

Summer Camp FAQ: Camp Trefoil

[Jump to Trip & Add-Ons FAQs](#)

General Trefoil FAQs

Can my girl be placed in the same unit with her friend?

Absolutely, as long as they're both in the same Girl Scout level in the fall! When you register your girl, you'll be asked for a bunkmate request. Please make sure the bunkmate lists your girl, too! Please note: campers may not request more than one bunkmate. Camp is a time to enjoy old friends, but also a time to make new ones!

What if my girl's friend is not in the same level (Junior vs. Cadette)?

Campers are grouped by age level. If you want to know if two girls who are in different levels can attend the same session and bunk together, please [contact Camp Director Beth Jennings via email](#) or phone at 315.782.1890 x2216 to see if an exception can be made.

Who are the staff?

Our staff are enthusiastic, talented, and caring individuals who are selected on the basis of their experience, ability to serve as positive role models, and genuine desire to work with children. Staff have a variety of talents to help your girl learn and grow at camp, ranging from the performing arts to outdoor living skills. Many of our staff return year after year, and new staff are recruited from local colleges and universities. We also hire staff from Camp America, an organization that provides camp staff from international countries for a little international flair! Background checks and extensive interviews are completed for all staff. Staff working directly with campers at day camp are at least 16 years old. Staff working directly with campers at resident camp are at least 18 years old.

What is the American Camp Association?

The American Camp Association (ACA) is a national organization that sets the highest standards for the camping industry, which include the oversight of health and safety of campers and staff, and the delivery of quality programming. Being an ACA-accredited facility means we have agreed to meet standards higher than that of our state health department, in order to ensure the highest possible quality of programming. Trefoil is reaccredited every five years.



Can I mail a care package with food in it?

Care packages are encouraged, but please NO FOOD. It attracts those cute but unwanted animals to explore the units. Any food sent in camper packages will be held in the camp office until the end of the session.

Where will my girl sleep?

Campers are assigned sleeping units/areas based upon camper age. We try to assign the youngest of campers to units closest to the main program areas at camp, such as the Dining Hall and other frequently used areas. At Trefoil, campers sleep in our A-Frame cabins or The Yurt. We encourage you and your girl to attend an Open House so that you are familiar with all sleeping units at camp.

What will my girl eat?

At resident camp, our Food Service staff prepare a variety of pleasing and nutritious meals appropriate for

children. Camp food isn't what it used to be! Our camps serve plenty of fresh fruits, vegetables, meats, eggs and breads. Healthy snacks are provided in the afternoons to fuel the fun! Girls will also have the chance to prepare and cookout over a fire.

Day campers must bring a lunch and water bottle each day; an afternoon snack is provided.

Can special diets be accommodated?

We offer a vegetarian alternative at each meal. If your camper has allergies or special dietary needs, please indicate them on her CampDoc health profile. You can also [contact Camp Director Beth Jennings](#) prior to camp to discuss your requirements.

What if my girl needs medical attention?

Trefoil is staffed with a Health Supervisor whose certification and training level is in compliance with NYS Department of Health requirements. The Health Supervisor is onsite 24/7 throughout each camp session and oversees the routine health care and administration of medications for all campers and staff. The Health Supervisor oversees the health check-in process on the first day of camp, which includes a lice check of all campers. The Health Supervisor is trained to identify health issues that require more advanced medical attention. Parents will be notified in the event of such an emergency.

How can I contact my girl during camp?

In your camp confirmation packet, you'll receive the mailing address and information needed to send mail to your girl during her stay. We encourage you to write her, but remember it is often necessary to post-mark mail prior to her departure to ensure she receives it in a timely manner. When you complete your health forms using CampDoc, you'll see that you can send emails to your girl via the CampGrams service for a small fee. Campers that are going on a trip will not receive mail and CampGrams until they return back to Trefoil from their time off-camp.

Do campers get to choose their activities?

Yes! Girls will participate in activities with their unit and will also be able to choose their own activities each day. Some of the fun activities at camp include swimming, boating, The Iceberg (floating rock wall), archery, low and high ropes course, hiking, outdoor cooking, gaga ball, crafts and more! Some activities, such as tomahawk throwing, have age restrictions and limited space to participate. Additionally, some activities each week will be tailored to fit that week's special theme. If your girl is interested in an extra adventure, be sure to check out the week's add-on offerings.

Will the Trading Post be open?

Trading Posts at all camps will be open on drop-off and pick-up day. Some of the items available for purchase may include camp specific t-shirts, patches, compass, fleece blankets, water bottles and much more!

Can I visit camp?

Come join us for one of our two Open Houses on Sunday, June 7 or Sunday, July 12. Families are welcome to see and tour the camp and meet the Camp Director and staff. Visit [Doubleknot](#) to register for these opportunities. Parents may not visit their camper while camp is in session. If you cannot attend Open House but would like to tour the camp or have any questions, please contact the Camp Director.

Where is Trefoil located?

168 Rose Rd., Harrisville, NY 13648

Can I send my girl to camp with food to share with her tent/unit mates?

No, thanks! Our camps are home to much more than campers and staff, including raccoons, skunks, squirrels and other animals that love snacks just as much as your girl does! To keep animal visits to a minimum, please don't send food of any kind.

How do I contact the staff while camp is in session?

Camp Director Beth Jennings can always be reached via email at BJennings@gsnypenn.org. The camp phone number during the summer is 315.543.2704. If summer camp is not currently in session, you can reach us at 1.855.213.8555 for assistance.

Trips & Add-ons FAQs

What are add-on activities?

Add-ons are optional off-site day trips offered daily during each week of camp to enhance your camper's experience. Add-ons vary each week and include fun activities such as hiking, horseback riding, Boldt Castle boat tour, Olympic Center tour and more. Add-on activities have an additional fee. Check out our 2020 Summer Camp Guide for more information about add-ons, including fees.

Can my camper sign up for more than one add-on?

Yes! Your camper may sign up for as many add-ons as she likes. Please note: some add-ons are not available for all ages, so please keep this in mind when registering. If you would like to add an add-on after you have already registered your girl for camp, these can be added by "editing" your registration up until June 19, or you can [contact Camp Director Beth Jennings](#) for assistance.

Is my camper ready for an overnight trip? What trip is right for her?

Off-site trips are an excellent way for your camper to experience the outdoors on a deeper level, develop close friendships and push herself to try something new! Trefoil offers a variety of trips to accommodate all experience and skill levels. Campers that have no tent camping experience or are only comfortable being off-site for a short period of time should check out the Adirondack Intro trip. If your camper is comfortable being away from home and is eager to try new activities, the Burlington and Lake George trips would be a great fit. Saranac Lake Adventure is only for experienced campers. Campers should have paddling and hiking experience and be comfortable being off-site for an extended amount of time. This trip is physically demanding, as campers will be paddling for multiple days. If your camper is not yet ready for a trip, or prefers to spend her whole week at Trefoil, then an add-on activity is a great alternative to experience the fun of an off-site adventure while still having the familiarity of Trefoil as home base.

What is the schedule like for campers going on a trip?

Campers going on an off-site trip will not participate in a normal Trefoil schedule. When they arrive at camp on Sunday, they will begin preparing and packing for their off-site adventure. Before or after their trip, as time permits, they will participate in traditional Trefoil activities like swimming, boating, the ropes course and more. Trip campers are unable to participate in add-on activities.

What will campers eat while on an off-site trip?

Campers will assist with the planning and packing of their trip food before departing camp. Trip menu planning takes into consideration the amount of packing space each trip has, diet preferences, amount of food needed to fuel activities and resources available at the campsite. Food will be prepared on a campfire and/or camp stove and may include rice, pasta, oatmeal, canned fruits and vegetables, and protein bars. Some trips will also utilize water purification methods.

How are campers transported to and from add-ons and trips?

Trefoil utilizes 12-passenger vans to transport campers. All staff that drive the vans have a valid driver's license and undergo a driving safety test on the specific vehicle they will be operating prior to the camp session.