COME TO THE

St. Albans OPEN HOUSE
Sunday, June 29th
10 a.m.-12 p.m.

Open House is a perfect opportunity for first time campers to see what camp looks like and for all campers to meet staff. Camp tours will be available and the Trading Post will be open.

Each session at St. Albans will feature a theme that will carry throughout the week during campfire, all-camp activities and some meals. Girls are encouraged to bring clothing, costumes, props, etc. to get into the spirit of our theme! Please make sure everything has their name on it!

July 6-12  Super Hero’s
July 13-18  Once upon a time
July 20-25  Amazing Race
July 27-Aug 1  Wild West
Aug 3-6  Camp Olympics

CHECK LIST

* By June 1 before Camp:
* If registering after June 1 please submit all forms now)
Make final payment either online or by sending it to the address below.
Send completed Health Form, Share Your Daughter, Camper Code of Conduct, Camper/Staff Contact Form and Camper Release to:
Girl Scouts of Western Washington
DuPont Girl Scout Center
Attn: Camp Registrar
PO Box 770
DuPont, WA 98327

* 2 Weeks before Camp:
   Review Packing List
   Do you have everything you need?
   Purchase or borrow needed items

* 1 Week before Camp:
   Begin gathering camp supplies
   Don’t forget raincoat, bug spray, flashlight and water bottle!

* Night before Camp:
   Don’t forget to bring your medication in original container and favorite stuffed animal!
   Review directions and check-in times.
   Pack day pack with swimsuit and towel, water bottle, flashlight and sweatshirt for your camper’s first day
   Do a quick health check for fever, sore throat and head lice.

* Last day of Camp:
   Check time and location of pickup
<table>
<thead>
<tr>
<th>Information Packet and Invoice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Please read your Invoice/Order Summary carefully, noting your camper’s CAMP, PROGRAM, DATES OF SESSION and amount due (if applicable). Your balance must be received at the DuPont Girl Scout Center 6 weeks prior to the beginning of your session. Deposits are non-refundable, non-transferable after placement in a camp session. If you have applied for financial assistance, you will be notified by email at a later date.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Camper Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Included with the camper information are five forms which need to be filled out and returned to Girl Scouts of Western Washington by June 1st. (if registering after June 1st please submit all forms now) This will allow the camp staff to prepare for your camper prior to her arrival.</td>
</tr>
<tr>
<td>1. Camper Health History Form</td>
</tr>
<tr>
<td>2. Camper Release Information Form</td>
</tr>
<tr>
<td>3. Share Your Camper</td>
</tr>
<tr>
<td>4. Code of Conduct</td>
</tr>
<tr>
<td>5. Camper-Staff Contact Information</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Health Screening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upon arrival at camp you will be given the opportunity to check in with the camp’s Health Supervisor. The Health Supervisor will be available to discuss any concerns you or she may have about your camper. Any medications will need to be turned in at this time. If medication is to be taken at camp, make sure there is an adequate supply and be certain it is in its original container with directions clearly marked. During check-in, your camper will also be checked by a staff member for over all health including head lice. If lice are found, the camper will be sent home for treatment. After treatment, if camper is nit-free, she will be welcome to join her unit.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Insurance Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girl Scouts of Western Washington provides an insurance policy that, with your insurance, pays for medical expenses caused by accidental bodily injury or sickness contracted while your camper is at camp. It does not pay for treatment of an illness or condition that the camper has before coming to camp. Our policy also does have a maximum limit of payment for each incident. If your child should become ill or injured while at camp, every effort will be made to contact you before or while she is seeing the doctor.</td>
</tr>
</tbody>
</table>

---

**FIRST AND LAST DAY OF THE SESSION**

**FIRST DAY**

- Camper check-in is between 11:30 and 12:30 on the first day of your session. If your camper is grades 2–5, please arrive at 11:30am. If your camper is entering grades 6-12, please arrive at 12:00. This will help with parking congestion. Staff will not be ready until 11:30am, so if you arrive early please be patient while we finish setting up.
- Please have any medications (over the counter and/or prescription) available in its original container (don’t pack them inside luggage); they will need to be checked in with Health Supervisor.
- Please leave luggage in your vehicle until you have completed check-in.
- Pets need to stay in the car while at camp, so we suggest that you stop for a “pet pit stop” before arriving at camp.
- Campers will go through either a swim check of a horseback riding assessment on the first day, please pack a day pack with long pants and riding boots for horse program participants or swim suit and towel for all others.

**LAST DAY**

Please join us for a BBQ lunch the last day of your camper’s session! Families are welcome to arrive at camp at 12:30pm and spend lunch time with their camper, her counselors and new friends. Lunch will be served from 12:30-1:15. Your camper can also show you around to some of her favorite places in camp. All campers must be picked up by 1:30. If you cannot make it to the BBQ lunch, please let your camper know so she is not expecting you.

- **ALL adults picking up a camper** at camp will be required to sign for the camper and show photo identification. This will be verified against the Camper Release Information Form. Make sure anyone who could possibly pick up your child is listed on this form. **Your daughter will not be released to anyone not listed.** We appreciate your cooperation and thank you for helping us protect our campers.
- Please complete the parent evaluation online… we appreciate your feedback.
- **If you need to make arrangements for a late arrival or early departure, please contact the camp director prior to your camp session.**

---

*The use and possession of the following items are not allowed on GSWW Properties: alcohol, tobacco, weapons and personal sports equipment. Please leave all pets at home or in the car during check-in and check-out.*
Camp St. Albans is happy to offer the opportunity for families to purchase t-shirts, sweatshirt and other items with the Camp St. Albans name and logo! Our trading post will be open for business during opening and closing days (check-in and check-out) only and will accept cash, checks and major credit cards. This is a great way to remember camp all year long!!! The summer camp patch may also be purchased as each camper will receive a year rocker to go around the patch.

GIRL SCOUT LEADERSHIP EXPERIENCE

All programs at camp integrate the Girl Scout Leadership Experience. Girl Scouts of the USA is discontinuing many badges, try-its and interest patches therefore campers will no longer receive a badge sheet. Instead campers will receive an Activity Record Sheet to take home. The Activity Record Sheet will highlight the programs your camper participated in along with comments from camp staff on the camper’s successes and contributions she made during her camp experience.

Resident Camp Goals and Outcomes

Goal 1: Connect with others and developing healthy relationships

Campers learn to form and maintain meaningful friendships. Campers learn to communicate effectively and work well with others. Campers understand when and how to seek help from others.

Goal 2: Strengthen positive values

Campers learn to foster an awareness, appreciation, and commitment to the preservation of our natural world. Campers learn to respect and value diverse backgrounds, viewpoints, and life experiences. Campers demonstrate helpful and caring behavior. Campers recognize and accept the consequences of their actions and decisions.

Goal 3: Develop constructive conflict resolution and prevention skills

Campers learn to recognize conflict situations. Campers can resolve differences in a positive manner (i.e., through discussion).

Goal 4: Learn and build upon practical life and outdoor living skills

Campers demonstrate appropriate outdoor living skills. Campers seek opportunities for expanding their knowledge and skills. Campers become more independent and develop self-sufficiency.

Goal 5: Develop leadership skills and educate and inspire others to act

Campers gain confidence in themselves and their abilities. Campers assist peers and seek help from them. Campers encourage others and assist in teaching others new skills.

Goal 6: Provide opportunities for campers to feel empowered to make a difference in the world.

Campers will learn and practice environmental stewardship (i.e., minimum impact/leave no trace). Campers seek to expand their knowledge and set challenging goals for themselves. Campers will feel they have important roles and responsibilities in their groups/communities. Campers will understand the importance of volunteering in community activities to help the environment and others.

CONTACTING YOUR CAMPER AT CAMP

SNAIL MAIL

You can help your camper enjoy camp even more by remembering her often with a cheerful letter or postcard from home. Remember to stress the fun she is having at camp and not all the activities she is missing at home. Please, mail letters to your child early, even before she leaves home. It may take several days to receive your letter. Consider bringing mail for your camper to drop off at the check-in table; these letters will be distributed throughout the session. Make sure everything is addressed clearly with your camper’s name and session name and bundled together when you arrive. Any care packages should not contain food, candy or gum as these items attract ‘critters’ into the living unit.

Girl Scout Camp St. Albans
Camper’s Name
Program or Unit
251 E Lake Devereaux Rd.
Allyn, WA 98524

EMAIL

We are excited to tell you about our partnership with Bunk1.com! Bunk1’s secure, easy to use, summer website and email services let you send messages to your camper. To access the website, visit www.bunk1rrollcall.com/en/i/231/login and enter the registration code: ODWEGFTW. There is a charge for email service, so have your credit card ready. This is a one-way email; campers will not be able to email replies while at camp.

CAMP NEWSLETTER

We send out an email newsletter twice during each session (once for 4 day sessions) with pictures and stories about what is happening around camp. You will have an opportunity to sign up to receive our newsletters while your camper is at camp at the check-in table.

CAMP TELEPHONE and CELL PHONES

The camp phone numbers are listed below. The camp phone is for emergency and business use only. Because of the large number of people at camp, campers will not be able to make or receive phone calls. Please do not send cell phones with your campers for calling or texting. Cell phones brought by campers are put in our safe in the office for safe keeping until pick up.

(360)275-1040 Camp Office Phone

VISITING

Open House gives parents and other interested visitors an opportunity to explore the site. It is not possible for parents or other people to visit campers during the camp session because girls are busy participating in camp program and visitors disrupt camp routine. We encourage families to join us for a BBQ lunch on the last day of your camper’s session before you take her home.
Routes to Girl Scout Camp St. Albans

From Tacoma:
From the Narrows Bridge to St. Albans through Gorst
(approximately 32 miles)
From Narrows Bridge, take West 16, 20 miles to Gorst. Take South 3/Belfair exit left on South SR3 to Belfair, 9 miles. Go through Belfair on South SR3, 3 miles to Lake Devereaux Road (mile post 23). Turn right and go 200 feet, then turn left into St. Albans.

From Olympia:
From Exit 104 off I-5 to St. Albans (approximately 42 miles)
From I-5, take Exit 104 to North Hwy 101 (Bremerton). Stay in right lane on Hwy 101 where Hwy 8 to Aberdeen starts. Follow Hwy 101 North. Take first Shelton exit, go through downtown Shelton. Take SR3 toward Bremerton. Go 18 miles on SR3 to Allyn. Stay on SR3 through Allyn and continue for 2 miles to Lake Devereaux Road. Turn left and go 200 feet and turn left into St. Albans.

From Bremerton Ferry Terminal:
From Bremerton Ferry Terminal to St. Albans (approximately 17 miles)
Turn left onto Burwell St. and go 1.4 miles. Turn left following the WA-304 for another 1.4 miles. Take the ramp onto WA-3 toward Tacoma/Shelton to Belfair, 11 miles (make sure to stay on Hwy 3 south by taking a right exit in Gorst). Go through Belfair on WA-3, 3 miles to Lake Devereaux Road (mile post 23). Turn right and go 200 feet, then turn left into St. Albans.

Carpooling is a great way to meet new friends before camp even begins! As a bonus, it’s also a great way to save resources and help the environment! Email campregistrar@girlscoutsww.org to receive your carpool2camp.com password and instructions for beginning your search to find a carpool buddy in your area. Make sure to include “Carpool to Camp” in the subject line.
Registration

Transportation is available to and from camp. Reservations must be made no later than two weeks prior to the first day of the session (space allowing). Transportation is $30 each way. If you did not sign up for transportation at the time you registered for your camp session and would like to add it to your registration please contact a camp registrar 4 weeks prior to your camper's session. Adding transportation on-line is not possible after your initial registration is submitted.

campregistrar@girlscoutww.org or 253-475-0307

Meeting Location

Tacoma Pick Up/Drop Off
Will be at the Krispy Kreme Doughnuts

Address: 4302 Tacoma Mall Blvd, Tacoma, WA 98409

Drop off (TO camp): 11:00 a.m. (arrive at 10:45)
Pick up (FROM camp): 2:15 p.m.

If we are experiencing any delays and are unable to meet at the specified times we will contact parents. We will have a roster with parent/guardian phone numbers available in the van. We will make all attempts to keep you updated on our estimated arrival for pick-up and drop off times.

Alternate transportation locations are available on an as-needed basis. (minimum of 3 campers) If you have arranged for an alternative location you will be sent the transportation information two weeks prior to camp session.

What to Expect

Our van will be marked with a camp St Albans sign in the front window. You will also find our staff members wearing Camp St Albans Staff t-shirts. When you arrive please check-in with the staff prior to loading luggage. You will need to have medications available and in their original containers and your camper will go through a head check prior to everyone loading on the van. If lice are found, the camper will be sent home for treatment. After treatment, if camper is nit-free, she will be welcome to join her unit (transportation is the responsibility of the parent/guardian). Transportation fee and camp fees are not refundable if camper does not attend camp due to nits/lice or cancels less than 4 weeks prior to the start of the session.

Care and supervision of the camper is the parent’s responsibility before pick up and after drop off. Parents must NOT leave their camper unattended at the bus stop.

NOTE: Please plan to arrive fifteen minutes early to go through a brief health screening and lice check before boarding the van. Routes with less than 4 campers registered may be cancelled 4 weeks prior to pick up date.

During the summer, contact Camp St Albans at 360-275-1040 with questions or problems.

Van Safety

Prior to departure campers will be instructed on expectations while in the van. These include wearing a seatbelt, not unbuckling until the van is stopped, keeping the noise to a reasonable level, keeping hands inside the van, and following the emergency procedures or instructions.

Picking your camper up

Your camper will be eager to see you and tell you about her camp experience however, when picking up your camper please remember that the camper must wait for you to sign them out and the adult must provide proper I.D. If a parent is not at the van drop-off point the camp staff will make every attempt to contact the parent/guardian via the information provided on the Camper Release Form. If, after a reasonable wait, staff are unable to contact an adult the camper will be taken back to camp, where the parent will need to pick her up.
GETTING PREPARED FOR CAMP

Camp is an opportunity for girls to learn responsibility and independence by living away from the family environment. Children have opportunities to learn about themselves in a safe, supportive atmosphere. However, for some children the camp experience is full of heart ache and worry. Their reason may be because of homesickness, a problem at home, or a feeling of not fitting in with the other children.

Here are some helpful tips to prepare your child for camp.

- Read books together about going to camp like The Summer Camp Handbook by Chris Thurber or Off to Camp by Myra Pravda.
- Become familiar with camp. If possible attend the camp Open House (June 30th 1:00 pm-4:00 pm.)
- Prepare your camper to care for herself, by having her spend a weekend with a friend or relative.
- If this is your camper’s first time away from home, speak openly about homesickness. Homesickness is natural. With your camper, create a plan for what she will do if she becomes homesick at camp. Some ideas may be to write a letter home, tell a counselor, or try to be a friend to someone else that may be feeling homesick, too. Avoid “pick-up deals” that is, telling your camper that if she feels homesick, all she has to do is call you and you will come pick her up. This tells the camper that you do not think that she is strong enough to handle homesickness on her own and undermines the counselors’ efforts to help your camper become comfortable at camp.
- As a parent, emphasize your camper is “going” to camp rather than you are “sending” her.
- Put little notes in her luggage letting her know that you care and hope she is having fun.
- Write letters or e-mail to your child while she is at camp. Mail some before she leaves or bring letters to check-in.
- If you have concerns or if there is something we should know (a recent move, serious illness, death, divorce, etc.) please include the information on the Share Your Camper form, or call the Camp Director directly.

LICE AND OTHER REASONS A CAMPER MAY GO HOME EARLY

If a camper leaves camp early due to illness, accident, homesickness, behavior problems or other reasons, there will be no refunds or pro-rated fees. Also, Girl Scouts of Western Washington has a “no-nit/lice” policy at our camps. Please be sure to check your camper for nits or lice and, if found, treat them before arrival at camp. If, during the check-in at camp, nits/lice are found, the camper will be sent home for treatment. After treatment, if the camper is nit-free, she will be welcome to join her unit or change to another session of camp (if space is available). If the camper is unable to return or transfer to an available session, the registration may be cancelled and camp fees are not refundable. Transportation is the responsibility of the parent for late arrival or early departure.

CANCELLATION/REFUND POLICY

- If a camper leaves camp early due to illness, accident, homesickness, behavior problems or other reasons, there will be no refunds or pro-rated fees.
- Camp fees are also not refundable for late arrivals or failure to attend.
- Once the camper is placed in a camp session, the deposit is nonrefundable. If we are unable to place a camper in a program of her choice, the deposit and any additional camp fee paid will be refunded in full.
- Girl Scout membership is non-refundable even if the girl is not placed in a session.

The balance of the camp fee will be refunded ONLY if:

1. Written notification is received four weeks before the start date of the confirmed camp session stating a family emergency or illness that explains why the camper can no longer attend.
2. A letter from a physician, accompanied by the parent’s written refund request due to illness or injury.

HEALTH & NUTRITION

We strive to serve healthy, tasty kid-friendly meals at summer camp. We encourage all campers to try a little of everything that is served, even if a familiar dish looks different than what they are used to. But, what if a camper really, really doesn’t like what is served for that meal? We always have additional options like PB & J, cereal and a bowl of fresh fruit (apples, oranges, etc.) is available in the dining hall during meals and for snacks. Healthy snacks, such as granola bars or crackers and cheese, are also served in the afternoon to provide extra energy. A vegetarian option is always available at each meal where meat is served. If your camper has special dietary needs or restrictions, please contact the Camp Director prior to your camp session. We can accommodate most dietary needs with enough advance notice.

HEALTH HUT PROCEDURES

If a camper gets hurt, has an allergic reaction, or shows signs of illness, she will be taken to the Health Hut for evaluation by the Health Supervisor. Any time a camper spends more than a short stay in the Health Hut, or is seen by a physician, a call will be made to parents for further advice and directions.
PACKING INFORMATION

Have your camper do as much of their own packing as possible. They will need to know where clothing and other items are located. Have her practice rolling her sleeping bag by herself. We ask that you label all items with her first and last name—you’d be surprised how many kids have the same initials! An indelible laundry marker or name tabs work best.

PACKING LIST

☐ Medications in original containers (don’t pack in luggage)
☐ Socks
☐ Underwear
☐ Shirts
☐ Sweater/Sweatshirt
☐ Long Pants
☐ Shorts
☐ Warm Jacket
☐ Raincoat/Poncho
☐ Warm Pajamas
☐ Swimsuit
☐ Hat
☐ Sturdy Shoes/Boots
☐ Warm Sleeping Bag
☐ Day Pack
☐ Mess Kit (Silverware, Cup, Bowl/Plate)
☐ Dunk Bag (mesh drawstring bag for mess kit)
☐ Water Bottle
☐ Flashlight with Extra Batteries
☐ Sunscreen
☐ Insect Repellant (non-aerosol)
☐ Flip Flops (for showers and beach only)
☐ Personal Toiletries (comb, toothbrush and paste, shampoo, soap, washcloth, towel, beach towel, sanitary supplies, Chap stick)

OPTIONAL ITEMS

(But Nice to Have)

☐ Stationary (with pre-addressed and stamped envelopes/postcards)
☐ Extra blanket
☐ Pillow and pillowcase
☐ Plastic bag for wet items
☐ Camera and film/batteries
☐ Favorite book
☐ Water shoes
☐ Favorite stuffed animal

What NOT to Bring

x Money
x Food or Candy
x Electronics (cell phone, radio, Laptop, MP3 players, Kindle/eReader, iPod)
x Hairdryer or Curling/Flat Iron
x Glass Containers

If the above items are found in your campers’ belongings they will be taken and placed in the camp safe for safe keeping until check out.

★ Label all items with your camper’s name
★ Check all your gear when you return home to make sure it is all there!

Participants in levels 2 and 3 of the LEAP program will receive an email with additional information and program application. Horse and trip programs have additional packing list on the next page.

LOST AND FOUND

All personal clothing/equipment your camper brings to camp is her responsibility. Every effort will be made to help your camper learn to keep track of her belongings. Write your camper’s name on all her belongings. Articles left at camp will be logged by session and kept in the camp office until two weeks after the end of summer session. Call the camp office to make arrangements to pick the articles up from camp or the nearest Girl Scout service center.

The use and possession of the following items are not allowed on GSWW Properties: alcohol, tobacco, weapons and personal sports equipment. Please leave all pets at home or in the car during check-in and check-out.
**Horse Program Information**

Campers will have a riding assessment when they arrive at camp (please pack riding boots and long pants in day pack along with swimsuit and towel) and then will spend 2 hours every full day of camp at Horse Haven. One hour will be spent working directly with the horses, riding either in the arena or on our trails. The other hour will be spent doing lessons, such as how to care for a horse, in the ‘classroom’.

Every effort is made to make our horse program as safe as possible. Campers need to follow the rules and listen to the wranglers. Our horses are gentle and are chosen to be good with beginners, but they are large animals and can sometimes be unpredictable. The nature of horseback riding is that there can occasionally be injuries from falling off a horse, being stepped on or kicked. We require all riders to wear boots and helmets at all time when working directly with the horses or riding to reduce the chance of injury.

If the weather causes conditions that increase the risk to campers or horses, rides may be cancelled for safety. In this case, campers are often able to do lessons with the horses on the ground or other horse related programming at Horse Haven. Additionally, if a camper is not fit to participate in a particular lesson because of experience or temperament our staff may choose to have her dismount for the remainder of the day. If such a decision is made, it will be with the safety of your camper and the other riders in mind.

**ADDITIONAL ITEMS TO PACK**

- Enough jeans or other non-nylon (they make too much noise) long pants for every ride
- Boots or shoes with a smooth sole (not rain boots) and a 1/2" to 1 1/2" heal.

Camp will provide a correctly fitted helmet and has loaner boots if needed.

**Bonkers for Boats Information**

Campers will be spending one night on the USS Turner Joy in Bremerton a U.S. Naval Destroyer Museum Ship. Campers will need to bring a small duffle bag or backpack for the overnight, the rest the their belongings will be left at camp in their living unit. Camp staff will be responsible for camper medications while on board the USS Turner Joy.

**ADDITIONAL ITEMS TO PACK**

- Small duffle bag or backpack (a daypack will work if it fits all the items needed for an overnight)
- Rubber soled shoes (like sneakers)
- USS Turner Joy Release Form

**Beach Bums Information**

Beach Bums campers will be leaving camp for a five day trip exploring beaches around Western Washington. The van ride may be on winding roads, so if your campers tends to get car sick, please bring your preferred motion sickness medication in its original packaging.

Please bring all the items on the packing list, because weather is unpredictable rain gear and warm clothing are a must. Proper footwear for hiking and beach combing is important; you will need a pair that can get wet like Tevas or Keens. Campers need an extra suitcase or duffle bag for items left at camp.

- Sleeping Pad
- Stocking hat for cold weather
- Bandana
- Hat for Sun, Sunglasses, Sunscreen
- Shoes to get wet like Tevas, old sneakers, etc. (no flip-flops)
- 2 Warm shirts, sweaters or jacket (wool or synthetic is best)
- Signed copy of camper Code of Conduct for Trips and Olympic Raft and Kayak

All participants in programs that leave camp will receive an additional email in June with an itinerary and necessary release forms.