

# Girl Scouts Heart of the Hudson, Inc. 2023 Summer Camp Brochure



girl scouts   
heart of the hudson

Adventure Awaits

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Dear Campers and Camp Families,

Thank you for considering spending your upcoming summer with Girl Scouts Heart of the Hudson. Planning for summer 2023 has been underway since we closed up camp in August 2022 and we are confident that we have a great summer planned for Girl Scouts at both Camp Addisone Boyce and Rock Hill Camp.

With each camp season, we take what worked and what most resonated with both campers and staff and integrate that into the plans for the upcoming season to provide Girl Scouts with the most fun and enriching summer camp experience.

While at Rock Hill Camp or Camp Addisone Boyce, campers will have fun in the sun, meet new friends from all corners of GSHH's seven-county footprint, and will strengthen their connection to the Girl Scout sisterhood and the movement.

Whether attending day camp at CAB or resident camp at Rock Hill Camp, Girl Scouts will gain independence, and confidence in this girl-led and girl-planned environment. You will be wow-ed by the ways your camper will flourish by attending even one session of camp. Giving girls the opportunity to break from their typical routine and interact in new spaces with new people puts them on the path to becoming their best selves.

First time campers have the unique benefit of and opportunity to learn about the history of Girl Scout camp traditions from seasoned campers and passionate camp staff. By attending a Girl Scout camp, your camper becomes part of this 100+ year-old history and will forever be part of the fabric of the Girl Scout story.

We can't wait for you to see what we have in store for your Girl Scout this summer. See you at camp!

Yours in Girl Scouting,  
Helen Wronski, Interim CEO, Girl Scouts Heart of the Hudson, Inc.

# Top 5 Reasons to Choose Girl Scout Camp

This summer, bring her to a place that is safe, nurturing, and most importantly, filled with fun! At our camps, we believe that girls should not have to choose between science, technology, engineering, or math (STEM) activities; and fashion, archery, fishing or in crafts. We know that girls have a wide variety of interests, and in Girl Scouts, they get to try a little of everything.

**1.** The feeling of family! There is nothing better than the feeling of community when a group of positive and friendly individuals come together to have fun. Girl Scout camp fosters healthy relationships and creates friendships that last a lifetime.

**2.** Safety, safety, safety! Did you know that Girl Scout safety regulations are stricter than the Health Department? At Girl Scout camp, we have higher adult-to-girl ratios, well-trained staff, and stricter security policies ensuring that no matter how much fun she has, it's going to be as safe as possible. All of our camps are accredited by the American Camp Association (ACA).

**3.** Guided by girls. Chosen by girls! We want girls to have a voice. And that includes helping decide the activities for the week. At Girl Scout camp, campers help make decisions that affect the group and get a chance to plan the week, so it's all about them and doing what makes them happiest.

**4.** Outdoor focus! It's so easy to get caught up in the hustle and bustle of everyday life, girls need a chance to connect with nature - look at the stars, tell stories around the campfire, walk through streams to see what lives there, run through open fields. Being outdoors to explore is a quintessential part of childhood.

**5.** Positive role models! When we ask campers and parents to share their favorite aspects of Girl Scout camp, our camp staff always make the list. Our instructors not only make camp fun and challenging, they inspire the next generation of girls.

**For more information about GSHH's Summer Camp program, contact the camp directors:**  
**Rock Hill Camp - Resident Camp**  
**Morgan Lubenow "Bones"**  
**(p) 914-747-3080 x741**  
**(e) [mlubenow@girlscoutshh.org](mailto:mlubenow@girlscoutshh.org)**  
**Camp Addisone Boyce - Day Camp**  
**Samantha Alonzo-LaPointe "Sunflower"**  
**(p) 845-236-6002 x726**  
**(e) [slapointe@girlscoutshh.org](mailto:slapointe@girlscoutshh.org)**



# 5 Razones Principales Para Elegir Campamento de Girl Scouts

¡Este verano, traela a un lugar seguro, enriquecedor y más importante, lleno de diversion! En nuestros campamentos, creemos que las niñas no deben de tener que elegir entre actividades de ciencia, tecnología, ingeniería o matemáticas (STEM); o moda, tiro con arco, pesca o artesanías. Sabemos que las niñas tienen una gran variedad de intereses, y en Girl Scouts, ellas pueden probar un poco de todo.

**1.** Sentirse como en familia! No hay nada mejor que el sentimiento de comunidad cuando un grupo de personas positivas y amables se juntan para divertirse. El campamento de Girl Scouts fomenta relaciones sanas y crea amistades que duran toda la vida.

**2.** ¡Seguridad, seguridad, seguridad! ¿Sabías que las normas de seguridad de Girl Scouts son más estrictas que el Departamento de salud? En el campamento de Girl Scouts, tenemos un porcentaje de adultos muy alto que supervisan a las niñas, personal bien entrenado y políticas de seguridad muy estrictas asegurando que hay mucha diversión. Los dos de nuestros campamentos están acreditados por el American Camp Association (ACA)

**3.** Guiado por niñas. ¡Elegido por niñas! Queremos que las niñas tengan una voz. Y eso incluye ayudar a decidir las actividades de la semana. En el campamento de Girl Scouts, las campistas ayudan a tomar decisiones que ayudan al grupo y tienen la oportunidad de planear la semana, todo es acerca de ellas, y haciendo lo que a ellas las haga más feliz.

**4.** Nos enfocamos en actividades al aire libre! Es tan fácil quedarse atrapados en el ajetreo de la vida cotidiana, que las niñas necesitan una oportunidad para conectar con la naturaleza - mirar las estrellas, contar cuentos alrededor de la fogata, caminar por los arroyos para ver lo que habita ahí, correr por campos abiertos. Estar al aire libre para explorar, es una parte muy importante de la infancia.

**5.** ¡Somos ejemplo a seguir! Cuando pedimos a las campistas y a los padres compartir los aspectos favoritos de el Campamento de Girl Scouts, nuestros instructores siempre son mencionados. No sólo hacen el campamento divertido y estimulantes, sino inspiran a la próxima generación de niñas.

**Para obtener más información sobre el programa de campamento de verano de GSHH, comuníquese con Carolina Mena, directora interina de Girl Experience y Programación al aire libre:**

**(f) 914.747.3080 X 747**

**(e) [cmena@girlscoutshh.org](mailto:cmena@girlscoutshh.org)**



# Registration and Financial Assistance Info

## Registration is Easy

Registration opens on - Wednesday, January 18, 2023 at 1:00 PM. Early Bird registration will be open from 1/18-2/8/2023 at 11am

- To register, go to [www.girlscoutshh.org](http://www.girlscoutshh.org) and click on the Programs and Events tab
- Using the Menu on the left side, select Calendar
- Using the arrow keys, scroll to the month of the Summer Camp Session you wish to register
- Click on the session name, which will take you to a page with additional information
- Click on the Register Now button in the middle of the page
- You will be prompted to sign in using your email address
- Follow the prompts to complete the registration

**All registrations require a non-refundable \$75 deposit.**

## Payments

A \$75 non-refundable deposit is required to secure your girl's session. Full payment for all camp programs is due by Thursday, June 1, 2023. If the balance of camp tuition is not received by June 1st, we may cancel your reservation. We accept payments by credit card, check, or money order. Dough-Si-Dough may be applied toward any of your camp registration fees, excluding the \$75 nonrefundable deposit.

To use Dough-Si-Dough as payment, please contact Member Care at 1-855-232-GSHH (4744) or [membercare@girlscoutshh.org](mailto:membercare@girlscoutshh.org).

## Out of Council Registration

We are happy to announce that registration for out of council girls will open on Wednesday, February 8th at 1pm.

If you know of a Girl Scout interested in attending one of GSHH's camps, please forward them the registration information.

## Camperships

Camperships are available to Girl Scouts Heart of the Hudson (GSHH) members who would like to attend a GSHH summer camp but cannot afford the cost. Using one form per girl, please complete the campership application, for which there will be a link in each camp session.

Those applying for campership must register for their desired sessions and submit the \$75 deposit per session to secure their spot prior to sending in their Campership application. Applicants submitting a financial assistance application will be reimbursed their deposit if they are not awarded a Campership.

The deadline to apply for a Campership is Monday, April 17, 2023. **To apply, visit [www.girlscoutshh.org/forms](http://www.girlscoutshh.org/forms) and click on the Campership Application.**

The best camps are ACA accredited, just like GSHH camps! American Camp Association accreditation shows a commitment to high quality programs, safety standards, and best business practices. To learn more about ACA, visit [acacamps.org](http://acacamps.org).



# Inscripcion y Asistencia Financiera

## La Inscripcion es Facil

La inscripción se abre el miércoles 18 de enero de 2023 a la 1:00 p.m.

- Para registrarse, vaya a [www.girlscoutshh.org](http://www.girlscoutshh.org) y haga clic en Programas y Eventos
- Usando el Menú en el lado izquierdo, seleccione Calendario
- Use las teclas con las flechas para bajar y escoger la sesión del campamento al que desea inscribirse.
- Haga clic en el nombre de la sesión,
- que le llevará a una página con información adicional
- Haga clic en el botón Inscríbase ahora en el centro de la página
- Le pedirá que inicie sesión con su
- dirección de correo electrónico
- Siga las indicaciones para completar la inscripción. Cada inscripción requiere un depósito no reembolsable de \$75.

Para aplicar, visite [www.girlscoutshh.org/forms](http://www.girlscoutshh.org/forms) y haga clic en Las Aplicaciones de el campamento. Los mejores campamentos están acreditados por ACA, al igual que los campamentos GSHH! La acreditación de la Asociación Americana de Campamentos muestra un compromiso con programas de alta calidad, estándares de seguridad y mejores prácticas comerciales. Para obtener más información sobre ACA, visite [acacamps.org](http://acacamps.org).

### Pagos

Se requiere un depósito no reembolsable de \$75 para asegura la sesión de tu chica. Pago completo para todos los programas de campamento vence el jueves 1 de junio de 2023. Si el saldo de la inscripción del campamento no es recibido antes del 1 de junio, podemos cancelar su reserva. Aceptamos pagos en efectivo, cheque o tarjeta de crédito. Dough-Si-Dough se puede aplicar a cualquiera de sus campamentos cuotas de registro, excluyendo el depósito no reembolsable de \$75. Para usar Dough-Si-Dough como pago, por favor comuníquese con Atención al Cliente al 1-855-232-GSHH (4744).

### Becas de Campamentos

Las becas están disponibles para los miembros de Girl Scouts Heart of the Hudson (GSHH) que deseen asistir a un campamento de verano de GSHH pero no pueden pagar el costo. Usando un formulario por niña, complete la solicitud de beca. El formulario de becas debe ir acompañado de un depósito de \$75 por sesión. Solicitantes que presentan una asistencia financiera solicitud se le reembolsará su depósito si no se les otorga una beca. La fecha límite para solicitar una beca es lunes, 17 de abril de 2023. Para postularse, visite [www.girlscoutshh.org/forms](http://www.girlscoutshh.org/forms) y e abril de 2023. Para postularse, visite [www.girlscoutshh.org/forms](http://www.girlscoutshh.org/forms) y haga clic en Camper-ship Application.

# Discount Information

## GSHH Discounts

Please make sure to review the following discount information prior to registration as some of the discounts are new or have changed.

These discounts apply to Resident and Day Camp programs for registered members of Girl Scouts Heart of the Hudson only. **Please note: discounts cannot be combined. Also, discounts do not apply to Super STARS, CIT I, or CIT II sessions.** It is at the discretion of the family to choose which discount they would like to apply when registering their girl for camp.

## Early Bird Discount

**The Early Bird Discount is available from January 18 - February 8, 2023** for those who pay in full at the time of registration until session capacity is met. **This discount gives the registrant 10% off a camp session, with a maximum discount of \$100 per camp session.**

## Siblings Discount

**\*No action required from parent/caregiver**

- If two siblings register, each camper will receive a \$25 trading post/shop gift card.
- If three or more siblings register for camp, each camper will receive a \$30 trading post/shop gift card.
- Gift cards can be utilized during camp season or for any Girl Scout product/registration.
- Gift Cards will be distributed prior to the first week of camp.

## Multi Week Discount

**\*No action required from parent/caregiver**

If registering for an entire summer, campers will receive a \$375 (CAB) or \$675 (RHC) voucher for a summer camp session in 2024.

If a camper attends a combination of sessions at both camps for the entire summer they will receive a voucher for \$400 for summer 2024.

## Refund/Cancellation Policy

GSHH camp sessions are **only refundable 2 weeks before the session starts**. After this time camp sessions are not refundable. All refunds will be deducted by the non-refundable deposit of \$75.

### Transfers

GSHH will allow a single transfer from one session to another session if there are extenuating circumstances. Transfers must be requested through Member Care a **minimum of 2 weeks prior to the start date of the session**. The new session you are requesting a transfer to must be determined at the time the request is made, or funds will be forfeited, we cannot hold credit for future use.

Early bird discounts are not transferable, if full payment for a camp session is received by 2/8 and you wish to transfer to another camp session, the remaining balance of the Early bird discount will be due.

Contact [membercare@girlscoutshh.org](mailto:membercare@girlscoutshh.org) with any questions.





## Counselors & Staff

At Girl Scouts Heart of the Hudson, your camper will have the opportunity for personal development in a safe environment. We work hard to provide these values through the hiring and training of qualified staff and offering a high quality outdoor experience.

Camp Directors recruit and screen mature qualified staff who have a desire to share their enthusiasm for camping, the outdoors, and arts with girls.

All camp staff participate in an intensive pre-camp training which includes Girl Scout program and philosophy, CPR and First-Aid Certifications, camp, relationship skills, risk management, behavior management, and more. Additional training is provided for adventure programs and specialty activities. All camp staff may assist in specialty programs and around camp.

Do you know someone who would love to work at summer camp? We are currently hiring for all positions including Nurses, Counselors, and Program Activity Specialists. Applicants interested in applying for a resident camp position who are 16-17 years old are welcome to apply as a Junior Counselor. All other staff must be at least 18 years old. Day camp applicants must be at least 16 years old. You can apply directly on our website at [www.girlscoutshh.org/campjobs](http://www.girlscoutshh.org/campjobs) or by scanning the QR code below.



*Did you know?*



Rock Hill Camp and Camp Addisone Boyce Day Camp are both accredited by the American Camp Association and meet the safety standards set for by Girl Scouts of the USA and the New York State Department of Health.



# Adult Camp Readiness Quiz

Is your girl ready for summer camp? Are you? Find out whether she's ready to attend resident camp at Rock Hill Camp or day camp at Camp Addisone Boyce with these helpful quizzes!

**Directions:** Answer the quiz as honestly as you can. At the end of the quiz, tally your score and see if you and your girl are ready for camp.



## Point Scale:

1 = No Way! 2 = Maybe 3 = Yes!

### Adult Resident Camp Quiz:

- Are you comfortable when your child is at a sleepover?
- Are you confident in your child's ability to wash and brush their own hair?
- Are you willing to work with your child so they will be ready for camp?
- Are you prepared to not see or speak with your child for several days?
- Are you comfortable with your child living/playing in a rustic setting where there are insects, they will get dirty, and it may rain?
- Does your child enjoy meeting new friends and accept others who are different from them?
- Can you help adhere to the rule about no phone, TV, computer/tablets, or electronic toys?
- Will your child enjoy sleeping, eating, and playing with those who may not be her best friends at home?
- Would you be okay communicating with your child only by mail?
- Are you prepared to entrust your camper's care to camp staff?
- Do you think your child is ready to have a blast at resident camp?

### Total Points:

**11-18 Points:** Not quite ready? Before camp starts, try weekend or family camping!

**19-24 Points:** You may be ready for resident camp! You may be more comfortable if your camper brings a buddy or attends a cabin program camp session.

**25-33 Points:** You are ready to send your girl to resident camp! You are confident in your girl's abilities to attend camp.

### Adult Day Camp Quiz:

- I'm ready for my Girl Scout to have a great girl experience during their days at camp!
- Are you comfortable to drop off your camper with a quick wave and 'goodbye'?
- Are you comfortable with your camper spending the day in an outdoor rustic setting where there are insects, it may rain, and they will get dirty?
- Are you able to relax and enjoy yourself when your child is at a sleepover?
- Are you okay with sending your camper to camp with a packed lunch each day?

### Total Points:

**5-7 Points:** Not quite ready yet? Try spending more time together with your Girl Scout and/or their troop in an outdoor setting!

**8-11 Points:** You may be ready for day camp! See if a member of your Girl Scout's troop would like to attend day camp together.

**12-15 Points:** You are ready to send your camper to day camp!

## Girl Camp Readiness Quiz

Are you ready for summer camp?

**Directions:** Answer the quiz as honestly as you can. At the end of the quiz, tally your score and see if you are ready for camp!



### Point Scale:

**1 = No Way! 2 = Maybe 3 = Yes!**

#### Girl Day Camp Quiz:

- Are you excited to try new things?
- Are you comfortable going to a new place and making new friends?
- When you have a problem, will you go to an adult and share it with them?
- Have you had a sleepover at a friend's house and had fun?
- Are you comfortable leaving your cell phone, tablet, or favorite toy at home while at camp?
- Are you excited about playing, singing, and eating with new friends who may not be your friends from home?

#### Total Points:

**6-7 Points:** Talk to your parents about spending a day together outdoors at a local or state park to help prepare you for a day camp!

**8-14 Points:** You may be ready for day camp! To help you feel ready for day camp consider bringing a buddy to camp.

**15-21 Points:** You are ready for day camp! See you soon!

#### Girl Resident Camp Quiz:

- Do you love sleepovers at your friend's house?
- Can you wash and brush your hair on your own?
- Are you brave when you see bugs, mice, or hear strange noises at night?
- Can you make your bed and keep track of your own things?
- Would you be okay if you had to walk to a nearby building to use the bathroom at night with a buddy or your camp counselor?
- Can you go without air-conditioning in your living unit and/or walking around in the New York summer heat?
- When you have a problem, will you go to an adult and share it with them?
- Can you survive without a phone, TV, computer/tablet, or electronic toys?
- Are you willing to help with camp chores such as sweeping, setting tables, and picking up trash?
- Do you love to make new friends?
- Are you excited and ready to go to resident camp?

#### Total Points:

**11-18 Points:** Try day camp with an optional overnight (if permitted), or plan a camp trip with your troop or family to get more comfortable.

**19-24 Points:** You may be ready for resident camp. Bring a buddy with you, or try a cabin session program.

**25-33 Points:** You are ready for resident camp! See you soon!



# Our 2023 Camp Season & COVID-19\*\*

As we plan for the 2023 summer camp season, we have to acknowledge that COVID-19 is still a concern for both campers and staff. As the recommendations are evolving, we will do our best to prepare for whatever challenges are ahead. Our health and safety plan will provide everyone with the safest environment possible. Camp is not a risk-free environment, however, the safety procedures and policies put in place are effective in minimizing this risk and help us provide an amazing summer camp experience to Girl Scouts. It is likely that GSHH will need to amend or update its plans as we move closer to summer camp to abide by the guidance set forth by the CDC, New York State, and local Departments of Health. We will communicate any updates with you as they are made available.

## Health Screening & COVID-19 Vaccinations

Campers age 5 and above who have been vaccinated must produce proof of vaccination\* (vaccine card). All other campers who have not been vaccinated must produce a negative COVID-19 test (taken within 72 hours of arrival at camp). This can be a PCR test or a rapid test - both meet the necessary New York State guidelines.

\*Uploaded to immunization section in CampDocs. Parents will receive an email with information on CampDocs after sessions have been confirmed. We will continue to monitor all guidance and provide you with any updates necessary.

## Camper Health Forms:

All camper health forms will be available online through CampDocs. In the spring after registration, you will receive an email from CampDocs to set up your profile and submit your camper's medical information. All camper health forms (including vaccination records, allergies, medications, insurance, physical, etc.) and the Camper Pick-Up Form are required to be submitted online through CampDocs prior to arrival at camp.

## Hand Washing

There will be mandatory hand washing and sanitizing protocols between each activity period. Hand sanitizing stations will be located at all food service areas and every activity area.

## Food & Meals

Food and snacks at Rock Hill Camp will be individualized and pre-packaged in the kitchen and served cafeteria-style to minimize contact. Food will be eaten in outdoor pavilions with cohorts seated at assigned tables. Sharing of food or drink is prohibited.

**\*\*Please note, guidance is up-to-date as of 12/1/2022, and subject to change.**

## Camper Essentials 2023

Set your camper up with everything they need to have an awesome summer!

Parents can add funds to their camper's trading post accounts at the time of registration or with cash at drop-off. Any unused trading post funds will be returned in the form of Dough-si-Dough to be used for future programs or activities.

### Day Camper Basics \$45.00

- Full-size Backpack
- Lunch Bag
- Water Bottle
- Camp Patch
- 2 Camp Bracelets

### Resident Camper Basics \$40.00

- Full-size Backpack
- Flashlight
- Water Bottle
- Camp Patch
- 2 Camp Bracelets

### Optional Add-Ons

- Sleeping Bag (Outdoor Quality) \$45.00
- Sweatshirt - \$25.00
- Towel - \$15.00
- Mess Kit - \$10.00
- Youth Poncho - \$6.00
- Swim Goggles - \$6.00
- Tie-Dye Kit - \$35.00 (Includes: 1 each - t-shirt, bandanna, pillow case, socks, and 3 scrunchies)





### Camper Health Forms:

All camper health forms will be available online through CampDocs. In the spring after registration, you will receive an email from CampDocs to set up your profile and submit your camper's medical information. All camper health forms (including vaccination records, allergies, medications, insurance, physical, etc.) and the Camper Pick-Up Form are required to be submitted online through CampDocs prior to arrival at camp. The camp nurses will review the camper health forms and contact you if sections are incomplete or if they have questions in regard to your camper's health. If health forms are not completed prior to check-in, the camper will not be allowed to remain at camp until the forms are completed. No refunds or adjustments in fees will be made for non-attendance due to incomplete health forms.

### Health Screening & COVID-19 Vaccinations:\*

All campers and staff will be required to have daily temperature checks and a pre-camp negative COVID-19 test that must be presented at check-in. Campers age 5 and above who have been vaccinated must produce Proof of Vaccination (Vaccine Card).\*\* All other campers who've not been vaccinated must produce a negative COVID-19 test (taken within 72 hours of arrival at camp). This can be a COVID-19 lab test or a rapid test - both meet the necessary NYS guidelines.

### Medications:

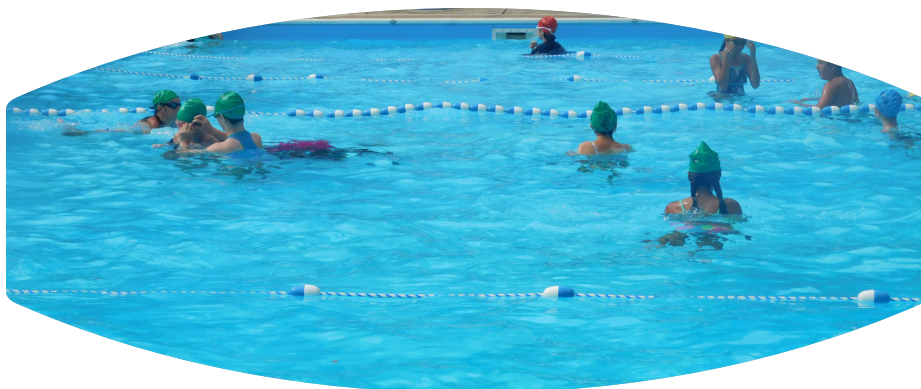
If your camper has medication, vitamins, OTC medications, or itch relief cream, please have it labeled with their name and give it to the Nurse at Check-In. Medications must be labeled and in their original packaging. No pill cases or loose medication will be accepted. Campers are not allowed to have their medications with them in their units (Exception: epi-pens and inhalers.) Give these medications to the nurse at check-in/drop-off, they will then be given to their counselor. Reminder: make sure to see the Nurse at Check-out/end of final camp session to retrieve your medications; they will not be given to the camper prior to Check-out.

**\*Processes may be updated to reflect COVID-19 guidelines at the time of camp session.**

**\*\*Upload to immunization section in CampDocs.**



# General Camp Information



## What are Kapers?

At Girl Scout camp, campers are active members of our camp community and are assigned daily chores, called “Kapers.”

Kapers may include picking up trash around camp, setting tables at mealtimes, or cleaning the washhouse. In addition, girls are expected to keep their personal items picked up in their living area.

## Cell Phones/Technology

Today’s campers have grown up in a world connected by technological devices. An important hallmark of camp is to balance this reality with a high-quality outdoor experience aimed at inspiring respect for the natural world year round. To provide this important experience, we require campers to leave all electronics at home. Any cell phones, mp3 players, iPods, handheld gaming devices, wearable technology (Apple watch, Fitbits, etc.), e-readers, iPads, tablets, and computer-like objects brought to camp will be collected and stored in the Camp Director’s office until the camper is picked up at Check-out. We also highly discourage campers from bringing hair dryers or curling irons. We appreciate your family’s efforts to support this important requirement.

## Swimsuits at Camp

We highly recommend you send campers with 1 or 2 single-piece swimsuits and a cover up. Due to the active nature of camp and the large number of hours spent in the sun, we want to make sure your camper is as protected as possible, which includes recommending the safest swim wear. Please be sure to also send water-proof sun screen (recommended SPF 30 or higher). If you have any questions or concerns, please contact us.

## Photography

We know how much fun your camper has with us and understand you’re excited for us to share photos of her camp experience with you. While we do our best to take photos, our top priority is making sure your camper is having the best camp experience possible. Photos will be posted on our social media accounts, be sure to like or follow our pages!

Here are a few things to keep in mind:

- We will post photos as often as we can. We are very busy making sure that camp is running safely and your camper is having a great experience. We are in a rural area - sometimes our camp Internet goes out and delays uploading photos.
- Camp staff will not interrupt our campers’ experience to take photos, nor will we force campers to be in photos if they don’t want to.
- Candid photos are often taken while campers are doing various activities so it may not be a posed picture.
- We try to take multiple photos of each unit weekly. We cannot guarantee we can get photos of them doing everything while at camp, but we will try our best.
- Don’t worry if your camper doesn’t have a huge smile in every photo. Sometimes campers are thinking or concentrating on their activity and may not always have a big smile. If we ever have concerns about your camper while they are at camp, we will contact you.
- We welcome campers to bring digital cameras to camp, and encourage them to capture the fun from their perspective. Keep in mind that other devices are not allowed as we are teaching them to ‘unplug’ from the online world once in a while.
- Group photos will be taken each session at Rock Hill Camp and available for \$12.00 each, payable by cash at drop-off.

**Please see our technology policy for further details. GSHH is not responsible for lost, stolen, or damaged items that are brought to camp.**

# General Camp Information



## Campers with Special Needs (Including special dietary needs)

Please contact the Camp Director for campers requiring special diets (including food allergies), special health care, or mobility accommodations.

At that time, you will be able to discuss the nature of your camper's needs and gather additional information to determine if the camp can provide the proper support, supervision, and necessary accommodations for your camper to have a safe, fulfilling, and fun camp experience.

To be successful at camp, your camper needs to be independent in showering, dressing, using the restroom, and be able to manage within the camper to staff ratio (1:1 camper to staff ratios are not permitted). We are dedicated to serving ALL Girl Scouts in our council and accommodations can be made in many cases. Please contact the Camp Director for more information prior to registering.

## Camper Behavior

Everyone is expected to live by the Girl Scout Promise and Law while at camp. The camp staff will do everything possible to help girls adjust to camp life. GSHH reserves the right to send home from camp any girl who consistently exhibits unsuitable behavior or endangers herself or the camp community, or whose actions toward others are unacceptable. In this case, the camper's parents/guardians are responsible for picking her up in a timely manner. **There will be no refund or adjustment for camp fees.**

## When Bad Weather Happens

Our outdoor activities depend on good weather. In the case of bad weather (lightening, thunder, or high winds), it may become too dangerous to continue with the activity. The decision to cancel due to bad weather is left up to the Camp Director who is trained in the safety standards of the activity.

We will do our absolute best to reschedule any canceled activities, or offer an alternative replacement due to weather. This depends on the weather and the time/day of the week. Our primary concern at all times is for the girls' safety.

No refunds or adjustments in fees will be made for canceled activities due to weather.

We encourage you not to worry. Our staff is trained on what to do and where to go during bad/severe weather. Also, we do not want to put you in danger trying to get to camp. If an event occurs, we will implement our Emergency Plan and our camp team will contact you with specific information regarding when and where to pick up your camper.

## What if it is really hot outside?

We still have a fun at camp even when it's hot outside. We encourage the girls to drink plenty of water and play water games/activities. All campers are encouraged to bring a personal sized battery powered clip on fan. Please encourage your camper to spend increasing amounts of time outdoors prior to arriving at camp so that being in the heat is not a total shock to her.



# General Camp Information



## Camp Activities

Weather permitting, each camper gets the opportunity to go swimming during their sessions. Each program listed gives a general outline of what's planned for that week, however, Girl Scouts Heart of the Hudson's camps promote girl-led program opportunities for our campers. We offer a certain amount of freedom for the campers as a group to choose their additional program options for their stay, that way no two camp sessions are ever the same! All campers will get to take part in traditional camp activities such as campfire, songs, arts and crafts, boating, archery, and swimming.

From time to time, you may see a furry four-legged friend or other critters at camp. We take safety very seriously - if we find that an activity is unsafe due to furry visitors or other critters it is at the discretion of the Camp Director to cancel or reschedule an activity for safety reasons. Refunds or reimbursements of funds will not be given for canceled or rescheduled activities due to safety concerns.

## Lost & Found

Please be sure to check the lost and found table during Check-Out. Each day during lunch time a parade of lost items is displayed so that campers can retrieve their items before the end of the week. Items left behind will be sent to the Montgomery office at the end of the camp season. If not claimed, items will be donated to charity on September 30th. Pick-up of lost items is required as GSHH will not mail lost items to their owner. To help prevent items being lost at camp, label items with your camper's first and last name.

## Camp Names

Ever wonder why the camp staff have unique nicknames? The relationship between campers and camp staff is unlike any other. Calling staff "Ms./Mr." is too formal for the camp setting, and calling counselors by their first name is too familiar. Camp Names have become a great way to handle the 'what to call them' dilemma, and have become a time-honored tradition. Camp staff choose a name that reminds them of things they like, or places they're from, or sometimes just use a nickname from their own childhood. At camp you can meet a Sunflower, Bones, or Yoda!

## Camp Traditions

**All Camp:** All campers and staff come together to enjoy fun games and challenges. This is a great opportunity for each unit to bond with campers from different age groups and units in the camp.

**Campfire:** Opening campfire is a special introduction to the camp week. It's a time-honored tradition where campers meet camp staff, sing camp songs, and participate in unit skits. Campers prepare a song written by their unit to perform at closing in front of the whole camp and reminisce on memories of the week.

**Wish Log:** During closing campfire, campers will reflect on their experience throughout the week. Each camp will write their names on a log, and make a wish to participate in a ceremony to commemorate their camp experiences. The log will be kept at camp for one year, the prior year's log will be burned at the campfire, signifying that although you may or may not return to camp, you will always be with us in spirit.



# General Camp Information

## Missing Home

We prefer the term missing home to the old phrase 'homesickness' because there is nothing wrong with a camper missing home. It's a natural feeling. They aren't 'sick' - missing home is the natural result of separating from home and loved ones. Almost all children (and grown-ups!) feel homesick when they're away from home. People's feelings vary in intensity.

### What can cause 'missing home' in your camper?

- Little previous experience away from home
- Having low expectations of camp
- Feeling forced to go to camp
- Having little previous experience in the outdoors
- Being unsure if adults will assist them if they need help
- Little practice coping with negative emotions
- Parents expressing anxiety about the separation before the camper has arrived at camp

Surprisingly, research has shown some factors have nothing to do with the intensity of missing home, including geographic distance between home and camp and the presence of a friend from home at camp. Often, missing home is not problematic. When the feelings of sadness and anxiety associated with missing home become so strong that making friend, having fun, sleeping, eating, and participating in activities is difficult, we will take action. Please note, if campers are missing home, they will not be allowed to call home. A member of camp's core team will phone the parent/guardian if necessary. The best remedy for missing home is a partnership between families and camp staff.

### At Home Prevention Strategies:

- Working together as a family to select a camp, plan, and pack
- Spending practice time away from home, such as a long weekend at a friend or relative's house  
Experimenting with the best coping strategies during this practice separation
- Preparing pre-stamped, pre-addressed envelopes to bring to camp

The most common mistake parents make is the 'Pick-Up Deal.' It's normal for children to ask, 'what if I feel homesick or want to go home?' Tell your child that feelings of missing home are normal and help her practice coping before camp starts. Try not to say, "if you feel homesick or don't want to be at camp anymore, I'll come and get you," as campers will have it set in their mind that they can go home anytime they want. This conveys a message of doubt and pity that undermines children's confidence and independence. 'Pick-Up Deals' become mental crutches and self-fulfilling prophecies for children as soon as they arrive at camp. If after spending practice time away from home, your child is still very anxious about overnight camp, consider waiting until next summer or try a day camp.

When writing your camper, we recommend keeping her informed of what's going on at home, but avoid going into great detail (good or bad) since your camper might feel they are missing something back home. Directors advise parents not to mention how much they miss their child or that 'the dog or cat or grandparent' miss them. Don't worry! Your natural reaction is to call on the first day around bedtime to see how your camper is doing. The GSHH camp staff are trained in dealing with missing home/homesickness. If we have concerns about your camper, be assured we will contact you - think 'no news is good news!' We're partners in your child's summer camp adventure!

#### Say:

- You'll have so much fun!
- Make new friends!
- Challenge yourself and try new things
- Write to me about all the fun you are having
- I cannot wait to hear about your week!

#### Don't Say:

- I'll miss you
- I wish your friend could go with you
- If you don't like camp, I'll come pick you up
- I wish we could talk on the phone while you're at camp
- I hope you aren't missing me too much

Camp Addisone Boyce

Information:

30 Mott Farm Road

Tomkins Cove, NY 10986

845-786-5800

(During Summer Camp Sessions)

Monday-Friday 8:15am-5:00pm

Serves Girl Scouts entering grades 1-12 in Fall 2023

**Optional overnights are scheduled on Thursdays for campers entering grades 6-12.**

### **CAB Summer Camp 2023 Weekly Themes:**

Week 1: July 3-7: Full STEAM Ahead

Week 2: July 10-14: ¡Pura Vida!

Week 3: July 17-21: Art Around the World

Week 4: July 24-28: Splashing Around

Week 5: July 31-August 4: Adventure Awaits!

Week 6: August 7-11: Get Moving!

Children need outdoor experiences, and Camp Addisone Boyce is the place where they can embrace their inner leader while exploring, questioning, creating, and discovering everything the outdoors has to offer. Hiking, swimming, campfire cooking, boating, fishing, archery, ropes, and nature lessons are just some of the many ways she'll create her own adventure at CAB.

While making friends and helping plan their own activities, campers will grow in confidence and independence. They will also expand their horizons as they try new things and tackle challenges with optimism and a sense of teamwork.

# 2023 Camp Sessions

## Camp Addisone Boyce

Program Level Register based on grade girl is entering in fall 2023	Week 1: July 3-7* Full STEAM Ahead	Week 2: July 10-14 ¡Pura Vida!	Week 3: July 17-21 Art Around the World	Week 4: July 24-28 Splashing Around	Week 5: July 31 - August 4 Adventure Awaits	Week 6: August 7 - 11 Color Wars
Daisy/ Brownie entering grades 1-3) (one-week programs)	Got STEAM? \$325	All About Me! \$400	Crazy About Art! \$400	Water, Water, Everywhere! \$400	Adventure Awaits! \$400	There's no "I" in Team \$400
Junior (one-week programs)	Into the World of STEAM \$325	Miss Independent \$400	Masterpiece! \$400	Splashtastic! \$400	Adventure Awaits! \$400	It's Your Girl Scout Way \$400
Junior (two week programs)	Full STEAM Ahead \$770		Splashing Around \$845		Color Wars! \$845	
Cadettes (one-week programs)	It's All About Media! \$325	¡Viva es la Vida! \$400	Mona Lisa Smile \$400	Making Waves \$400	Time for High Adventure! \$400	We Mean Green! \$400
Cadettes (two-week programs)	Full STEAM Ahead \$770		Splashing Around \$845		Trailblazer \$845	
Senior/ Ambassador (two-week programs)	Super STARS Session 1 \$325		Super STARS Session 1 \$350		Super STARS Session 1 \$350	
Ages 16-17	CIT I \$925			CIT 2 Session 1 \$325	CIT 2 Session 2 \$325	CIT 2 Session 3 \$325

\*Closed Tuesday, July 4th





# Emergency Number

CAB: 845-786-5800

## Check In/Check Out:

### Camp Addisone Boyce Day Camp:

Morning drop-off is at 8:15am at camp and afternoon pick-up is at 4pm. Please be sure to have your ID with you as you will need it to pick up your camper.

## Bus Transportation

Bus transportation will be available. We will communicate the details and routes as soon as possible.

## Camp Visitors/Phone Calls

Because camp is a growing experience for campers, visiting during a session is not permitted and campers cannot be contacted by telephone. Please do not promise your camper they will be able to call home. Please also refrain from calling camp staff to 'check-in' on your camper. If there is a concern or a problem, camp staff will contact you. Think 'no news is good news'!



# General Camp Information Camp Addisone Boyce



## Suggested Packing List: Camp Addisone Boyce

- Face masks - 1 per day plus 2 extras
- Insect repellent (non-aerosol types that contain DEET preferred)
- Waterproof sunscreen
- Bandanna or hat
- Backpack
- Reusable water bottle
- Swim gear
- Towel
- Rain coat/poncho - depending on weather
- Mess kit for cook out
- Bagged lunch - send daily labeled with camper's name

## What NOT to Bring to Camp

- Food or snacks (they are not allowed in the units) - Resident Camp Only
- Electronics
- Valuables
- Makeup
- Jewelry
- Nice clothes or shoes (we suggest clothes that she can get dirty in - we do not suggest blouses, flats, nice jeans, dresses, or skirts)
- Sandals and flip flops are not allowed

## Sample Camp Schedule

**Wondering what your camper will do all day at camp? Here's a sample schedule to get an idea of what is in store for them.**

\*Schedules are approximate and may change depending on weather and camper interest.

### Camp Addisone Boyce Day Camp

- 8:15 am - Arrival/Flag
- 8:55 am - Activity One
- 9:55 am - Activity Two
- 10:55 am - Activity Three
- 11:45 am - Lunch
- 12:45 pm - Activity Four
- 1:45 pm - Activity Five
- 2:45 pm - Activity Six
- 4:00 pm - Goodbye/Depart





## 1 Week Sessions

### Week 1: July 3 - July 7 (no camp July 4)

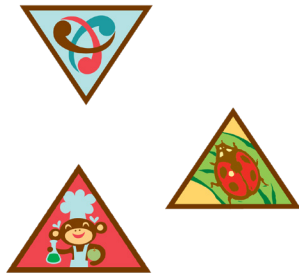
**Session:** Got STEAM?

**Program Level:** Daisy/Brownie

**Price:** \$325

**Description:** Brownies will explore their STEM side and become inventors! Your camper's ideas will shine bright as they invent different ways to have fun at camp, stay cool during the summer, and protect our natural resources. The Brownies will craft new ideas, make new friends, explore the outdoors, and dream up a world of new possibilities!

May Complete Steps  
Toward the Brownie  
Inventor Badge, Home  
Scientist, and Bugs  
Badges



**Session:** It's All About Media!

**Program Level:** Cadette

**Price:** \$325

**Description:** Campers will have the opportunity to explore the world of STEAM around them this week as they earn steps towards their Animal Helper Badge. Campers will dive into the world of environmental science by learning all about animal conservation and the power of trees!

May Complete  
Steps Toward the  
Animal Helper  
Badge



**Session:** Into the World of STEAM

**Program Level:** Junior

**Price:** \$325

**Description:** Campers will come in and explore the world around them with science in mind. Working closely with the Nature Specialist, campers will learn about animal habitats, and possibly find some in the woods at CAB. In their units, campers will identify the different shapes nature has to offer while earning the Math in Nature 1: Shapes in Nature Badge. Science is all around us, and campers will experience this through their various activities of arts and crafts, nature, archery, ropes, and swimming.

May Complete Steps Toward  
the Animal Habitats and  
Math in Nature 1:  
Shapes in Nature Badges





## 1 Week Sessions

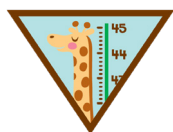
### Week 2: July 10 - July 14

**Session:** All About Me  
**Program Level:** Brownie  
**Price:** \$400

**Description:** Come together to learn about how you can be your best self! Your camper will be joining in with other campers to learn about self care. From eating healthy, to exercise, and self presentation. Your camper will gain confidence in everything about them, while earning the My Best Self badge.



May Complete Steps  
Toward the My Best  
Self Badge



**Session:** ¡Viva es la Vida!  
**Program Level:** Cadette  
**Price:** \$400

**Description:** Campers will come together on their yoga mats for a yoga session of zen and tranquility. Campers will learn how to make refreshing face masks, lip balms, and scrubs all together. They will also learn how to make self care products, learn how to eat clean and make healthy snacks. At the end of the week, campers will earn the Science of Happiness and Eating for You badges.



May Complete Steps  
Toward the Science of  
Happiness and Eating  
for You Badges



**Session:** Miss Independent  
**Program Level:** Junior  
**Price:** \$400

**Description:** This week at camp, your camper will learn the importance of independence and staying fit while earning badges. Your camper will take part in a yoga class led by an experienced yoga instructor. They will also learn ways to take care of themselves, as well as gaining knowledge in what is important for day to day age appropriate self care.



May Complete Steps To-  
ward the Independence  
and Staying Fit Badges



## 1 Week Sessions

### Week 3: July 17 - July 21

**Session:** Crazy About Art!

**Program Level:** Brownie

**Price:** \$400

**Description:** Get ready to let your inner artist explore different cultures through art. You camper will try different art mediums from different parts of the world. Campers will connect with their peers on new levels sharing and discussing the art they create alongside one another.

May Complete Steps  
Toward the Outdoor  
Art Creator, Painting,  
and Potter Badges



**Session:** Mona Lisa Smile!

**Program Level:** Cadette

**Price:** \$400

**Description:** Jump into the world of comic artistry and graphic art from around the world! Create storylines and illustrations based on your adventures at camp and let nature help your art come to life! In between sketching and crafting, take time to enjoy all the other unique activities that camp has to offer.

May Complete  
Steps Toward  
the Comic Artist  
Badge



**Session:** Masterpiece!

**Program Level:** Junior

**Price:** \$400

**Description:** Campers will be able to travel around the world learning about different cultures through art. They will have the opportunity to work with new mediums they may not have had the chance to work with before, and they will get an understanding of the array of resources different parts of the world have access to. Your camper will be immersed in beautiful colors and culture at camp!

May Complete Steps  
Toward the Drawing,  
Jeweler, and Outdoor  
Art Explorer Badges



## 1 Week Sessions

### Week 4: July 24 - July 28

**Session:** Water, Water, Everywhere! 

**Program Level:** Brownie

**Price:** \$400

**Description:** LOVE Water, SAVE Water, SHARE Water. Through their take-action project, brownies will learn how water connects us all and how they can create waves of lasting influence. This week your campers will connect with all the wonders of water, from boating and PFD (personal flotation device) jumping in the lake to splashing around in the pool.

May Complete Steps  
Toward the Brownie  
Wonders of Water  
Journey



**Session:** Making Waves 

**Program Level:** Cadette

**Price:** \$400

**Description:** Make friends, make memories, make waves! Paddle away into adventure by heading over to Rock Hill Camp for a Canoe Regatta. Explore your home away from home by getting acquainted with all the water activities we have at CAB. Cadettes will explore Lake Bullowa by boat and brush up on their swimming strokes up at the pool!

May Complete  
Steps Toward the  
Trees Badge



**Session:** Splashtastic! 

**Program Level:** Junior

**Price:** \$400

**Description:** It's heating up here at CAB, which means it's time for some water fun! Campers will improve on their swimming skills, get to PFD jump in Lake Bullowa, and paddle around in a canoe with their friends - water games and skills are our highlights this week. Juniors will enjoy camp activities with a refreshing aquatic twist!

May Complete Steps  
Toward the Eco  
Camper Badge





## 1 Week Sessions

### Week 5: July 31 - August 4

**Session:** Adventure Awaits!

**Program Level:** Brownie

**Price:** \$400

**Description:** Explore every adventure camp has to offer this week! Campers will hike the AB trail and learn outdoor camping skills. Trying new things and challenging yourself on our ropes course will enable campers to gain confidence and motivate them to try, try again - all with a great, big Brownie smile! What adventures will be your favorite?



May Complete Steps  
Toward the Outdoor  
Adventurer Badge



**Session:** Adventure Awaits

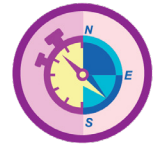
**Program Level:** Junior

**Price:** \$400

**Description:** A chance to reconnect with nature and try new things - we have it all at CAB! This week campers can choose to challenge themselves on our ropes course at camp or by having a fun canoe race with their fellow campers. Juniors will get to hike the AB trail and explore parts of camp they have never seen before. From Robin's Garden to Mt. Marines, there are so many new places to explore!



May Complete Steps  
Toward the Junior  
Trail Adventure Badge



**Session:** Time for High Adventure!

**Program Level:** Cadette

**Price:** \$400

**Description:** Adventure awaits you at CAB! Challenge yourself on hiking trails, and on the ropes courses, both high and low, learning outdoor and survival skills of all sorts. Your camper will gain new skills and memories to last a lifetime, having fun, creating, and working together!



May Complete  
Steps Toward  
the Trailblazing  
Badge



## 1 Week Sessions

### Week 6: August 7 - August 11

**Session:** There's no "I" in Team

**Program Level:** Brownie

**Price:** \$400

**Description:** Campers will build on team-work and friendships by staying happy and healthy doing the things they love. There are lots of opportunities to keep active at camp from dancing before flag to paddling in the lake to brushing up on your swim skills. Brownies will be in for a fun filled week with different games every day from Kick-ball to Capture the Flag!



May Complete Steps  
Toward the Brownie  
My Fair Play Badge



**Session:** It's Your Girl Scout Way

**Program Level:** Junior

**Price:** \$400

**Description:** It's an action-packed week here at CAB! Get pumped for our color wars challenges all week by showing your team spirit. Campers will get to create team chants and banners during our color wars opening ceremony and then continue to root for, and earn points for, their teams all week! Staying active, motivated, and encouraging has never been so fun!



May Complete Steps  
Toward the Staying Fit  
Badge



**Session:** We Mean Green!

**Program Level:** Cadette

**Price:** \$400

**Description:** Ready, set, go! It's an action packed week here at CAB. Cadettes are in for a special treat as they get ready for Color Wars: a week-long celebration and camp wide competition. Boating races, Gaga Ball tournaments, and more await the campers week six!



May Complete  
Steps Toward the  
Field Day Badge





## 2 Week Sessions

### Week 1 & 2: July 3 - July 14

**Session:** Full STEAM Ahead

**Program Level:** Junior

**Price:** \$770

**Description:** CAB is a great place for campers to explore both their scientific and artistic sides. Start off by learning about animal habitats at camp and how they can conserve them. Then it's time to channel your inner artist and get inspired by the outdoors. Juniors will explore intersections between art and nature throughout their journey at CAB.



May Complete Steps  
Toward the Animal  
Habitats, Shapes in  
Nature, and Outdoor  
Art Explorer Badges



**Session:** Full STEAM Ahead

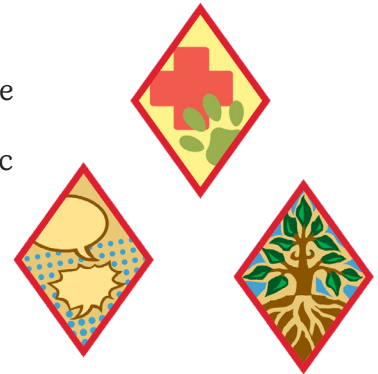
**Program Level:** Cadette

**Price:** \$770

**Description:** Science and art combine in this two week session for Cadettes! Channel your inner artist by designing art using the nature that surrounds camp. Then dive into the world of environmental science by learning all about animal conservation and the power of trees!



May Complete  
Steps Toward the  
Animal Helpers,  
Trees, and Comic  
Artist Badges





## 2 Week Sessions

### Week 3 & 4: July 17 - July 28

**Session:** Splashing Around

**Program Level:** Junior

**Price:** \$845

**Description:** It's all about fun in the sun here at CAB! Whether it's swimming in the pool, boating on the lake, PFD jumping, or playing water games in canoes, CAB has it all. Campers will be transported through ways of water to immerse in new cultures through art. Campers will explore art around the world! In this two week session campers will be able to stay cool and enjoy art!



May Complete Steps  
Toward the Get Moving  
Journey and Outdoor  
Art Badge



**Session:** Splashing Around

**Program Level:** Cadette

**Price:** \$845

**Description:** Ready, set, go! It's an action packed week here at CAB. Cadettes are in for a special treat as they get ready for Color Wars: a week-long celebration and camp wide competition. Boating races, Gaga Ball tournaments, and more await the campers week six!



May Complete  
Steps Toward the  
Field Day Badge



### Week 5 & 6: July 31 - August 11

**Session:** Color Wars

**Program Level:** Junior

**Price:** \$845

**Description:** Juniors are ending the summer on a high note, getting active and supporting each other at camp! Challenge yourself and teammates through fun and engaging activities for our Color Wars week. Different games and activities allow campers a chance to earn their team points, and root for each other all week long!



May Complete Steps  
Toward the Camper  
and Geocacher Badge



**Session:** Trailblazers

**Program Level:** Cadette

**Price:** \$845

**Description:** Campers will be going on all sorts of adventures from hiking the trails to sleeping on the island. Campers will have the opportunity to put their skills to the test. Later in the session, campers will join in for Color Wars. We'll have fun getting covered in colors and playing games on and near the lake!



May Complete  
Steps Toward  
the Trailblazing  
Badge



## Super STARs

### Three 2-Week Sessions

**Session:** Super STARs

**Program Level:** Senior/Ambassador

**Price:** Listed below per session.

**Description:** Super STARs is a great way for older campers to take on more responsibility here at CAB! Camp aides will embrace their leadership skills through tending to food prep, ensuring camp stays clean and healthy for everyone, and assisting in various activities throughout camp, whether it's running all camp stations or working on projects to better camp. They'll be developing leadership skills while still enjoying the activities CAB has to offer!



**Session 1:** July 3-14 - \$325

**Session 2:** July 17-28 - \$350

**Session 3:** July 31-August 11 \$350

### CIT I & II

#### Weeks 1 - 3 - July 3-21

**Session:** CIT I

**Program Level:** Ambassador

**Price:** \$900

**Description:** Our CIT program is designed for our oldest campers who are interested in becoming a camp counselor and helping them embrace their leadership skills. **THIS IS A THREE WEEK PROGRAM.** CITs will get hands-on experience with child development, camper supervision, first aid, and camp programming. This program also works on communication, cooperation, and teamwork. By the end of the program, CITs will have experience assisting units and specialties.



#### Weeks 4, 5, & 6 - July 24-28, July 31-August 4, August 7-11

**Session:** CIT II

**Program Level:** Ambassador

**Price:** \$300 per session

**Description:** After CITs complete the first part of the training, they may choose between one, two, or three weeks in CIT II. The CIT II program provides more hands-on opportunities for honing the camp counselor skills they have developed over the summer. Plus, it's a great way to enjoy the last few weeks of summer with your friends and enjoy the camp experience!





See yourself at CAB!





Rock Hill Camp  
Information:  
300 Wixon Pond Road  
Mahopac, NY 10541  
845-628-6611 (During Summer Camp Sessions)  
Sunday-Friday  
Serves Girl Scouts entering grades 2-12 in fall 2023

*Rock Hill  
Resident Camp*

Rock Hill Camp sessions are Sunday through Friday. Check in is 2pm on Sunday and pick-up is 5pm Friday. **All campers go home every weekend including campers in multi-week sessions.**  
No staff will be on site during the weekends.

### **Rock Hill Camp 2023 Weekly Themes:**










Week 1: July 2-7: Go for the Gold  
Week 2: July 9-14: Outdoor Discovery  
Week 3: July 16-21: Take the Stage  
Week 4: July 23-28: Master Chef  
Week 5: July 30-August 4: Camping 101  
Week 6: August 6-11: Out of this World

Rock Hill Camp provides the ideal setting for outdoor adventure and the perfect space for campers to embrace their individuality. At camp, campers will spend their days hiking, boating, swimming, doing archery, creating art, and scaling our ropes courses. With a focus on skill-building activities, campers will become confident in their abilities and will make memories that will last a lifetime. Evenings are spent singing around the campfire, learning outdoor skills, stargazing, taking a night hike, competing in all camp games, or connecting with the others in their unit. Campers can stay in a platform tent with access to modern wash-houses or in one of our all-weather cabins.

# 2023 Camp Sessions

## Rock Hill Camp



Program Level Register based on grade girl is entering in fall 2023	Week 1: July 2-7 Go for the Gold	Week 2: July 9-14 Outdoor Discovery	Week 3: July 16-21 Take the Stage	Week 4: July 23-28 Master Chef	Week 5: July 30 - August 4 Camping 101	Week 6: August 6-11 Out of this World
Brownie  (one-week programs)	RHC Olympics \$700	Let's Get Buggy \$700	Fairy Finders \$700	Snacktastic \$700	I Love Camp! \$700	Under the Stars \$700
Junior  (one-week programs)	Red, White, Blue, and You! \$700	Happy Habitats \$700	Back to the Future \$700	Creative Cooking \$700	Let's Go Camping \$700	To Infinity & Beyond \$700
Cadette  (one-week programs)	Olympic Extravaganza! \$700	Tree Time \$700	Curtain Call \$700	Bon Appetit \$700	The Great Outdoors \$700	To Infinity & Beyond \$700
Cadette  (two-week programs)		Zip, Zip, Away! \$1545		Brains \$1375		
Senior  (one-week programs)		Nature-Al Beauty \$700	RHC's Got Talent \$700			Starry Night \$700
Senior  (two-week programs)		Outpost \$1375				
Ambassador  (one-week programs)	Oh Captain, My Captain \$700	Water Everywhere \$700	RHC's Got Talent \$700			Out of this World! \$700
Senior/ Ambassador   (two-week programs)					High Adventure \$1455	
	Super STARs Session 1 \$705		Super STARs Session 2 \$705		Super STARs Session 3 \$705	
Ages 16-17	CIT I \$1025			CIT II Session 1 \$385	CIT II Session 2 \$385	CIT II Session 3 \$385

# Emergency Number

## Rock Hill: 845-628-6611

### Check In/Check Out:

#### Rock Hill Camp:

- Check in for each session is on Sunday at 2pm.
- Check Out is every Friday at 5pm.
- Check-in will be done drive-through style. Please park behind the gate at the front and wait until you are let in. There will be two lines of vehicles.
- If you arrive early, please stay in your vehicle until check-in/check-out begins. If you plan on picking up your camper early, make sure to inform the Camp Director via phone, email, and/or written on the Pick-Up Form in Camp-Docs.
- Please make sure that your camper is wearing appropriate closed toed shoes at check-in, and that she carries her day pack with their water bottle, sun screen, and bug repellent.

#### Health Check at Camp Check-In:\*

All campers will be checked for a fever and head lice during the Check-In process. Campers with either lice or nits will be sent home for treatment to ensure the health and safety of the rest of our camp community. The camper may be admitted to camp for a later session once she is lice and nit free. The payment for your session will be applied to a future camp session in the summer. If no sessions are available, you will receive a refund minus the \$75 deposit. For prevention, we highly encourage parents to check for lice prior to arriving at camp.

#### Camp Visitors/Phone Calls

Because camp is a growing experience, visiting campers during a session is not permitted and campers cannot be contacted by telephone. Please do not promise your camper she will be able to call home. You are encouraged to write letters! Please also refrain from calling camp staff to 'check-in' on your camper. If there is a concern or a problem, camp staff will contact you. Think 'no news is good news'!



## General Camp Information

### Rock Hill Camp

#### Mail (Resident Camp Only)

Campers love getting mail! You can bring camper mail to Check-in for the entire week and save yourself some postage. To send something to your camper via USPS, each camp's mailing address is the same as the physical address. Keep in mind that anything mailed after Monday may not arrive before Check-Out on Friday.

Remember, before dropping off camper mail at Check-In, make sure to include:

- Camper Name and Camper's Session Name: if there are specific days you want items delivered, please also write this on the envelope.

**Important Note:** Do not send food, snacks, candy, gum, soda, electronics, etc. to your camper. Food and sweets are not allowed in the units due to insects and other critters. They will be taken by camp staff and returned at checkout.

You can also send your camper at Rock Hill Camp a CampGram from the CampGram portal on Camp-Docs. These will be printed each day and given out during mail time. Mail time is once a day between Siesta and Dinner. Anything sent after 11am will be printed and delivered the next day. We encourage parents and family members to send mail to their campers. Please try not to say things like 'I miss you so much.' Instead, ask your camper fun questions about what they are doing each day, have they made new friend, etc. You can view suggestions on what to say and what not to say in our Missing Home section.



# General Camp Information Rock Hill Camp

## Suggested Packing List: Rock Hill Camp

**Please label camper's items with permanent marker or specialty labels!**

- Face Masks - 1 for each day attending camp plus 2 extra
- Hand Sanitizer
- Sleeping Bag
- Pillow
- Flashlight (with new batteries) - extra batteries recommended
- Insect repellent (non-aerosol types that contain DEET preferred)
- Waterproof sun screen (at least SPF 30)
- Bandanna or hat
- Duffel bag or trunk to carry sleeping gear, toiletries, & change of clothes
- Day pack or drawstring pack to carry personal items
- Swimming gear
- Personal hygiene items
- Sturdy reusable water bottle (no glass)
- Underwear
- Socks
- Shorts
- Shirts
- Sweatshirt or jacket
- Raincoat
- Sleepwear
- Closed toe shoes (NO flip flops or sandals are allowed unless they are used strictly for showering)
- Lake shoes/water shoes (closed-toe preferred)
- Article of clothing for tie dye (shirt, socks, pillow case, etc.)
- Mess kit for cookout night
- Reading and writing material (it is helpful to pre-stamp and prewrite the mailing address for campers!)
- Stuffed animal or special item from home
- Cards or games for Siesta

### What NOT to Bring to Camp

- Food or snacks (they are not allowed in the units)
- Electronics
- Valuables
- Makeup
- Jewelry
- Nice clothes or shoes (we suggest clothes that she can get dirty in - we do not suggest blouses, flats, nice jeans, dresses, or skirts)
- Sandals and flip flops are not allowed

### Sample Camp Schedule\*

**Wondering what your camper will do all day at camp? Here's a sample schedule to get an idea of what is in store for them.**

\*Schedules are approximate and may change depending on weather and camper interest.

### Rock Hill Camp

- 7:00 am - Wake Up
- 7:45 am - Flag
- 8:00 am - Breakfast
- 9:15 am - Activity One
- 10:30 am - Activity Two
- 11:45 am - Kapers
- 12:30 pm - Lunch
- 1:30 pm - Siesta
- 2:45 pm - Activity Three
- 4:00 pm - Camper's Choice
- 5:30 pm - Flag
- 6:00 pm - Dinner
- 7:30 pm - Evening/All Camp Activity
- 8:30 pm - Showers
- 9:30-10:00 pm - Bedtime

## 1 Week Sessions

### Week 1: July 2 - July 7

**Session:** RHC Olympics  
**Program Level:** Brownie  
**Price:** \$ 700

**Cabin Program**

**Description:** IT'S OLYMPICS WEEK! Join us to discover the power of teamwork as you and your group take on challenges and activities in order to earn the gold! Change the rules and cheer on your team as you experience what camp has to offer.



May Complete Steps  
Toward the Fair Play  
Badge



**Session:** Olympic Extravaganza!  
**Program Level:** Cadette  
**Price:** \$700

**Tent Program**

**Description:** IT'S OLYMPICS WEEK! Have you ever wanted to be a part of the Olympics besides only competing? You'll get to play a big part in all of the fun on and off the field as you create new kinds of games and help guide your team to victory.



May Complete  
Steps Toward  
Field Day Badge



**Session:** Red, White, Blue, and You!  
**Program Level:** Junior  
**Price:** \$700

**Tent Program**

**Description:** IT'S OLYMPICS WEEK! Throughout this week you'll participate in activities and games all while learning how to be the best athlete you can be. Practice your skills, work together, and go for gold!



May Complete Steps  
Toward the Practice  
with Purpose Badge



**Session:** Oh Captain, My Captain  
**Program Level:** Ambassador  
**Price:** \$700

**Tent Program**

**Description:** IT'S OLYMPICS WEEK! Being team captain is a big role! Throughout this week you will help lead your team to victory through planning, strategy, and coaching skills. Begin your adventure and guide your team to Gold!



May Complete  
Steps Toward the  
Coaching Badge



## 1 Week Sessions

### Week 2: July 9 - July 14

**Session:** Let's Get Buggy

**Program Level:** Brownie

**Price:** \$700

**Cabin Program**

**Description:** Bees, spiders, butterflies, oh my! Have a blast doing all things camp while learning about why bugs matter, the life of a butterfly, and even make your own bug building!



May Complete Steps  
Toward the Bugs  
Badge



**Session:** Happy Habitats

**Program Level:** Junior

**Price:** \$700

**Tent Program**

**Description:** Come and explore the animals that live on camp! Learn about the animals which make Rock Hill Camp their home - see where they live and how we can protect them. You'll even get to make your own bird nest and feeders.



May Complete Steps  
Toward the Animal  
Habitats Badge



**Session:** Tree Time

**Program Level:** Cadette

**Price:** \$700

**Tent Program**

**Description:** Pine, Oak, Ash, and Birch. There are so many types of trees that play their own role in the world. Come find out which are the best for a tree house, which bark you can actually eat, and even learn how to tell how old a tree is.



May Complete  
Steps Toward  
Trees Badge





## 1 Week Sessions

### Week 2: July 9 - July 14

**Session:** Nature-al Beauty

**Program Level:** Senior

**Price:** \$700

**Tent Program**

**Description:** Isn't nature beautiful? Throughout this week, you'll get to create your own works of art using the many aspects of nature around you at camp.



May Complete Steps  
Toward the Outdoor  
Art Expert Badge



**Session:** Water Everywhere

**Program Level:** Ambassador

**Price:** \$700

**Tent Program**

**Description:** The ocean is blue, the lake is green, but the shower is clear...WHY? This week you'll learn all about water and all the ways it's used. From cleaning, to swimming, to making your own water art.



May Complete  
Steps Toward the  
Water Badge



## 1 Week Sessions

### Week 3: July 16 - July 21

**Session:** Fairy Finders

**Program Level:** Brownie

**Price:** \$700

**Cabin Program**

**Description:** Get to know the infamous Fairies at Rock Hill Camp! Learn the tricks to search for signs of the fairies, build your own fairy houses, and create your own tutus while enjoying a fairy tea party. In between all the fairy fun, you'll also experience all that Rock Hill Camp has to offer!



May Complete Steps  
Toward the Making  
Friends Badge



**Session:** Curtain Call

**Program Level:** Cadette

**Price:** \$700

**Tent Program**

**Description:** The show must go on! Have you ever wanted to write a script and put on a show? Learn all about the different parts of the show and work together with your group to come up with a rock star performance.



May Complete  
Steps Toward  
Screenwriter  
Badge



**Session:** Back to the Future

**Program Level:** Junior

**Price:** \$700

**Tent Program**

**Description:** If I was a flapper girl what would I do? Ever wondered what it would be like to dress and act like you're from a different time? Make your own outfits and accessories, come up with a day in your life and even put on a show. Live in the past while still enjoying the fun of lake time, ropes course, and activities of today.



May Complete Steps  
Toward the Playing  
the Past Badge



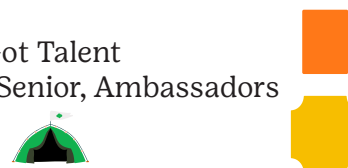
**Session:** RHC's Got Talent

**Program Level:** Senior, Ambassadors

**Price:** \$700

**Tent Program**

**Description:** Work together with your group to put on and organize our RHC talent show. Participate on or off the stage and learn about the performance life while doing so!



May Complete Steps  
Toward the Troupe  
Badge



## 1 Week Sessions

### Week 4: July 23 - July 28

**Session:** Snacktastic  
**Program Level:** Brownie  
**Price:** \$700  
**Cabin Program**



**Description:** Throughout the week, learn how to make your own trail mix, mug cakes, and even campfire food. You'll learn about different types of snacks from salty to sweet and from healthy to fun snacks and everything in between.

May Complete Steps  
 Toward the Brownie  
 Snacks Badge



**Session:** Creative Cooking  
**Program Level:** Junior  
**Price:** \$700  
**Tent Program**



**Description:** What would you do if you starred on the next episode of Chopped? Your task: to create the best breakfast, lunch, dinner, and dessert with your team. But here's the twist: you can only use the items in your basket. Would your team make it to the end? Each day, your group will compete to make a meal, while still enjoying Rock Hill Camp activities!

May Complete Steps  
 Toward the Simple  
 Meals Badge



**Session:** Bon Appetite  
**Program Level:** Cadette  
**Price:** \$700  
**Tent Program**



**Description:** Have you ever dreamed you were the star on your own cooking show? Now you have the chance to show off your cooking skills here at Rock Hill Camp! Over the course of the week, you'll create multiple dishes including a dish from another country, one from another region of the United States, as well as enjoying swimming, boating, archery, and arts & crafts!

May Complete  
 Steps Toward the  
 New Cuisines  
 Badge



**Session:** CIT II  
**Program Level:** Ambassadors  
**Price:** \$385  
**Tent Program**



**Description:** If you started the summer in our CIT program (or completed CIT I in a previous summer) and would like to spend a bit more time at Rock Hill Camp, this is the perfect opportunity! You will help out with a group throughout the week, honing in on your counselor expertise while gaining valuable skills you will need to become a Junior Counselor! \*CIT I is a required prerequisite for CIT II.



## 1 Week Sessions

### Week 5: July 30 - August 4

**Session:** I LOVE CAMP!

**Program Level:** Brownie

**Price:** \$700

**Cabin Program**

**Description:** Join us for Camper 101!

Throughout this week, you will learn all of the key parts of camping - from packing your bag, reading a map, to even working with your friends to put a tent together. Whether this is your first or thousandth time outdoors you're sure to have a good time!



May Complete Steps  
Toward the Cabin  
Camper Badge



**Session:** The Great Outdoors

**Program Level:** Cadette

**Price:** \$700

**Tent Program**

**Description:** Join us in the Great Outdoors as you get the chance to level up your camping skills! Learn how to be a camper expert from how to build a shelter to fire building and everything in between. Spend a night out under the stars to test your new skills!



May Complete  
Steps Toward the  
Primitive Camp-  
er/Eco-Trekker  
Badges



**Session:** Let's Go Camping!

**Program Level:** Junior

**Price:** \$700

**Tent Program**

**Description:** Have you ever wondered what makes a super camper? Learn fire safety and knot tying, then use your new skills and compass to complete a scavenger hunt! Are you ready for your next big adventure?



May Complete Steps  
Toward the Camper  
Badge



**Session:** CIT II

**Program Level:** Ambassadors

**Price:** \$385

**Tent Program**

**Description:** If you started the summer in our CIT program (or completed CIT I in a previous summer) and would like to spend a bit more time at Rock Hill Camp, this is the perfect opportunity! You will help out with a group throughout the week, honing in on your counselor expertise while gaining valuable skills you will need to become a Junior Counselor! \*CIT I is a required prerequisite for CIT II.



## 1 Week Sessions

### Week 6: August 6 - August 11

**Session:** Under the Stars

**Program Level:** Brownie

**Price:** \$700

**Cabin Program**

**Description:** Shine bright like a star! Join us at Rock Hill Camp this week to learn all about the stars, how old they are, and the different constellations. Take some time to admire the moon and the stars while still enjoying everything camp has to offer.



May Complete Steps  
Toward the Space  
Science Adventurer  
Badge



**Session:** Starry Night

**Program Level:** Senior

**Price:** \$700

**Tent Program**

**Description:** There is always light in the darkness. You'll get to learn all about the night sky, the life of a star and even how telescopes help us see.



May Complete Steps  
Toward the Space Sci-  
ence Expert Badge



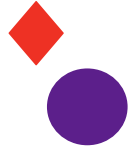
**Session:** To Infinity & Beyond

**Program Level:** Junior & Cadette

**Price:** \$700

**Cabin Program**

**Description:** Spend the week gazing at the stars and beyond! Take a tour of the camp after dark, explore nature at night, and host an extreme nighttime party. Girls will discover the world of constellations and the stories behind them. Campers will walk in the footsteps of astronauts, astronomers, and aerospace engineers with fun-filled activities. This session includes an off-site trip.



May Complete Steps Toward  
the Space Science Research-  
er/Night Owl Badges



**Session:** Out of this World!

**Program Level:** Ambassador

**Price:** \$700

**Tent Program**

**Description:** Come take an Out of This World Adventure! Spend some time under the stars and dream up your own mission. Explore and plan ways to achieve it OUTER SPACE STYLE.



May Complete Steps  
Toward the Space Sci-  
ence Expert Badge



## 1 Week Sessions

### Week 6: August 6 - August 11

**Session:** CIT II

**Program Level:** Ambassadors

**Price:** \$385 per session

**Tent Program**



**Description:** If you started the summer in our CIT program (or completed CIT I in a previous summer) and would like to spend a bit more time at Rock Hill Camp, this is the perfect opportunity! You will help out with a group throughout the week, honing in on your counselor expertise while gaining valuable skills you will need to become a Junior Counselor! \*CIT I is a required prerequisite for CIT II.





## 2 Week Sessions

### Super STARS: Three 2-Week Sessions

**Session:** Super STARS (Session 1)

**Program Level:** Senior & Ambassador

**Sessions:\***

**Session 1 - July 2 - July 14**

**Session 2 - July 17 - July 28**

**Session 3 - July 30 - August 11**

**Price:** \$705 per session

**Tent Program**

**Description:** Be more than a camper in this session - be a super hero to younger campers, a super STAR helping out in the dining hall, and a super camper the rest of the time as you pick and choose your own camp activities. Girls will help to set up and clean up meals in the dining hall and have input in the planning process of camp activities to ensure a camp experience entirely of their own creation!

\*May sign up for one, two, or three sessions



### Weeks 2 & 3: July 9 - July 21

**Session:** Zip, Zip, Away!

**Program Level:** Cadette

**Price:** \$1545

**Tent Program**

**Description:** Enjoy the rush of zip lining through the trees? Spend time at Rock Hill Camp focusing on our high ropes course and zip line. You will also get to experience all that Rock Hill Camp has to offer at the lake, archery range, gaga pit, arts & crafts, and so much more. This session includes an off-site trip to GSHH's Camp Wendy (weather permitting).



May Complete Steps  
Toward the Good  
Sportsmanship  
Badge



**Session:** Outpost

**Program Level:** Senior

**Price:** \$1375

**Primitive Camping Program**

**Description:** Get ready for a challenging yet rewarding camp experience! Outpost is known as a rite of passage for Senior Girl Scouts at GSHH. Spend your time at camp on the water, at the archery range, and on the ropes course! Live in Rock Hill Camp's primitive campsite sleeping in pitch tents and cooking all of your own meals over a fire in addition to learning outdoor living and survival skills.



May Complete Steps  
Toward the Senior  
First Aid Badge



## 2 Week Sessions

### Weeks 4 & 5: July 23 - August 4

**Session:** Brains!

**Program Level:** Cadettes

**Price:** \$1375

**Tent Program**

**Description:** Would you survive the zombie apocalypse? Learn how to build a debris shelter, make a fire, perform basic first aid on your fellow humans, shoot an arrow, and find food and water on the run, make your own first aid kits, while still enjoying all that Rock Hill Camp has to offer!

May Complete Steps  
Toward the  
Trailblazing or  
Cadette First Aid  
Badges



### Weeks 5 & 6: July 30 - August 11

**Session:** High Adventure

**Program Level:** Senior & Ambassador

**Price:** \$1455

**Tent Program**

**Description:** Girls in this session will have a series of adventures both at Rock Hill Camp and an off-site overnight adventure! Previous outdoor camping experience is highly recommended. Activities include hiking, backpacking, canoeing, portaging, high ropes, arts & crafts, and camping out in the wilderness. This session includes a multi-night off-site trip.

May Complete  
Steps Toward the  
Survival Camper  
or Ambassador  
First Aid Badges



## 3 Week Sessions

### Weeks 1 - 3: July 2 - July 21

**Session:** CIT I

**Program Level:** Ambassador

**Sessions:\***

**Price:** \$1025

**Tent Program**

**Description:** This program will help guide you into becoming an excellent leader both in and out of camp. You will learn about camp philosophy, child development, safety and risk management, developing programs, camping skills, and how to create positive experiences for children. During your first week you will get to enjoy all that Rock Hill Camp has to offer while learning some of what goes on behind the scenes. During the following two weeks you will get to help out in units and program areas leading songs and games. By the time you leave this session, you will have planned and led an all camp activity, campfires, and theme days for the whole camp!





# See yourself at Rock Hill Camp!







# We can't wait to see you at camp!

Questions?

Contact Girl Scouts Heart of the Hudson, Inc.

[www.girlscoutshh.org](http://www.girlscoutshh.org)

Email Member Care - [membercare@girlscoutshh.org](mailto:membercare@girlscoutshh.org)

Call - 1-855-232-GSHH (4744)