



girl scouts 
of south carolina
mountains to midlands

Summer Camp

2024

Guide to Camp

Day Camp at
Cathy Novinger Girl Scout Leadership
Center

Table of Contents

A Day in the Life	Page 2
Themes and Fun	Page 2
Lunch	Page 3
Facilities	Page 4
Checking In and Out	Page 5
All Things Medical	Page 6
Program Aides and Counselors	Page 7
Oh, What to Bring...	Page 8
Oh, What to Bring...Older girl overnight edition	Page 9
S'more Information	Page 10-11

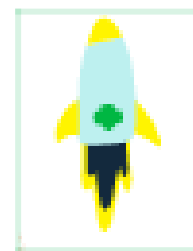
A Day in the Life

Every day at camp brings a new adventure. After check-in, girls will split into groups based on age level. Groups will allow girls to develop friendships and work on activities suited to their level.

Activity blocks will be filled with programming such as traditional camp activities, badge work, and fun thematic activities. This includes activities such as songs, skits, water games, splash pad, cooking, hiking, crafts, rock wall, and more.

To keep camp life varied, we don't always follow the same schedule. We strive for a balance of structured activity and supervised free-play that encourages friendship building, creativity, and imagination.

Daily Schedule	
8:00-9:00 a.m.	Check-in
9:00 a.m. - 12:00 p.m.	Morning blocks (2)
12:00 p.m.	Lunch
1:00 - 4:30 p.m.	Afternoon blocks (3)
4:30 p.m.	Kapers and cleanup
5:00-5:30 p.m.	Check-out



Themes and Fun

Each week at camp is different! To see the descriptions of each week at camp and to register, visit our website!

Week 1— Colors of Camp

Week 2— Dancing through the Decades

Week 3— LEGO Ladies

Week 4— Storybook Adventure

Week 5— Creative Conservation

Week 5— Aquatic Trippers (older girl overnight)

Week 6— Galaxy Gals

Week 7— Summer Sleuthing

Week 8— Girl Scout Olympics

Give your week an extra kick of fun by taking part in these theme days:

Monday: Dance Party

Tuesday: Trading Post and Tie-dye (bring your own shirt to tie-dye, and cash for the store)

Wacky Wednesday: All Camp Games

Thursday: Talent Show!

Friday: Camp Shirt Day (all camp shirts welcome!)
and Movie afternoon



Lunch

Campers need to bring their lunch to camp everyday. All campers should have a lunch bag/box that has their name on it and should be reasonably durable as it will be coming back and forth each day. We will be storing our lunches in the shade during program times; however, please provide cold packs for your camper's lunch if needed. Camper's lunches will not be placed inside of refrigerators. Don't forget to pack utensils that your camper may need.



Hungry Campers!

Campers tend to be way hungrier with all the exciting physical activity! Please try to pack a little bit extra for your camper's lunch. When campers arrive, they should have had a healthy, substantial breakfast (campers may also bring breakfast to enjoy between 8:00 - 9:00 a.m.).

Dietary Needs

Please make sure your camper's health history is complete on CampDoc to help us prepare for any dietary needs. We often enjoy cooking activities during camp!



Snacks

Girls are offered one snack each morning and afternoon. We also enjoy creating snacks during camp!

Peanuts

Girl Scouts of South Carolina camps are all peanut free facilities; please make sure your camper's lunch is safe for everyone.



Water, Juice, & Soda

All campers need a full, reusable water bottle everyday. Durable, insulated, and with a carry strap is best.

During lunch, campers can enjoy juice pouches and boxes, however, we ask that you do not pack powder packets for water bottles.

We also ask that you do not pack soda. We need to keep your camper properly hydrated as much as possible.

Facilities

The Cathy Novinger Girl Scout Leadership Center located in the heart of Columbia features state of the art equipment and facilities for our campers to experience. The center features:

Healthy Living Kitchen: Enjoy preparing healthy and fun dishes in our indoor and outdoor cooking spaces!



Outdoor Activity Courtyard: Play, dance, jump rope, draw with chalk, and have fun with our huge courtyard!

STEM Lab: Try your hand at some exciting STEM (Science, Technology, Engineering, and Math) projects in this lab equipped with all you need to make a robot, design a tower, and solve a problem.

Art Studio: Packed with all the supplies you will need to create something amazing. Enjoy your time in the studio with a counselor-led project or some free creativity time.



Girl's Only Lounge: Hang with the girls or watch a movie. Take some time to relax with your new BFFs.

Climbing Wall: Climb to the top and enjoy the view! Safely try your hand at rock climbing and rappelling.

Large Multipurpose Activity Room: With enough space to spread out, this room can do it all. Enjoy yoga, dance parties, games, and more in this space.



Splash pad: Cool down in the heat of the summer with this outdoor water feature!



Check-In and Check-Out

To ensure safety of all staff, campers, and caregivers, we ask that all individuals stay in their vehicle during check in and out. To make this process as quick as possible, please have children ready with their belongings. More specific details about arrival and departure procedures are listed below.

Arrival

Approach the Cathy Novinger Girl Scout Leadership Center from Gervais and Williams Street (just past the McDonald's). Pull into the gated driveway on the Northern side of the property. The gates (**red star**) will be open from 8:00 –9:00 a.m. Please remain in your car during the check-in process.

Any campers being dropped off later than 9:00 a.m. will need to be walked in by an adult through our Lobby. The Front desk will let us know that you have arrived.

The Camp Director will need to be notified about all late drop-offs and early pick-ups.



Departure

Pick-up follows the same flow of traffic from 5:00 – 5:30 p.m. **The caregiver picking up will need to be listed on the pick-up authorization form and will need to present a photo I.D.**

Check to make sure your camper has all their belongings before leaving each day.

All things Medical

Be sure to thoroughly fill out your camper's medical history forms on CampDoc. This allows our staff to prepare for any needs your camper may have. During check-in or beforehand, please address any medical concerns with our Camp Director.

Medications

Please bring all of your camper's medicine that they may need during the day with you to check-in each morning. Medication is defined as any substance a person takes/uses to maintain her health. **Safety standards require that all medications are in their original containers with labels indicating the camper's name, dosage, and administration instructions. Please be sure to put these in a Ziploc bag with camper's full name on it.**

All non-rescue medications are kept by our onsite staff and are administered according to the instructions written on the label by the physician. If your camper requires a specific type of food with her medication, please provide it, but remember that camp is a peanut-free environment.

Camp provides all as-needed medications listed on the Approved Medications form on CampDocs. Please do not bring these OTC medications to camp with you unless your camper requires them on a set schedule. In the event your camper needs any as needed medications during the day, their primary caregiver will be contacted before administering them.

If your camper requires a rescue medication such as an inhaler or epi-pen, please provide TWO. Rescue medication will be noted by the Camp Director but should be taken directly to the counselor during check-in. The rescue medication is carried by her counselor.

Special Needs and Concerns

It is our hope to be able to remain inclusive and to serve all girls wishing to attend camp. In many cases accommodations can be made, but each camper must be able to function safely in the adult-to-camper ratios listed in our Safety Activity Checkpoints. Providing a safe and positive experience to all campers is extremely important to us. We reserve the right to make decisions about participation based on the extent of the girl's special needs and our ability to meet those needs in a camp setting. Please contact the Camp Director if you have any questions or concerns about your girl attending camp.

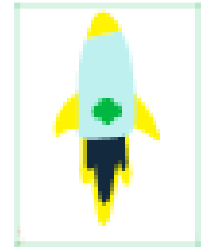


Program Aides and Counselors in Training

Rising 7-12th grade Girl Scouts, are welcome to join the CNGSLC Day Camp to practice their leadership skills. These Program Aides (PAs) and Counselors in Training (CITs) will spend their days leading crafts, games, songs, and more.

PAs and CITs are encouraged to sharpen their leadership skills by leading group activities, such as weekly Camp Games on Wednesdays. We know that our PAs and CITs will get better at being leaders by actually leading—we want them to facilitate activities that they are confident in, and even try new things!

Our PAs and CITs will have plenty of time in their schedule to participate in their own fun, from rock wall to art. We encourage our PAs and CITs to be their own unique selves and to be great role models for our younger girls at camp.



Not trained on PA or CIT yet?

Our first two weeks of Summer Camp include trainings for both Program Aide and Counselor in Training. Our Girl Scouts will receive training during day camp, as well as get hands on instructions on how to be successful leaders.

After girls have gone through the hands-on training session, PAs and CITs will join Day Camp for the remainder of the summer to practice their leadership skills!

All PAs and CITs should bring the following items:

- Willingness to learn and work
- Kindness and care for younger campers
- A lanyard for your camp name-tag
- Full backpack (no tiny string bags)
- Wrist watch
- Assorted pens they may want to use (or we will provide basic blue or black pens!)

Oh, What to Bring!

Having the right items with you makes camp so much more fun! Campers are encouraged to wear play clothes—we'll get messy! All shorts should be at an appropriate length and shirts must be long enough to cover the midriff. Shirts should also have at least short capped sleeves, no tank tops or spaghetti straps, please.

Mandatory Items:

- Socks and full lace up, comfortable tennis shoes**- We will be hiking and playing games! We don't want any shoes left behind! Crocs DO NOT count as closed-toed shoes.
- Day Backpack**- Full straps is best and with enough room for everything!
- Durable water bottle** - While insulated types are a little more expensive, they tend to keep water colder long which will keep your camper drinking! They also tend to be more durable. A carry strap is a good addition to keep your camper's hands free to explore.
- Lunch in separate lunch bag/box**- Durable, temperature controlled will help your camper's sandwich stay cool! Remember to add an ice pack and some reusable silverware if needed. Please remember we are a peanut free camp.
- Sunscreen (SPF 30+)
- Bug spray
- Bathing suit
- Beach Towel
- Plastic bag for wet clothes

Optional Items:

- Hat
- Sunglasses
- Brush/comb, hair ties
- Disposable camera
- Bandana - Necessary for campfires to keep hair back!
- Water shoes or caged sandals for water activities: Old tennis shoes work well or Keens/Crocs with full toed cage and back strap (no Chacos or Texas).
- Rain coat or poncho

Please do not bring:

- * Electronics or other technology
- * Cell phones (allowed for older girl overnight)
- * Stuffed Animals or dolls
- * Gum or Candy
- * Soda
- * Expensive items
- * Matches or candles
- * Pocket knives
- * Irreplaceable items
- * Personal sports equipment

Please remember to label all items. Camp staff are not responsible for lost items, but will make every effort to get missing items back to you.

Oh, What to Bring!

Older girl overnight edition

Having the right items with you makes camp so much more fun! Campers are encouraged to wear play clothes—we'll get messy! All shorts should be at an appropriate length and shirts must be long enough to cover the midriff. Shirts should also have at least short capped sleeves, no tank tops or spaghetti straps, please.

Mandatory Items:

- Full lace up, comfortable tennis shoes- We will be hiking and playing games! We don't want any shoes left behind! Crocs DO NOT count as closed-toed shoes.
- Day Backpack- Full straps is best and with enough room for everything!
- Durable water bottle - While insulated types are a little more expensive, they tend to keep water colder long which will keep your camper drinking! They also tend to be more durable. A carry strap is a good addition to keep your camper's hands free to explore.
- Sunscreen (SPF 30+) and Bug spray
- Bathing suit and Beach Towel
- Plastic bag for wet clothes

Overnight Items:

- Enough clothes for the 3 night overnight:
 - shirts and jacket
 - pants and shorts
 - undergarments and socks
 - pajamas
- Toiletries—including towels and hand towels
- Sheets, blanket, pillow, and/or sleeping bag

Optional Items:

- Hat
- Sunglasses
- Disposable camera
- Bandana - Necessary for campfires to keep hair back!
- Water shoes or caged sandals for water activities: Old tennis shoes work well or Keens/Crocs with full toed cage and back strap (no Chacos or Texas).
- Rain coat or poncho
- Book to read during down time in evening
- SWAPS
- Bracelet making supplies

Please do not bring:

- * Gum or Candy
- * Soda
- * Expensive items
- * Matches or candles
- * Pocket knives
- * Irreplaceable items
- Personal sports equipment

Girls are allowed to bring cell phones but they will need to be put away during day camp hours. Girls may use them during evening hours after programs are done.

Please remember to label all items. Camp staff are not responsible for lost items, but will make every effort to get missing items back to you.

S'more Information

What paperwork do we need to bring? Most paperwork is completed online ahead of time using CampDocs. If you have trouble completing or uploading a form, please bring it to check-in.

Can I bring my pet to check-in/check-out (out of the vehicle)? No. Family pets are not allowed on any camp property, including during camp check-in and pick-up.

Where can I smoke on property during check-in/check-out? Smoking is not permitted on any camp property by staff or visitors.

What if my camper is homesick? Our counselors are all trained to help campers with the adjustment to camp life. Generally, girls are comfortable within a couple days. However, if your camper is excessively homesick, team members will call home.

What if my camper doesn't know any other girls at camp? Your child will make new friends at camp! Our camp staff are trained to lead games and activities that allow the girls to get to know each other, work together, and share their individual personalities with the whole group! With their counselor's guidance, your camper will have a blast with her new friends!

Can my camper bring electronics to camp? Cellphones, televisions, iPods, radios or game devices (anything with a screen) are not allowed at camp. The only exception is the older girl overnights. Our older girls may bring a phone for evening usage and to text/call parents and guardians.

What happens if the weather is bad? Weather is closely monitored by the Camp Director. Our staff is trained to carry out emergency procedures in the event of a weather-related emergency at camp. Depending on the type and severity of the weather situation, certain camp activities may be canceled or postponed in order to ensure the safety of our campers and staff.

Is there anything we can't bring to camp? Electronic devices, pocket knives, cash, expensive clothing or other expensive items.

Can I visit camp to see my camper? Visitors are not allowed during the day.

S'more Information

Who are your staff members? The majority of our counselors are college students and many are former campers. ALL have completed our staff trainings. All of our staff members are trained in First-Aid and CPR.

Do you background check your staff? Yes. All of our staff members pass applications, interviews, reference checks, drug and criminal background checks before the start of every summer.

How will I know my camper is being supervised properly? Camp staff members are specially trained to focus on each camper's well-being and safety. Supervision not only includes making sure girls are safe during activities, but also that they are drinking water, applying sunscreen, and that healthy relationships are growing in their group. Girl Scouts place a high priority on safety and train staff in all aspects of camp life - from leading activities to cooking or using the fire pit. Our goal is to carefully prepare and plan for each camp experience with your camper in mind.

What number do I call if I need to reach camp for an Emergency during my camper's session? Please call the front desk at 800-849-4475. Remember that while we do check messages frequently, we spend most of our time out in camp with the girls, so it may take us a little bit to check your message and get back to you.

We are eager to share this summer with our amazing campers. Let us know if you have any additional questions at Customercare@gssc-mm.org.