to social media.

Staff are discouraged from allowing campers to follow or following campers on any social media platform, unless a prior relationship exists. Additionally, there should be no exchange of personal information between campers and staff including contact information.

according to GSHNJ policies and legal guidelines. This may include dismissal from camp and/or police involvement.

The following items and contraband are strictly prohibited on GSHNJ camp property:

- | | |
|--|---|
| <ul style="list-style-type: none">• Aerosol cans• Alcohol• Drugs | <ul style="list-style-type: none">• Fireworks• Guns• Knives |
|--|---|

HEALTH PROCEDURES
[CLICK HERE](#) to access *CAMPWISE*

DAILY ATTENDANCE

Attendance is taken multiples times throughout the day, at morning flag, at pick up areas, and within the camp unit. After any discrepancies are eliminated in the morning, parent/guardians are phoned by 11:00 a.m. to ascertain the reason for an absence. Please contact the camp if your camper is ill or not attending camp for any reason. Please screen your camper daily and ensure they are healthy before attending camp.

ILLNESS OR INJURY

If your camper is ill, please keep them home. If a family member is ill, it is highly recommended you keep your camper home. In the event of a camper illness or injury, camp will notify the parent/guardian and provide them with a written description of an illness or injury to their camper. Camp will also document this in its own records.

MEDICAL FORMS

Medical information and insurance information are found in the dashboard on *CAMPWISE* under Online Forms. **2023 Camper Medical Information, Medication and Emergency Care, and Camper Medical Insurance forms** MUST be completed and submitted – we highly suggest you review paperwork prior to June 1 to ensure it is accurate and complete. Please do not send in copies of your camper’s immunization record or medical insurance card. Complete all camper medical information including immunization information, date of last tetanus booster, and current medical insurance in *CAMPWISE*.

MEDICATIONS

Camper medications are tracked in *CAMPWISE*. Login to *CAMPWISE* to add medications and additional medical information for your camper.

- Medications must be in original container with the camper’s name on it. Place all medications in a zip-lock plastic bag with your camper’s name on it.
- What is stated on the label is EXACTLY how it will be administered to the camper, unless the prescription bottle is accompanied by a doctor’s order stating a change.
- All medications, including over-the-counter medicine and prescriptions, will be collected and stored in the Health Center on the first day of the camp session. All medications MUST be kept in the Health Center and will be administered under the supervision of the Health Supervisor.
- Campers with a prescription inhaler and/or EpiPen will visit the Health Center on the first day of each session. Campers will keep their inhaler and/or EpiPen on their person at all times in a red pack provided by camp.
- Camp can administer prescription and over-the-counter medicine with written permission from the parent/guardian.
- All medications will be returned to the camper on the last day of the camp session unless other arrangements are made with the Health Supervisor.

HEALTH CENTER

- A camp Health Supervisor is on duty at all times during main camp hours (9:00 a.m. – 4:00 p.m.). The standing orders allow the Health Supervisor to administer over-the-counter medications such as aspirin, acetaminophen, ibuprofen, anti-itch topical, antihistamine, cough drops, etc.
- Should an injury/illness require more care than normally provided by the camp, the parent/guardian and camp's doctor will be consulted. In case of emergency, the camper will be transported to the local hospital for treatment via local ambulance services.

EMERGENCY MEDICAL SERVICES FOR THE OVAL

- Saint Barnabas Medical Center Emergency Department
- Local ambulance service, located within 10 minutes of The OVAL, on stand-by for transportation

IMMUNIZATIONS

The health and safety of our campers is of course our top priority. All GSHNJ Camps follow the requirements for Youth Camps in the state of New Jersey. Please refer to the below to understand these requirements.

The New Jersey Department of Health's regulation of NJ's youth camp industry has specific requirements as it relates to vaccinations and record keeping. Please note:

- All campers in attendance at a New Jersey youth camp shall be immunized according to state requirements, or have a medical or religious exemption provided to the camp. Camps are required to recognize the exemptions under state law.
- A physician's note that vaccinations are in progress.
- Campers that are not immunized and do not have a medical or religious exemption cannot participate in camp in New Jersey.
- **Records must be kept on campers' immunization status and exemptions.** We have a system where we can easily identify those that have exemptions in case of an outbreak at camp or officially in the state.
- In the case of an outbreak at camp, those without immunizations (with exemptions) shall be excluded from attending camp.
- In the case of a statewide outbreak declared by the state, campers who are not immunized (with exemptions) shall be excluded from attending camp.
- NJDOH does not address vaccination requirements for adults and only requires camps to require health histories.

Please be sure your child's immunizations are up to date and are marked as such in the Health History. If you require an exemption (medical or religious), please reach out to your Camp Director for the necessary form. As always, if you have any questions, please feel free to reach out.

COMMUNICABLE DISEASE

All camp families are expected to abide by any screening requirements and adhere to protocols related to communicable disease, which may include, but is not limited to coronavirus, influenza, measles, etc. All health procedures and protocols are reviewed annually and as needed when new information or restrictions from our governing bodies are released. Updates will be shared with families as soon as possible to ensure adequate preparation for the camp program. Please see any additional information from the Camp Director prior to your camper's arrival at camp. This information may include required screening protocols or on site procedures. This year, please see the specific note on communicable disease situations above under "Life at Camp."

Families are the first line of defense when it comes to preventing communicable disease. We ask that you encourage healthy practices, such as handwashing, in your homes. Should the local/state Departments of Health; local, state, or federal governing bodies; or the Centers for Disease Control have restrictions at the time of camp attendance, campers and families are asked to abide them completely. Additionally, if your camper is sick and presents with symptoms that may be a sign of communicable disease, such as fever, we ask that you keep your camper out of camp. Please notify the camp if your camper has had a fever. Depending on symptoms, you may be asked to keep your camper home or provide a doctor's note. Any camper with concerning symptoms or symptoms that come directly from any screening questions, will not be able to remain at camp.

PEST PREVENTION & PROCEDURES

BED BUGS

All GSHNJ properties are inspected by staff or outside vendors, who have been trained to identify bed bugs or other harmful insects.

We are being proactive by:

- Working with the industry's leading bed bug specialists in order to train staff, as well as adhere to best practices in bed bug prevention, detection, and treatment.
- Taking the strongest actions that are reasonable to reducing the likelihood of having bed bugs at camp or having them transferred back to the campers' homes. We recognize that bed bugs know no bounds—they don't discriminate according to socioeconomic status, race, religion, or any other factors.
- Educating all staff on what to look for, monitor daily and immediately report any suspected sightings. Our licensed pest management service will come to camp to confirm or dismiss any bed bug sighting.

BED BUG PREVENTION

We ask that you do your part in bed bug prevention not only for our facilities, but for your homes and our communities. Please follow these universal precautions:

- If you suspect you've been in contact with bed bugs, dry all clothing and bedding in a dryer at high heat for 30 minutes prior to coming to camp. This will kill any bed bugs that may be present.
- When packing for camp, place clothes and bedding directly into a duffel bag with zipper. By using a duffel bag, it will allow us to easily treat the necessary belongings in with high heat. Suitcases are NOT allowed for Overnight Programs.
- While at camp, campers will keep their belongings in the duffel bag to minimize the possibility of hitchhiker bed bugs.

- If a bed bug is confirmed during your camper's stay at camp, the campers will be moved to another location and cabins will be treated. Before moving, clothing and bedding from the entire unit will be dried on high heat for 30 minutes to eliminate any hitchhiker bed bugs.
- Upon your daughter's return from camp, dry all clothing and bedding in a dryer at high heat for 30 minutes prior to putting away. This would kill any bed bugs that may be present.
- [CLICK HERE](#) to learn more about bed bugs.

NOTIFICATION OF BED BUG EXPOSURE

Even with the most aggressive prevention and detection, a possibility for bed bug exposure exists in all shared public spaces. GSHNJ is committed to transparency if and when we have a confirmed case of bed bugs. Our notification policy is as follows:

- All staff and parents/guardians whose campers are on-site during a time of exposure will be notified immediately. You will receive this information via email or phone from the GSHNJ. We will keep you informed and share with you all information we have available, including impacted sites/programs and treatment plans.
- All parents/guardians whose children were housed at the impacted site immediately prior to the verified exposure will also be notified via email or phone immediately.
- Once treatment is completed by our certified pest management service and the affected site clears a follow-up inspection, the next incoming group of parents/guardians whose campers are to use the site will be notified of the exposure and treatment.

HEAD LICE

- Head lice are tiny insects that live in and lay eggs (nits) on human hair. Head lice are highly contagious and often spread throughout a group of campers before being discovered. The sharing of a comb or hat or putting a head on someone else's pillowcase is all it takes to spread head lice from one person to another. The presence of lice has nothing to do with cleanliness and does not reflect poorly on the camper's hygiene, their care, or their home environment.
- Check your camper for head lice before they come to camp, especially if there has been an outbreak in their school. It is advisable to check your camper several weeks before camp because successful treatment can take several weeks. Head lice themselves are not easily visible but the nits (eggs) can be. Nits look much like spots of dandruff but cannot be easily removed from the base of the hair that they are attached to.
- If a camper is found to have head lice, the parent will be called and the camper must be picked up from camp and treated at home. The camper will not be allowed to return to camp until they are nit-free and bring a note from their doctor stating this.
- All campers and staff in the affected unit will be checked for head lice by the Health Supervisor.
- Parents of campers in the affected unit will be notified via email of the head lice outbreak.
- If your camper has head lice, treatment needs to be performed at least two times a few days apart. Once to kill the living lice and again a few days later to kill lice that may have hatched since the first treatment. Ask your pharmacist or doctor for a treatment recommendation. There are nontoxic treatments available for head lice.
- In addition to treating your camper, wash their bedding and clothing in hot water and dry on high heat for at least 20 minutes to kill possible "hitchhikers".
- To prevent the re-infestation or spread of head lice, also check the rest of your household and alert anyone else your camper might have had close contact with.

TICKS

- We highly recommend checking your camper daily for ticks, as there are many wooded areas at camp.
- If we find a tick on a camper, the Health Supervisor will remove it and wash the area. We will document where the tick was found on the camper and notify the parent/guardian.

MOSQUITOES

- We strongly advise parents/guardians to be aware of mosquito-transmitted infections such as Zika virus. Zika is caused by a virus that is spread to people primarily through the bite of an infected Aedes species mosquito. The most common symptoms are fever, rash, joint pain, muscle pain, headache and red eyes.

- We are proactive in our mosquito control at camp. We are committed to eliminating all standing water on our camp properties.
- Mosquito bite prevention protocols include the use of an insect repellent registered with the [EPA](#) and wearing protective clothing such as long pants and long-sleeved shirts.

EMERGENCY PROCEDURES

COMMUNICATION DURING AN EMERGENCY

- It is imperative that the camp be able to reach a camper’s family in an emergency. If your phone contact number should change or a family emergency should arise, please contact the camp to provide a reliable alternative emergency contact.
- You will be notified directly by the Camp Director or senior council staff in the event of an emergency regarding your camper.
- In all serious emergencies, communications of a public nature must go through the Camp Director or senior council staff. Other camp staff and campers are not to make public statements.

EMERGENCY NOTIFICATION SYSTEM

- Should there be an emergency at camp, you will be notified directly via an automated message from the camp emergency notification system.
- You will also be notified directly via an automated message from the camp emergency notification system if your camper’s bus pick-up or drop-off time will be delayed by more than 15 minutes.
- A test message from the camp emergency notification system may be sent at the beginning of the summer camp season.

REGISTRATION (GIRL SCOUT AND CAMP) AND FINANCES

GIRL SCOUT REGISTRATION INFORMATION

All campers must be Girl Scouts, either with GSHNJ or another Girl Scout council.

- Have a current 2023 GSHNJ membership? Continue on to “Ready to Register for Camp?”, below.
- Had a GSHNJ Membership in 2022, but haven’t renewed for 2023? Go to www.gshnj.org and click on myGS.
 - Use your email address as a username.
 - Click on the green “Purchase Membership” link.
 - Complete your purchase.
- When you are registering your camper for a Girl Scout membership on our website, please put in the zip code – 07090 for The OVAL (**not your own zip code**) and under Troop Number type in “The OVAL Summer Camp Registration.” This will allow you to register your camper, but not choose a troop.

Need assistance? Call Member Support at 908-947-1708 to get started.

If campers do not complete their Girl Scout membership registration by June 11, 2023, their camp order will be canceled and the \$100 per session, non-refundable, non-transferrable, camp registration fee will be held.

READY TO REGISTER FOR CAMP?

- ⇒ Go to www.gshnj.org, click on the “Discover” tab and then click on “Summer Camp.”
- ⇒ Click on the blue “Register for Camp Now” button. Then click “Continue to Registration” to enter our camp registration portal, CAMPWISE. *Please note that you must follow this path to access CAMPWISE—it is a unique link specific to our council and our camps.*
- Returning campers, login to your existing CAMPWISE account. Forgot your login? Reach out to summercamp@gshnj.org for a password reset. Please do not create a new account.
- New campers must create an account for your family. An adult must create the account for themselves and then add their camper(s). Please do not make an account in your camper’s name.
- From here, you will be able to register for all GSHNJ camps and for one or more campers in your family. Once you have completed your camper’s enrollment/registration, an account update will be emailed to you. Prior to the camp season, you will receive emails reminding you of action items.
 - ⇒ Select the camp(s) and program(s) your camper(s) is interested in.
 - ⇒ Pay your \$100 per session, non-refundable, non-transferrable, camp registration fee to secure your spot.
 - ⇒ Select add-on options like before/after care.

Need help? Contact summercamp@gshnj.org or call 908-947-1708.

GSHNJ may cancel any program if enrollment does not meet required minimums. If a program is canceled due to low enrollment, alternate programs will be offered or a full refund issued, if necessary.