

Your Summer Of:

girl scouts 
heart of the hudson

Creativity
Adventure
Memories
Play



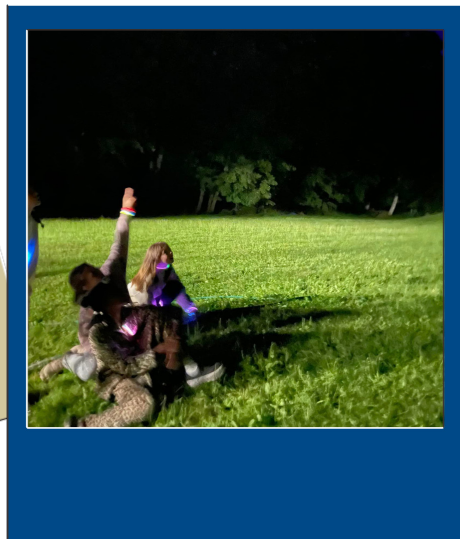
2024 Summer Camp Brochure



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Dear Girl Scouts Heart of the Hudson Campers and Camp Families,

While it may seem hard to believe it's time to start planning for summer camp, the staff at Girl Scouts Heart of the Hudson is already hard at work planning and preparing for another great summer! Thank you for considering returning to or trying out camp for the first time at either Camp Addisone Boyce or Rock Hill Camp for the upcoming summer 2024 camp season.

Though our camp properties are still recovering from last summer's historic floods, we have been working during this off-season to improve the campgrounds and get them ready to welcome back campers. Thanks to the success of the Girl Scouts Love CAMPAign Challenge, we are working to provide new experiences in our low ropes courses at both Camp Addisone Boyce and Rock Hill Camp, where campers will get a chance to progress toward taking larger challenges. We also continue to assess the docks and waterfront at Rock Hill Camp and hope to have the area ready in time for camp.

No matter the activity, campers at both Camp Addisone Boyce and Rock Hill Camp will have fun in the sun, meet new friends from all over GSHH's seven county footprint (and beyond!) and will strengthen their connection to the Girl Scout sisterhood and movement.

Your Girl Scout will gain independence and confidence in this girl-led environment, whether they attend day camp at Camp Addisone Boyce or resident camp programs at Rock Hill Camp. You will be amazed at the benefits attending even one camp session will have for your campers! Breaking Girl Scouts out of their routines, allowing them a voice in how they spend their day, and developing their teamwork and leadership skills are all invaluable experiences campers will carry with them as they forge their path through life.

First time campers of any age are welcomed and guided by seasoned campers and caring staff as they learn about camp traditions and become a part of the magic that has kept the Girl Scout Movement alive and thriving for nearly 112 years.

We can't wait to 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 Girl Scouts should not have to choose between science, technology, engineering, or math (STEM) activities or fashion, archery, fishing or arts and 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-youth ratios, well-trained staff, and stricter security policies ensuring that no matter how much fun they have, it's going to be as safe as possible. Both of our summer camps are accredited by the American Camp Association (ACA).

3. Guided by Girl Scouts. Chosen by Girl Scouts!

We want Girl Scouts 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, Girl Scouts need a chance to connect with nature - look at the stars, tell stories around the campfire, walk through streams to see what lives there, or 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 makes the list. Our staff not only make camp fun and challenging, they inspire the next generation of girls.

For more information about GSHH's Summer Camp Programs, contact the camp directors:



**Rock Hill Camp,
Resident Camp**
Morgan Lubenow "Bones"
(t) 914-747-3080 x741
(e) mlubenow@girlscoutshh.org



**Camp Addisone Boyce,
Day Camp**
Samantha Alonzo-LaPointe
"Sunflower"
(t) 845-236-6002 x726
(e) 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); y la moda, tiro con arco, pescando o en artesanías. Sabemos que las niñas tienen una gran variedad de intereses, y en Girl Scouts, ellas pueden probar un poco de todo.

1. El sentimiento de familia!

No hay nada mejor que el sentimiento de comunidad cuando un grupo de individuos positivos y amable se juntan para divertirse. Campamento de Girl Scouts fomenta relaciones sanas y crea amistades que dura 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 ratios de adultos a niñas mas altas , personal bien entrenado y políticas de seguridad mas estrictas asegurando que no importa la cantidad de diversión que ella tiene, va a ser de la manera más segura posible. Las dos de nuestros campamentos están acreditado 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 Member Care:

(f) 855-232-GSHH (4744)

(e) membercare@girlscoutshh.org



Registration and Financial Assistance Info

Registration is easy!

Registration opens on Wednesday, January 17, 2024 at 1pm. Early Bird Registration will be open from 1/17 - 2/7/2024 at 1pm

- To register, go to www.girlscoutshh.org/calendar and navigate to the date of the session for which you'd like 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.

Out of Council Registration

We are happy to announce that registration for out of council Girl Scouts will open on Wednesday, February 7th at 1pm.

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

Payments

A \$75 non-refundable deposit is required to secure your Girl Scout's camp session. Full payment for all camp programs is due by Thursday, May 30, 2024. If the balance of camp tuition is not received by May 30th, 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 non-refundable deposit.

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

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 camper, please complete the campership application, for which there will be a link in each camp session. Those applying for camperships 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 Wednesday, April 17, 2024. To apply, visit www.girlscoutshh.org/forms and click on the Campership Application.

Inscripcion y Asistencia Financiera

La Inscripcion es Facil

La inscripción se abre el miércoles 17 de enero de 2024 a la 1:00 p.m.

- Para registrarse, vaya a www.girlscoutshh.org/calendar y navegue hasta la fecha de la sesión para la que desea registrarse
- Haga clic en el nombre de la sesión, que le llevará a una página con información adicional
- Haga clic en el botón Registrarse ahora en el medio de la página.
- Se le pedirá que inicie sesión con su dirección de correo electrónico.
- Siga las indicaciones para completar el registro.

Cada inscripción requiere un depósito no reembolsable de \$75.

Registro fuera del consejo

Nos complace anunciar que la inscripción para Girl Scouts fuera del consejo se abrirá el miércoles 7 de febrero a la 1 p.m.

Si conoce a una Girl Scout interesada en asistir a uno de los campamentos de GSHH, envíele la información de inscripción.

Pagos

Se requiere un depósito no reembolsable de \$75 para asegurar la sesión del campamento de Girl Scouts. El pago total de todos los programas del campamento vence el jueves 30 de mayo de 2024. Si no se recibe el saldo de la matrícula del campamento antes del 30 de mayo, podemos cancelar su reserva. Aceptamos pagos con tarjeta de crédito, cheque o giro postal. Dough-si-Dough se puede aplicar a cualquiera de las tarifas de inscripción al campamento, excluyendo el depósito no reembolsable de \$75.

Para utilizar Dough-si-Dough como pago, comuníquese con Atención al Miembro al 1-855-232-GSHH (4744) o membercare@girlscoutshh.org.

Campamentos

Las campamentos 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. Utilizando un formulario por campista, complete la solicitud de campamento, para la cual habrá un enlace en cada sesión del campamento. Aquellos que soliciten participar en un campamento deben registrarse para las sesiones deseadas y enviar un depósito de \$75 por sesión para asegurar su lugar antes de enviar su solicitud de campamento. A los solicitantes que presenten una solicitud de asistencia financiera se les reembolsará su depósito si no se les otorga una Campership.

La fecha límite para solicitar una Campership es el miércoles 17 de abril de 2024. Para postularse, visite www.girlscoutshh.org/forms y haga clic en Campership 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 use when registering their Girl Scout for camp.

Early Bird Discount

The Early Bird Discount is available from January 17 - February 7, 2024 for those who pay in full at the time of registration.* This discount gives the registrant 10% off a camp session, with a maximum discount of \$100 off per camp session.

*Pending session availability.

Siblings Discount**

- 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 the summer camp season for any Girl Scout product/registration
- Gift cards will be distributed prior to the first week of camp.

Multi Week Discount**

If registering for an entire summer, campers will receive a \$425 (CAB) or \$725 (RHC) voucher for a summer camp session in 2025.

If a camper attends a combination of sessions at both camps for the entire summer, they will receive a voucher for \$450 for summer 2025.

Refund/Cancellation Policy

GSHH camp sessions are **only refundable up to two week before the session starts.** After this time, camp sessions are not refundable. All refunds will be the balance of the camp session after the non-refundable \$75 deposit.

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 two weeks prior to the start date of the camp session.** The new session you are requested 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 2/7, and you wish to transfer to another camp session, the remaining balance of the full camp session will be due.

****No action required by parent/caregiver to receive this discount.**

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 campers.

All camp staff participate in an intensive pre-camp training, including 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 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. Resident camp and day camp staff must be at least 18 years old by the start of camp. You can apply directly on GSHH's website at www.girlscout-shh.org/campjobs or by scanning the QR code below.



Did you know?



Rock Hill Camp (resident camp) and Camp Addisone Boyce (day camp) are both accredited by the American Camp Association and meet the safety standards set forth by the Girl Scouts of the USA and the New York State Department of Health.

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.

Adult Camp Readiness Quiz

Is your Girl Scout 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 Scout are ready for camp.

Give each statement a point value based on your response:

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

Adult Day Camp Quiz:

- I'm ready for my Girl Scout to have a great experience during their days at camp! ____
- Are you comfortable dropping off your camper with a quick wave and 'goodbye'? ____
- Are you comfortable with your camper spending the day in a rustic outdoor setting where there are insects, it may rain, and they will get dirty? ____
- Are you able to relax and enjoy yourself when you 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: Congratulations! You are ready to send your camper to day camp!

Adult Resident Camp Quiz:

- Are you comfortable when your child is at a sleepover? ____
- Are you confident in your child's ability to care for 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 their 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: Congratulations! You are ready to send your camper to resident camp! You are confident in your girl's abilities to attend camp.



Girl Scout 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 and your Girl Scout are ready for camp.

Give each statement a point value based on your response:

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

Girl Scout 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 have 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: Congratulations! You are ready for day camp! See you soon!

Girl Scout Resident Camp Quiz:

- Do you love sleepovers at your friend's house? ____
- Can you wash, brush, and care for you 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 program camp session.

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



Our 2024 Camp Season & COVID-19**

As we plan for the 2024 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 will 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.

*Upload 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.

****Please note, guidance is up-to-date as of 12/1/2023, and subject to change.**

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. Sharing of food or drink is prohibited.

RETAIL TRADING POST

CAMPER ESSENTIALS 2024

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

Parents can add funds to their girls 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 \$55

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

RESIDENT CAMPER BASICS \$50

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

OPTIONAL ADD-ONS

- Sleeping Bag (Outdoor Quality) \$45
- Sweatshirt \$25
- Long Sleeve T-shirt \$25
- Nalgene Girl Scout Water Bottle \$20
- Towel \$15
- Blanket \$15
- Flashlight \$6
- Youth Poncho \$6
- Goggles \$5
- Tie-Dye Kit \$35 (includes 1 each: T-shirt, bandanna, pillow case, socks, and 3 scrunchies)

Medical Information

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 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 or arrival at camp). This can be a COVID-19 lab PRC 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, with the exception of epi-pens and inhalers. Give these medications to the nurse at check-in/drop-off, they will then be given to their counselor. Remind: 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.

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

****Upload to immunization section CampDocs.**



What are Kapers?

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

Kapers may include picking up trash around camp, setting tables at mealtimes, or cleaning the wash-house. 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, 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 sunscreen (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 your camper’s 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 be photographed.
- 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.

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



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 service ALL Girl Scouts in our council and accommodations can be made in many cases. Please contact the Camp Director for 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 camper who consistently exhibits unsuitable behavior or endangers themselves 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 the time/day of the week. Our primary concern at all time is for the safety of campers and staff.

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 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 them.



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, campers may see a furry four-legged friend or other critters at camp. It is important to remember that we are in their home and we do our best to coexist with the inhabitants of the camp grounds. That said, we take safety very seriously - if we find that an activity is unsafe due to wildlife visitors 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 30, 2024. Pick-up of lost items is required as GSHH will not mail lost items to their owners. 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 group 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 camper 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.



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 and camp staff is prepared to handle this.

- 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 shows that 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 friends, 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 adults can 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 them 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 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 them 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-5pm

Serves Girl Scouts entering grades 1-12 in Fall 2024

**Optional overnights are scheduled on
Thursdays for campers entering grades 6-12
(Except July 4, 2024).**

CAB Summer Camp 2024 Weekly Themes

Week 1: July 1-July 5: Pura Vida!

(Camp will be open on July 4th!)

Week 2: July 8-July 12: Science World Around Me

Week 3: July 15-July 19: Color Me Green

Week 4: July 22-July 26: Voyaging Worlds

Week 5: July 29-August 2: Splish Splash

Week 6: August 5-August 9: Color Wars!










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.

2024 Camp Sessions

Camp Addisone Boyce

Program Level <small>(Register based on grade entering in fall 2024)</small>	Week 1: July 1-5 Pura Vida!	Week 2: July 8-12 Science World	Week 3: July 15-19 Color Me Green	Week 4: July 22-26 Voyaging Worlds	Week 5: July 29- August 2 Splish Splash	Week 6: August 5-9 Color Wars!
Daisy/ Brownie  (Entering grades 1-3) One Week Programs 	All About Me \$450	Mad Scientist \$450	Crafty Creations \$450	Outstanding Outdoors \$450	Splash of Fun \$450	Splash of Color \$450
Junior  (One week programs)	Miss Independent \$450	Girls In Gear \$450	Creative Space \$450	Happy Hiker \$450	Aqua Wonders \$450	Team Work \$450
Junior  (Two week programs)	STEM in Nature \$895		Go Getters \$895		Ready, Set, Go! \$895	
Cadette  (One week programs)	Viva es la Vida \$450	Girls CAN \$450	Hyper Colors \$450	Trek the Outdoors \$450	Water Mania \$450	There's no "I" in Team \$450
Cadette  (Two week programs)	Confident Carpenters \$895		Trail Trekkers \$895		Teamwork Makes the Dream Work \$895	
Senior/ Ambassador  (Two week programs) 	Super STARS \$400		Super STARS \$400		Super STARS \$400	
Ambassador 	CIT I \$975			CIT II \$325	CIT II \$325	CIT II \$325

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'!



A Day at CAB

Suggested Packing List:

Camp Addisone Boyce

- Insect repellent (non-aerosol types that contain DEET preferred)
- Waterproof sunscreen
- Bandanna or hat
- Backpack
- Reusable water bottle (no glass)
- 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

- Electronics
- Valuables
- Makeup
- Jewelry
- Nice clothes or shoes (we suggest clothes that they 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

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



Daisy/Brownie Sessions

Week 1: July 1 - July 5

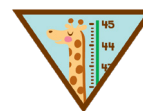
Session: All About Me

Program Level: Daisy/Brownie

Price: \$450

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.



Week 2: July 8 - July 12

Session: Mad Scientist

Program Level: Daisy/Brownie

Price: \$450

Description: Brownies will explore the world of chemistry! They will create experiments with their friends with items you can find in your kitchen. Brownies will enjoy the nature around them and seeing how nature around them pertains to science.

May complete steps toward the Home Scientist Badge.



Week 3: July 15 - July 19

Session: Crafty Creations

Program Level: Daisy/Brownie

Price: \$450

Description: Do you love creating? Brownies will have the opportunity to experience art all around camp and creating art with the nature around them. Brownies will also experience archery, low ropes elements, and boating.

May complete steps toward the Brownie Art and Design Badge.



Daisy/Brownie Sessions



Week 4: July 22 - July 26

Session: Outstanding Outdoors

Program Level: Daisy/Brownie

Price: \$450

Description: Brownies will adventure through the wonders of CAB. As they hike the AB trail and sloppy search in our stream, there is no stopping what they can find at CAB.

May complete steps toward the Outdoor Adventurer Badge.



Week 5: July 29 - August 2

Session: Splash of Fun

Program Level: Daisy/Brownie

Price: \$450

Description: Brownies are you looking to have some fun in the sun? Join us as we have water games all week! Have fun in the pool and by the lake with your new friends as you earn the making friends badge.

May complete steps toward the Making Friends Badge.



Week 6: August 5 - August 9

Session: Splash of Color

Program Level: Daisy/Brownie

Price: \$450

Description: Have you ever participated in Color Wars? Get excited as we play games all week to earn points toward our team's score for Friday's All Camp of Color Wars!

May complete steps toward the Fair Play Badge.



Junior Sessions



Week 1: July 1 - July 5

Session: Miss Independent

Program Level: Junior

Price: \$450

Description: This week at camp, your camper will learn the importance of independence and staying fit while earning badges. They will 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 toward the Independence Badge.



Week 2: July 8 - July 12

Session: Girls In Gear

Program Level: Junior

Price: \$450

Description: Juniors will come in and explore the world around them at beautiful Camp Addisone Boyce. From sloppy searching to fishing in Lake Bullowa, campers will learn all about animal habitats. Campers will have the opportunity to earn the Animal Habitats Badge.

May complete steps toward the Animal Habitats Badge.



Week 3: July 15 - July 19

Session: Creative Space

Program Level: Junior

Price: \$450

Description: Juniors will dive into the world of creative space as they work with new mediums to create art pieces. Campers may gain ideas for creating nature pieces as they boat on beautiful Lake Bullowa and hike the AB trails. CAB is the place to be creative.

May complete steps toward the Junior Art and Design Badge.



Junior Sessions



Week 4: July 22 - July 26

Session: Happy Hiker

Program Level: Junior

Price: \$450

Description: What is more fun than hiking with your friends? Juniors will explore the world of CAB as they earn their Trail Adventure Badge. Campers will hike the AB Trail, sloppy search in our stream, and boat on Lake Bullowa.

May complete steps toward the Junior Trail Adventure Badge.



Week 5: July 29 - August 2

Session: Aqua Wonders

Program Level: Junior

Price: \$450

Description: Juniors will come in and explore the world around them at beautiful Camp Addisone Boyce. From sloppy searching to fishing in Lake Bullowa, campers will learn all about animal habitats. Campers will have the opportunity to earn the Animal Habitats Badge.

May complete steps toward the Junior Girl Scout Way Badge.



Week 6: August 5 - August 9

Session: Team Work

Program Level: Junior

Price: \$450

Description: Juniors water week is all about water everywhere! Enjoy PFD jumping in Lake Bullowa and soaking up some rays in the pool. There will be water games all week.

May complete steps toward the Stay Fit Badge.



Junior Two-Week Sessions



Weeks 1 & 2: July 1 - July 12

Session: STEM in Nature

Program Level: Junior

Price: \$895



Description: CAB is a great place for campers to explore themselves and science in nature. Start off by expressing yourself and exploring your independence. Campers will then explore their surroundings to learn about animal habitats. In this two-week session campers will take a field trip!

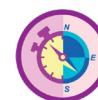
May complete steps toward the Independence and Animal Habitat Badges

Weeks 3 & 4: July 15 - July 26

Session: Go Getters

Program Level: Junior

Price: \$895



Description: Juniors will be combining their interest for adventure and art into one. As they hike the AB trail and boat on Lake Bullowa they will gain inspiration for their art pieces. Camper will have the opportunity to go on a field trip.

May complete steps toward the Junior Art & Design and Trail Adventure Badges.

Weeks 5 & 6: July 29 - August 9

Session: Ready Set Go!

Program Level: Junior

Price: \$895



Description: Are you ready to get set and go! Juniors are getting active at supporting one another at camp. Challenge yourself and your teammates as you dive into a water filled week and color wars. Juniors will have fun in the sun as they complete challenges together! Juniors have the opportunity to attend a field trip.

May complete steps toward the Junior Girl Scout Way and Staying Fit Badges.

Cadette Sessions

Week 1: July 1 - July 5

Session: Viva es la Vida!

Program Level: Cadette

Price: \$450

Description: Campers will learn how to make refreshing face masks, lip balms, and scrubs all together. Not only will they learn how to make self-care products, they will also 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



Week 2: July 8 - July 12

Session: Girls CAN

Program Level: Cadette

Price: \$450

Description: Cadettes will have the opportunity to learn a new skills this week with woodworking. Campers will have the opportunity to utilize tools they may have never used before and put together a birdhouse. Campers will have the chance to earn the Woodworker badge.

May complete steps toward the Woodworker Badge.



Week 3: July 15 - July 19

Session: Hyper Colors

Program Level: Cadette

Price: \$450

Description: Colors colors everywhere! Dive into camp with a creative mindset to splash colors all over the canvas. Campers will have the opportunity to create new worlds full of color as they delve into all CAB has to offer.

May complete steps toward the Outdoor Art Apprentice Badge.



Cadette Sessions



Week 4: July 22 - July 26

Session: Trek the Outdoors

Program Level: Cadette

Price: \$450

Description: Are you looking for an adventure? Cadettes will have the opportunity to go on a long hike to the Timp this summer. Campers will have the chance to learn all week how to prepare for long hikes.

May complete steps toward the Eco Trekker Badge.



Week 5: July 29 - August 2

Session: Water Mania

Program Level: Cadette

Price: \$450

Description: Cadettes, this is your time to enjoy some refreshing time in the sun! Floating lunches, boating races, and more!

May complete steps toward the Trees Badge.



Week 6: August 5 - August 9

Session: There's No I in Team!

Program Level: Cadette

Price: \$450

Description: There is no I in team! It's a team building week as Cadettes get together to prepare for Color Wars! Competition awaits the Cadettes as they compete in Gaga Ball, boating races this week.

May complete steps toward the Field Day Badge.



Cadette Two-Week Sessions

Weeks 1 & 2: July 1 - July 12

Session: Confident Carpenters

Program Level: Cadette

Price: \$895

Description: Self-care and science combine in this two-week session for Cadettes! Channel your best self with your can do it attitude as we make self-care products and homes for birds with our new woodworking skills. Come and enjoy a field trip on this two-week journey!



May complete steps toward the Science of Happiness, Eating for You, and Woodworker Badges.

Weeks 3 & 4: July 15 - July 26

Session: Trail Trekkers

Program Level: Cadette

Price: \$895

Description: Cadettes will be going on all sorts of adventures from hiking the trails to sleeping on the island. Hiking the Timp will be our big hike for the summer. Campers will be able to use the nature around them to gain ideas for their art pieces. Cadettes will have an opportunity to go on a field trip.



May complete steps toward the Art Apprentice and Eco Trekker Badges.

Weeks 5 & 6: July 29 - August 9

Session: Teamwork Makes the Dream Work

Program Level: Cadette

Price: \$895

Description: It's all about teamwork! Cadettes will have the opportunity to compete in water games and field games in this two-week stint. By the time Color Wars rolls in these Cadettes will be ready to put up some serious points for their team! Cadettes will have the opportunity to go on a field trip.



May complete steps toward the Trees and Field Day Badges.

Senior/Ambassador Sessions

Super STARS - Two Week Sessions

Weeks 1 & 2 July 1 - July 12,

Weeks 3 & 4 July 15 - July 26

Weeks 5 & 6 July 29 - August 9

Session: Super STARS

Program Level: Senior/Ambassador

Price: \$400 per 2-week 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!



Ambassador Sessions



CIT I - Three Week Session

Weeks 1 - 3 July 1 - July 19

Session: CIT I

Program Level: Ambassador

Price: \$975

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.

CIT II - One Week Sessions

Week 4 - July 22 - July 26

Week 5 - July 29 - August 2

Week 6 - August 5 - August 9

Session: CIT II

Program Level: Ambassador

Price: \$325 per one-week 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.

Fun at CAB!

Water Games!



Face Painting!



Gaga Ball!



Color Games!



Swim Races!

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 2024

All campers go home every weekend including campers in multi-week sessions.

No staff will be on site during the weekends.

Rock Hill Camp 2024 Schedule

Week 1: June 30-July 5

Week 2: July 7-July 12

Week 3: July 14-July 19

Week 4: July 21-July 26

Week 5: July 28-August 2

Week 6: August 4-August 9









































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.

2024 Camp Sessions

Rock Hill Camp

Program Level <small>(Register based on grade entering in fall 2024)</small>	Week 1: June 30- July 5	Week 2: July 7-12	Week 3: July 14-19	Week 4: July 21-26	Week 5: July 28- August 2	Week 6: August 4-9
Brownie (One Week Programs) 	Snacktastic \$750	Oh Deer! \$750	Fairy Finders \$750	Race Car Style! \$750	Game On! \$750	Galaxy Pals \$750
Junior (One Week Programs) 	Camp Craftaway \$750	Once Upon a Time \$750 	Creative Cooking \$750	Great Rock Hill Mystery \$750 	To Infinity & Beyond \$750	Dino-Mite \$750 
	To Infinity & Beyond \$750 		Flower Power \$750 	Ready, Aim, Fire! \$750 		Hiking the Unknown \$750 
Cadette (One Week Programs) 	Night Owl \$750 	Infinity & Beyond \$750	Mysterious Rock Hill Society \$750 	Bon Appetit \$750	Follow Your Arrow \$750 	Inkwell Explorers \$750
Cadette (Two Week Programs) 		Zip, Zip, Away \$1595 		Brains! \$1425 		
Senior/ Ambassador (One Week Programs)  	Elemental Reactions \$750 	Extreme Cuisine \$750 	RHC Got Talent \$750 	Starry Night \$750 	Kraken Tank \$750 	You Can't Do THAT at Camp \$750 
Senior/ Ambassador (Two Week Programs)  		Outpost \$1425 			High Adventure \$1505 	
Leadership 	Super STARS \$755 		Super STARS \$755 		Super STARS \$755 	
	LIT \$500 	PA \$500 		OIT \$755 		
Ambassador 	CIT I \$700 		CIT II \$450 	CIT I \$700 		CIT II \$450 

Emergency Number Rock Hill Camp: 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. 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 they carry their day pack with a 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 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'!

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 CampDocs. 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 friends, etc. You can view suggestions on what to say and what not to say in our Missing Home section.



Suggested Packing List: Rock Hill Camp

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

- 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, and change of clothes
- Day pack or drawstring pack to carry personal items
- Swimming gear (suit and towel)
- 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 pre-write 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.

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



Packed and ready for a week at camp!

Brownie Sessions ▼

Week 1: June 30 - July 5

Session: Snacktastic

Program Level: Brownie

Cabin Program

Price: \$750

Description: Become a snacktastic chef during this week at camp! Explore the world of snacks from salty to sweet and even energizing snacks. Then take them on the go as you explore all Rock Hill Camp has to offer.

May complete steps toward the Snacks Badge.



Week 2: July 7 - July 12

Session: Oh Deer!

Program Level: Brownie

Cabin Program

Price: \$750

Description: Come explore the wildlife of Rock Hill! Learn about the creatures that call Rock Hill home as you hike and adventure around camp. Discover how to take care of them and lend a helping hand with a service project. It's sure to be a deer-iffic time!

May complete steps toward the Eco Friend Badge.



Week 3: July 14 - July 19

Session: Fairy Finders

Program Level: Brownie

Cabin Program

Price: \$750

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 Craft and Tinker Badge.



Week 4: July 21 -July 26

Session: Race Car Style

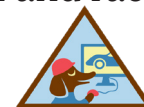
Program Level: Brownie

Cabin Program

Price: \$750

Description: I said a vroom-chicka-vroom! Join us at Rock Hill Camp as you explore all about how people move from place to place and design your very own Rock Hill Racer! You'll finish off your time by building your model and racing them around camp.

May complete steps toward the Automotive 1: Design Badge.



Week 5: July 28 -August 2

Session: Game On!

Program Level: Brownie

Cabin Program

Price: \$750

Description: Are you *hungry hungry* to make your very own games? Come to Rock Hill Camp where you'll have the opportunity to *Guess Who* in a mystery game, search for *Clues* in a scavenger hunt, and avoid *Trouble* by changing the rules. It's sure to be a *Monopoly* on fun!

May complete steps toward the Making Games Badge.



Week 6: August 4 -August 9

Session: Galaxy Pals

Program Level: Brownie

Cabin Program

Price: \$750

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.



Junior Sessions

Week 1: June 30 - July 5

Session: Camp Craftaway

Program Level: Junior

Cabin Program

Price: \$750

Description: Crafters unite! Join us at Rock Hill Camp for a session dedicated to finding art in everything you do, from creating splatter art at Archery to crafting paint brushes on a hike. Show off your creations on the final day with your very own art display!

May complete steps toward the Art & Design Badge.



Session: To Infinity & Beyond

Program Level: Junior

Tent Program

Price: \$750



Description: Spend the week gazing at the stars and beyond! Take a tour of the camp after dark and explore nature at night. Girls will discover the world of constellations and follow 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 Investigator Badge.



Week 2: July 7-July 12

Session: Once Upon a Time

Program Level: Junior

Tent Program

Price: \$750



Description: Dive into the world of fairy tales as you create costumes and explore what it might be like to be your favorite character. Explore the water like a mermaid, feel the colors of the wind, and see if your singing convinces animals to do your kapers. You're sure to find a Happily Ever After.

May complete steps toward the Playing the Past Badge.



Week 3: July 14-July 19

Session: Creative Cooking

Program Level: Junior

Cabin Program

Price: \$750

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: Flower Power

Program Level: Junior

Tent Program

Price: \$750



Description: Uncover the hidden world of flowers! Join us as we investigate petals and leaves, do a flower-based art project and discover the language of flowers. Plant a seed in the garden and prepare to watch it bloom! This session includes a service project.

May complete steps toward the Flower Badge.



Junior Sessions

Week 4: July 21-July 26

Session: The Great Rock Hill Mystery

Program Level: Junior

Tent Program

Price: \$750



Description: The game's afoot! Join other Junior Detectives as you attempt to solve the Great Rock Hill Mystery. Use your observations skills to follow the clues and discover some secret hidden messages. Will you find out whodunit?
May complete steps toward the Detective Badge.

Session: Ready, Aim, Fire!

Program Level: Junior

Tent Program

Price: \$750



Description: Is archery your favorite camp activity? Have you always wanted to shoot a bow like Merida? Develop your skills and techniques before competing in some games with an archery twist and using your bow and arrow to create a masterpiece. Get set to Ready, Aim, Fire!
May complete steps toward the Practice with Purpose Badge.

Week 5: July 28-August 2

Session: To Infinity & Beyond

Program Level: Junior

Cabin Program

Price: \$750



Description: Spend the week gazing at the stars and beyond! Take a tour of the camp after dark and explore nature at night. Girls will discover the world of constellations and follow 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 Investigator Badge.

Week 6: August 4 - August 9

Session: Dino-Mite!

Program Level: Junior

Tent Program

Price: \$750



Description: Are you prepared to handle Jurassic Park? Create your own fossils and conduct a dinosaur dig. Learn about the magnificent creatures that roamed the earth before our time by sampling trees like a Brontosaurus, swimming like a Spinosaurus, and stomping like an Ankylosaurus. It's sure to be a Dino-Mite time! May complete steps toward the Animal Habitats Badge

Session: Hiking the Unknown

Program Level: Junior

Tent Program

Price: \$750



Description: Can you hear the call of the forests? Plan and pack for your adventure as you prepare to take on the unknown. Discover the hidden trails around Rock Hill Camp and map your way into Legend. Then, bask in your glory as you enjoy all Rock Hill Camp has to offer.

May complete steps toward the Design with Nature Badge.



Cadette Sessions



Week 1: June 30 - July 5

Session: Night Owl

Program Level: Cadette

Price: \$750

Tent Program



Description: Come explore camp after dark! By day, visit the archery range and arts and crafts. By night, take a tour to discover what animals may be scurrying about. Be a night owl yourself as you attend a late night party before sleeping in the next morning. Who knows what adventures may be waiting in the dark? May complete steps toward the Night Owl Badge.

Week 2: July 7-July 12

Session: Infinity & Beyond

Program Level: Cadette

Cabin Program

Price: \$750

Description: Spend the week gazing at the stars and beyond! Take a tour of the camp after dark and explore nature at night. Girls will discover the world of constellations and follow 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 Researcher Badge.



Week 3: July 14-July 19

Session: The Mysterious Rock Hill Society

Program Level: Cadette

Tent Program

Price: \$750



Description: The game's afoot! A great mystery has befallen Rock Hill Camp and it will take masters of detection, deduction, and determination to unravel it. Discover hidden clues at activities such as archery, arts and crafts, and the ropes course. Will you uncover the truth?

May complete steps toward the Special Agent Badge.

Week 4: July 21 - July 26

Session: Bon Appetit

Program Level: Cadette

Cabin Program

Price: \$750

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



Week 5: July 28 - August 2

Session: Follow Your Arrow

Program Level: Cadette

Tent Program

Price: \$750



Description: Is archery your favorite camp activity? Have you always wanted to shoot a bow like Katniss or Hawkeye? Join us for this Archery Choose Your Own Adventure as you hone your skills in classic games with an archery twist, compete in a tournament, and create your own Archery masterpiece!

May complete steps toward the Archery Badge.



Week 6: August 4 - August 9

Session: The Inkwell Explorers

Program Level: Cadette

Cabin Program

Price: \$750

Description: What if you could step into the world of your favorite books? Spend your time at camp in potions and care of magical creatures class like Hermione, practicing your survival skills like Katniss, and competing in capture the flag like Anabeth. Then bind your very own book of wonder as you bring your story to life!

May complete steps toward the Book Artist Badge.



Cadette Two-Week Sessions



Weeks 2 & 3: July 7-July 12 & July 14-July 19

Session: Zip, Zip, Away

Program Level: Cadette

Price: \$1595

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, arts & crafts, and so much more! This session includes an off site trip.

May complete steps toward the Trees Badge.

Weeks 4 & 5: July 21-July 26 & July 28 - August 2

Session: Brains

Program Level: Cadette

Price: \$1505

Tent Program



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

May complete steps toward the Primitive Camper Badge.



Senior/Ambassador Sessions

Week 1: June 30 - July 5

Session: Elemental Reactions

Program Level: Senior/Ambassador

Tent Program

Price: \$750



Description: Earth, Air, Fire, Water! Discover the wonder of the elements which make up our world as you dive into the water, gaze into the night sky, feel the crackle of a fire, and ground yourself with the earth. Then use each of these elements in a work of art to create a masterpiece.

May complete steps toward the Water and Sky Badges.

Week 2: July 7-July 12

Session: Extreme Cuisine

Program Level: Senior/Ambassador

Tent Program

Price: \$750



Description: Are you ready to put your master chef skills to the test? Join us for a week of extreme cuisine! Try your hand at challenging recipes over a fire, in a dutch oven, and on a stove. Compete with your team in a 3 course meal challenge and delve into the world of local ingredients. It's sure to be an egg-cellent time!

May complete steps toward the Dinner Party and Locavore Badges.

Week 3: July 14-July 19

Session: RHC Got Talent

Program Level: Senior/Ambassador

Tent Program

Price: \$750



Description: Lights, Camera, Action! Work together with your group to organize your RHC Talent show. Participate on and off the stage as you cultivate performers, decide your set list and launch the show for all of camp!

May complete steps toward the Troupe Performer Badge.

Senior/Ambassador Sessions

Week 4: July 21 - July 26

Session: Starry Night

Program Level: Senior/Ambassador

Tent Program



Price: \$750



Description: There is always light in the darkness. Join us this week as you discover your inner star stuff. Learn all about the night sky, the life of a star, and even how telescopes help us see. Follow in the footsteps of astronauts, engineers, and astrophysicists as you gaze deep into the universe!

May complete steps toward the Space Science Expert and Space Science Master Badges.

Week 5: July 28-August 2

Session: Kraken Tank

Program Level: Senior/Ambassador

Tent Program



Price: \$750



Description: Are you ready to present in front of Rock Hill Camp's very own Krakens? Enjoy archery, arts and crafts, games and more while you develop your very own business idea. Then work in teams to build your prototype and pitch it at the tank session. Will your idea have what it takes to become a reality?

May complete steps toward the Entrepreneur Accelerator and Business Start Up Badges.

Week 6: August 4 - August 9

Session: You Can't Do THAT at Camp!

Program Level: Senior/Ambassador

Tent Program



Price: \$750



Description: Spa Days, late night karaoke, fashion runways, oh my! Join us for a week of redefining what a "camp activity" is. Whether it be having a spa day with your homemade face scrub, having a late-night karaoke party followed by a sleep-in morning, or having your very own red carpet moment this session is sure to make you say "You can't do THAT at Camp!"

May complete steps toward the Science of Style Badge.

Senior/Ambassador Two-Week Sessions



Weeks 2 & 3: July 7-July 12 & July 14-July 19

Session: Outpost

Program Level: Senior/Ambassador

Tent Program



Price: \$1425



Description: Get ready for a challenging yet rewarding camp experience! Outpost is known as a rite of passage for campers at GSHH. Spend your time at camp on the water, at the archery range, and on the ropes course! Live in Rock Hill'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 Trail Adventurer and Survival Camper Badges.

Weeks 5 & 6: July 28 - August 2 & August 4 - August 9

Session: High Adventure

Program Level: Senior/Ambassador

Tent Program



Price: \$1505



Description: Campers 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, high ropes, arts & crafts, and camping out in the wilderness. This session includes an overnight off-site trip.

May complete steps toward the Ambassador/Senior Trail Adventurer Badges.

Leadership Sessions



Super STARs - 2 Week Sessions

Weeks 1 & 2: June 30 - July 5 & July 7 - July 12

Weeks 3 & 4: July 14 - July 19 & July 21 - July 26

Weeks 5 & 6: July 28 - August 2 & August 4 - August 9

Session: Super STARs

Program Level: Senior/Ambassador

Tent Program

Price: \$755 per 2-week session



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. Campers will help to set up and clean up meals in the dining hall while still enjoying all Rock Hill Camp has to offer!

Week 1: June 30 - July 5

Session: Leader in Training (LIT)

Program Level: Senior/Ambassador

Tent Program

Price: \$500



Description: Welcome to the next step in your leadership journey! Take this opportunity to delve into different learning styles, camper development stages, and conflict resolution. Campers will have the opportunity to apply them as they work with staff to plan and lead an activity!

Week 2: July 7 - July 12

Session: Program Aide (PA)

Program Level: Cadette, Senior, Ambassador

Tent Program



Price: \$500



Description: Are you ready to begin your leadership journey? Become a Program Aide in this special camp session where campers will have the opportunity to earn their Program Aide pin. Experience all your favorite parts of camp as you learn about what it takes to be a leader in different activities!

Weeks 4 & 5: July 21 - July 26 & July 28 - August 2

Session: Operations in Training (OIT)

Program Level: Senior, Ambassador

Tent Program



Price: \$755



Description: Have you ever wondered what camp looks like behind the scenes? Explore a leadership program designed around the jobs which ensure camp runs smoothly. Campers will have the opportunity to shadow key magic makers at camp such as specialists, the waterfront, and the core team. All while they continue to grow their leadership skills and enjoy all that Rock Hill Camp has to offer!

CIT Program Sessions

CIT I - 2 Week Sessions

Weeks 1 & 2: June 30 - July 5 & July 7 - July 12

Week 4 & 5: July 21 - July 26 & July 28 - August 2

Session: CIT I

Program Level: Ambassador
Tent Program



Price: \$700 per 2-week session

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, 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 about what it means to be a Camp Counselor. During the following week, you will get to help out in units leading songs, games, and activities. By the time you leave this session, you will have planned and led activity ses-

CIT II - 1 Week Sessions

Week 3: July 14 - July 19 &

Week 6: August 4 - August 9

Session: CIT II

Program Level: Ambassador
Tent Program



Price: \$450 per 1-week session

Description: If you started the summer in our CIT program (or completed CIT I last 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 counselor!

***CIT I is a required prerequisite for CIT II**

Fun at Rock Hill!



Field Day Games!

Science Experiments!



Outdoor Art!



Archery!

See you at Camp!



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