



Girl Scouts' Very Involved Campers Share their Knowledge!

GSHPA's Very Involved Campers (VICs) & Past Staff are here to give you advice! We know preparing for camp can be a daunting experience for first-timers and can even be stressful for long-term campers. You are asking yourself so many questions; How do I prepare? What if I forget something? Is my camper truly ready?

GSHPA VICs & Staff are here to support you through this experience! During our Camp Open House, our Very Involved Campers connected to put together a few suggestions just for you:

How to prep for your first time at camp:

- Practice living out of your bag or suitcase the week before and learn to keep track of your belongings.
- Practice taking short showers and doing your hair.
- Learn to change the batteries in your flashlight.
- Practice rolling your sleeping bag and putting it back in the bag.
- Explore the outdoors or your backyard since, at camp, you live outdoors all day.
- Get on a camp routine: wake up by 7 a.m. and get ready for bed around 9 p.m.
- Practice going without technology for stretches.

Important items to pack, outside of your typical camp packing list:

- Quick-dry towels (avoid fluffy ones that stay wet).
- Extra batteries for flashlights or fans.
- Disposable camera to capture memories.
- String lights with battery pack for your bunk or cot
- An extra water bottle.

Making friends if you're coming on your own:

- Bring swaps for your unit. We suggest making 24 to share with others at camp.
- Everyone is nervous. Don't be afraid to say "Hi!".
- Find another solo camper to connect with or ask the staff for help.
- During games and icebreakers, lister for similar interests to yours.

Making new friends when you are coming with a group or buddy:

- Talk with lots of people, not just your group.
- Remember - camp is a place to make new friends, on top of spending time with your current ones.
- Do at least one activity and meal per day with a new group of people or new friend!
- Help include others who did not come with a group the first night at camp.
- Bring a stuffie or blanket to cuddle with your first night (even our staff bring theirs).
- Pack earplugs and eye masks just in case.
- Try not to stay up too late, or you may be a cranky camper the next day.
- Look at the schedule and think about what you have to look forward to the next day!

Important Reminders!

Summer Camp Forms

Remember Medical & Informational Forms are due two weeks before your summer camp experience! Don't wait till the last minute. We suggest completing them at least one month before your camper's start date.

Summer Camp Payments

Full payment is due two weeks before your summer camp experience. To complete payments, log in to your MYGS Account or contact GSHPA's member services team at 717-233-1656 or memberservices@gshpa.org.