



Trefoil Overnight • 2022

Welcome!

Thank you for choosing Camp Trefoil for your camper this summer. Camp is all about challenging yourself to try something new and we make that possible through a variety of activities including boating, archery, arts and crafts and more! Our enthusiastic and experienced staff is looking forward to welcoming the girls to camp this summer, from familiar returning faces to brand new ones. Our staff eagerly awaits this summer's fun and we look forward to including your girl in all of the excitement of camp, where she's bound to build courage, confidence, and character. If you have any questions or concerns, please feel free to contact me!

- **Betheny "Smalls" Jennings, Camp Director**

Arrival & Departures

Please refer to your registration for your dates of arrival and departure. If you need to make other arrangements, please email the Camp Director.

Arrival Day:

Check in will take place from 2-3:30 p.m. Early arrivals will not be checked in early.

Departure Day:

Pick up between 11 a.m. - Noon

Camp Address

Camp Trefoil
168 Rose Rd.
Harrisville, NY 13648

Phone Numbers

Phone (June-August Only): 1.315.543.2704
Phone (Year-Round): 1.315.965.1655

Email

Beth Jennings at Bjennings@gsnypenn.org

General Camp Inquiries

summercamp@gsnypenn.org
Phone (Year-Round): 1.800.943.4414

Visit An Open House!

Families are welcome to tour camp, meet the Camp Director and other camp staff members, and have all of your questions answered! Register on [gsEvents](#).

Sunday, June 26, 2022 • 5-7 p.m.

Our camp is inspected yearly and permitted to operate by the New York State Department of Health. These inspection reports and required plans are filed with the health department and available for your review.

COVID-19 Protocols for Overnight Camp:

As the pandemic evolves, we're continuing to monitor local/state/federal guidance. Please refer to www.gsnypenn.org/covid19 for the latest COVID updates.

Questions? Contact Camp Director Beth Jennings at bjennings@gsnypenn.org.

Our Mission: Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

Payment

FINAL PAYMENT is due 2 weeks prior to the start of the program. Your camper cannot attend her camp if there is a balance due on the camper fee. Pay online through gsEvents. Online payment is due by June 24, 2022.

Camp Forms

All information and medical forms must be completed through gsEvents and JotForm online within 2 weeks of your camp session. If you need a hard copy of these forms, call 1.800.943.4414 or email summercamp@gsnypenn.org.

Girl Scout Camp Goals

- At Girl Scout Camp we provide opportunities for all campers to develop a sense of responsibility, qualities of leadership and an awareness of the capacities of all people.
- At Girl Scout Camp we provide activities to all girls designed to develop resourcefulness, initiative, self-reliance and recognition of the worth and dignity of each individual.
- Girl Scout Camp stimulates each girl's awareness of the scope of nature and develop a sense of responsibility for its conservation and its resources.

Diversity and Inclusion at Girl Scout Camp

Girl Scouts has a strong commitment to inclusion and diversity, and we embrace girls of all abilities and backgrounds into our wonderful sisterhood. Inclusion is at the core of who we are; it's about being a sister to every Girl Scout and celebrating our unique strengths. Girl Scouts welcomes all girls to our camps, regardless of race, ethnicity, background, disability, family structure, religious beliefs, sexual orientation, gender identity, and socioeconomic status. If a girl is recognized by her family, school and community as a girl and lives culturally as a girl, Girl Scouts is an organization that can serve her in a setting that is both emotionally and physically safe.

Camp Check-In Process

Upon arrival, campers will meet the Camp Director and receive their check-in instructions. Each camper will participate in a health-related check-in process, including a COVID-19 screening questionnaire, checking for lice and visiting with the camp Health Supervisor. Finally, each camper gets dropped off at their unit with their counselors for the week. Each camper, regardless of age, must be escorted by a parent or guardian through the check-in process until dropped off under their as-signed counselors' care. The Trading Post (camp store) will be open throughout check-in. Please do not bring pets to camp check-in for the safety of all campers.

Camp Check-Out Process

Each camper must be signed out by an approved adult (as indicated in JotForm). This adult must show photo ID at the time of check-out. Counselors will keep a watchful eye over their assigned campers until each camper is fully checked-out. Your girl's counselors will share any pertinent information with you at this time. Please do not be late picking up your camper as she will be expecting you at that time and excited to share her experiences of the week! Please do not arrive earlier than the specified check-out time as campers will still be busy with their camp activities. If you need to pick up your child early, please notify the Camp Director in advance.

Getting To and From Camp

Transportation is not provided by the camp. All campers and their families must make their own arrangements for arrival and departure. If a camper who is of legal driving age would like to drive herself to camp, please contact the Camp Director as soon as possible to discuss if this is an appropriate option for your particular situation.

Cell Phone Policy

We believe "unplugging" at camp is very, very important for our campers! When a camper unplugs at camp they have the opportunity to focus on building positive relationships with peers, learn responsibility, and be fully immersed in a community. For these reasons and so many more, do not disrupt the camp experience by sending cell phones or other electronics to camp with your camper. Please see the "Keeping in Touch" section for other options. If your camper is found with a cell phone, the phone will be held in the Camp Director's office until check-out.

Health and Safety

The first concern of all camp staff is the health and safety of the campers. All staff members participate in pre-camp training to prepare them for the summer, and Trefoil Adventure Center is licensed by the New York State Department of Health in St. Lawrence County and is inspected twice each summer. Additionally, Trefoil is accredited by the American Camp Association (ACA) and also meets the health and safety requirements of Girl Scouts of the USA. Parents will be notified by telephone if their camper experiences any illness or injury that requires attention from emergency medical services or if they need to be transported off of camp to obtain medical services. We will also call you to discuss issues such as strains/sprains, vomiting, or if your camper has to spend the night in the Health Lodge for any reason. Additionally, we will call you if your camper is experiencing frequent feelings of missing home or makes frequent trips to the Health Lodge for a routine issue that becomes ongoing, such as upset stomach, frequent headaches, etc.

Completing Health Forms

Current health information is necessary for every camper who attends overnight camp, including a record of vaccinations. Forms must be completed online at least two weeks prior to the camp session. The Health History information must be current within six months of camp and should be completed by the parent or guardian. All campers are required to have a physical within 12 months (1 year) of the date they go to camp and provide up-to-date record of vaccinations.

Prescription Medications

All medications (prescription and over-the-counter) must be given to the camp health supervisor at check-in in the original container. Per New York State law, all campers must have permission to dispense both prescription and non-prescription medications (i.e. Benadryl, Tylenol, Ibuprofen, etc.) completed and signed by the camper's physician. The container must be labeled with the issuing physician's direction for use and clearly marked with the camper's name, date, dosage, and times to be given. Please be sure to pick up medication from the camp health supervisor at check-out.

Non-Prescription Medications

We stock many common over-the-counter medications at camp (i.e. Benadryl, Tylenol, Ibuprofen, etc.) so it is not necessary for you to provide these medications for your girl. If you have any questions regarding what medications are stocked at camp, please feel free to contact the Camp Director. In addition to the physician's signature mentioned above, dosages allowed for the camper must be completed. This form must be completed yearly for each camper. Medications will not be given unless this form is completed and signed by the physician.

Bullying Prevention

Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt another. Bullying happens when a person or group of people want to have power over another and use their power to get their way, at the expense of someone else. Bullying can also happen through cyberspace: through the use of e-mails, text messaging, instant messaging, and other less direct methods. This type of bullying can also lead to persons being hurt during or between the camp sessions and be especially hurtful when persons are targeted with meanness and exclusion.

At Camp Trefoil, bullying is inexcusable, and we have a firm policy against all types of bullying. Our camp philosophy is based on our mission statement which ensures that every camper has the opportunity to build courage, confidence and character. We work together as a team to ensure that campers gain self-confidence, make new friends, and go home with great memories.

Unfortunately, girls who are bullied may not have the same potential to get the most out of their camp experience. Camp leadership addresses all incidents of bullying seriously and trains staff to promote communication with their staff and their campers so all members of the camp community will be comfortable alerting us to any problems during their camp experience and between camp seasons. Every person has the right to expect to have the best possible experience at camp, and by working together as a team to identify and manage bullying, we can help ensure that all campers and staff have a great summer at all of our properties. We ask that you encourage your daughter to alert her

staff and/or the Camp Director immediately if she feels she is experiencing any situation that makes her uncomfortable so that we can address the situation immediately.

Visitors

Visiting campers during the camp session is not permitted! This policy is in place for the safety of all campers. If you would like to tour the camp ahead of time with your camper, please attend one of the Open Houses or contact the Camp Director to make arrangements.

Camper Release From Camp

Leaving camp, except at the designated times, is strongly discouraged. If a camper needs to leave camp for any reason other than a function of camp, a parent/guardian is responsible for transportation and needs to make prior arrangements with the Camp Director. Campers will be released only to those listed on their camper release form.

Swimming

Each girl's swimming ability is evaluated on the first day of each new camp session to confirm placement in a certain swim area. This is the area the camper will be able to swim in throughout the week.

Bunk Placement

Girls are assigned to specific cabins based upon age and other requests. If you would like your girl to be in a cabin with a bunkmate, please indicate this on the JotForm. Requests must be received prior to your camper's arrival. Each camper may only request one bunkmate to bunk with, and buddies must both put each other's name down. Bunkmates must be of a similar age.

Remember that girls meet many new friends while at camp! Three to four staff are housed in each unit, and staff do not sleep in the same cabins as campers. If you have any questions, please contact the Camp Director.

Food and Meals

Three well-balanced meals, as well as an afternoon snack, are provided daily. In order to prevent attracting animals or insects into living quarters, please do not send candy, gum or food of any kind with your camper.

Dietary Needs

It is our goal to ensure that every camper has an enjoyable experience while at camp. We regularly accommodate vegetarian, gluten-free, dairy-free and nut-free campers. If your camper has an allergy to certain foods or requires a special diet, we will happily work with you to meet those needs. Please contact the Camp Director as soon as possible to discuss any concerns you may have regarding your girl's diet while at camp.

Program and Personal Equipment

For all general camp programs, the camp will provide all necessary equipment required for the program delivery. Parents and campers are provided with a packing list of personal items, located at the end of this guide. If your girl wishes to bring a personal item such as a lifejacket, archery bow, etc., please contact the Camp Director prior to arriving at camp. For the safety of the other campers, some items, such as an archery bow, may need to be secured outside of your daughter's possession. Campers are allowed to bring pocket knives to camp, however, they should only be brought to camp if the camper has had prior experience safely utilizing a pocket knife. If a camper utilizes a pocket knife in an unsafe manner, it will be confiscated and kept in the camp office until the end of the camp session. Most campers do not need a pocket knife to have a successful camp experience. *Please remember that Girl Scouts of NYPENN Pathways is not responsible for items lost or damaged at camp.*

No Tolerance Policy

Girl Scouts of NYPENN Pathways, Inc. is committed to protecting the health, safety, and welfare of all campers and staff, eliminating accidents that result from the use of alcohol and illegal drugs. As such, the use of alcohol or illegal drugs at camp is strictly prohibited and will not be tolerated. Any violations of this policy will result in the camper or staff member being asked to leave camp. Parents will be notified immediately and will be required to provide transportation for their child to return home.

Missing Home While at Camp

New campers, and sometimes even experienced campers, may miss home while they're at camp. This is natural and should not spoil the fun of camp! Here are some tips to help your family prepare for the experience of your camper staying away from home at camp:

- Involve your camper in the decision to go away to camp! Get her involved in the planning, what camp will be like, and get her excited about the activities and picking them out online.
- Explain what the camp counselor's role in her camp experience is, and let her know that they are there to help. Counselors want their campers to be happy, content and to have them best time ever! Counselors will treat any feelings of missing home with care and compassion should they arise.
- We encourage you to attend an open house at camp to see where your camper will sleep, eat, play and more.
- Many times a camper just needs to know you are proud of her independence and willingness to enjoy her camp adventure. Build her up, and tell her how proud you are of her for stepping out of her comfort zone!
- Test out short stays away from home prior to camp —campers who have spent time at sleepovers, day camps, or Girl Scout weekend encampments have more success their first time at overnight camp.
- Remind your camper that it's totally normal to miss home while at camp. We love home and so many things about it, and it's okay to miss home!

- Do NOT promise a phone call home, as we do not allow campers to call home for check-ins. It is just a few days away! Parents can write to their campers and campers can also write home.
- Do NOT make deals that you will pick them up whenever they want if they are struggling. For campers, knowing that there is a “way out” from camp can stunt the natural growth process of missing home, working through those feelings, and then adapting to their new experience.
- As a parent, remember that camp is a place to grow. We know how difficult it can be to be apart from your child, but we at camp know that this time apart will do worlds of good for your girl!

Photography

We try our best to take as many photos of camp as we can and to share them with you, as we enjoy sharing the fun we are having! Photos are posted to our camp Facebook page at least once a week. When photos are taken, our staff members work hard to cover all aspects, ages, and activities of camp in an efficient manner, while remaining unobtrusive in those activities. Please understand that our staff work hard to cover as many parts of camp as possible, but when there are photo updates, not every camper will be in every photo update. If you have any concerns about your camper during her camp week, please contact the Camp Director and we will gladly provide an update on how your camper is doing. If you do not want your camper to appear in any photo updates, please indicate this in the waiver section of the JotForm paperwork.

Keeping in Touch

There are a couple of ways to keep in touch with your camper throughout their stay at camp. Standard mail is our camper’s favorite way to receive mail! If you would like a camper to receive mail on the first opportunity at camp, mail your letter a few days prior to the beginning of the camp session.

Sample Envelope Label:

Susie Camper, (Unit)
Camp Trefoil
168 Rose Rd.
Harrisville, NY 13648

If you have a concern about how your camper is doing while at camp, please feel free to call and speak to the Camp Director! Campers will not be called to the phone, but the Camp Director will check on your camper and return your call. Campers are not allowed to use the camp phone but they are encouraged to write home.

Trefoil FAQ

(Frequently Asked Questions)

Whether you're sending your camper away to camp for the first time or the 12th time, you'll probably have questions! Here is a list of the most frequently asked questions and their answers. If your question is not listed, please feel free to contact the Camp Director.

Who are the staff members?

Our camp staff members are enthusiastic, talented and caring individuals who are selected based on their experience, ability to serve as positive role models, and genuine desire to work with children. Staff members 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 to year, and new staff members are recruited from the greater Girl Scout community, as well as local colleges and universities. Background checks and extensive interviews are completed for all staff members. Staff members working directly with campers at Camp Trefoil are at least 18 years-old.

What safety standards are followed?

Our camp is required to meet established standards for health and safety, site, program and personnel, which are set by state and local health departments, Girl Scouts of the U.S.A, and the American Camp Association (ACA). Trefoil is inspected twice a summer by the St. Lawrence County health department.

What is ACA?

The American Camp Association 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 American Camp Association 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 5 years.

What training does the staff receive?

Staff receive an extensive training prior to the arrival of all campers. Training includes activity programming and outdoor skills, health and safety, emergency procedures, age level characteristics, meeting camper needs, supporting campers who are missing home, and much more. Staff members who supervise and instruct trips or specialty activities are required to have additional training and qualifications.

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 on site 24/7 while camp is in session and oversees the routine health care and administration of medications for all campers and staff. The Health Supervisor is trained to identify health issues that require more advanced medical attention. Parents will be notified in the event of an emergency.

What are the ratios of staff to campers?

The ratio at overnight camp of Counselor to campers is based upon ages of the campers and follows GSUSA Guidelines. The adult to camper ratios are:

Daisies/Brownies (1st, 2nd and 3rd Grade) 1:6

Juniors (4th and 5th Grade) 1:8

Cadettes (6th, 7th and 8th Grade) 1:10

Seniors (9th and 10th Grade) 1:12

Ambassadors (11th and 12th Grade) 1:12

Our overall ratio of campers to staff (counting all staff members and all campers) is around 1 staff member for every 4 campers.

Can I mail a care package with food in it or send food with my camper to camp?

Care packages are encouraged, but please no food in packages or luggage. It attracts those unwanted animals to explore the units.

What activities will my girl participate in?

Each camper who enrolls in Camp or Day Camp gets the opportunity to participate in her choice of activities. These activities include arts and crafts, field games, teambuilding, low and high ropes course, outdoor cooking, archery, swimming, boating, nature activities, hiking, fishing and outdoor living skills. If you have any questions about what certain activities entail or need assistance in choosing your activities, please contact the Camp Director.

Packing List for Overnight Camp:

A well-prepared camper will have more fun at camp. These recommended quantities are for a 6-day, 5-night overnight camp. If your camper is participating in a trip, you will receive a special packing list for additional trip items. PLEASE LABEL EVERYTHING WITH YOUR CAMPER'S NAME. Items should be packed in an easy-to-carry duffel bag, laundry bag or lightweight suitcase. Please pack so that you can manage repacking and moving your own bag! Please check the weather forecast prior to your camp session to assist with your packing.

- 2 pairs of long pants/jeans
- 5 pairs of shorts
- Shirts (short and long sleeved for cool nights and mosquito protection)
- 2 Sweatshirts (minimum)
- 2 pairs of pajamas (1 warm pair)
- Rain gear (raincoat or poncho with a hood and waterproof boots or shoes)
- 7 pairs of socks (minimum)
- 7 pairs of underwear (minimum)
- Pen and stationary with envelopes or postcards and stamps
- Flashlight/Headlamp with extra batteries
- Insect repellent (non-aerosol, containing less than 12% DEET)
- Plastic bags for covering sleeping gear or packing wet items
- Light colored article of clothing for tie-dye (100% cotton works best)
- 2 pairs of sneakers or tie shoes; no sandals, clogs, Crocs or open toed shoes
- Warm sleeping bag/twin bedding (a 'stuff sack' is recommended for easy transport)
- Hat with a visor
- 2 bathing suits
- Extra blanket—some nights get quite cold!
- Pillow
- Laundry bag
- 2 Towels for showering and swimming
- Deodorant (non-aerosol)
- Soap and shampoo
- Toothbrush and toothpaste
- Comb or brush
- Sunscreen (at least SPF 15)
- Other toiletries
- Water bottle
- Small day pack or tote bag

Optional:

- Camera (non-digital is preferred)
- Sunglasses
- Chapstick
- Sit-Upon
- Bandana
- Flip-flops for the shower and waterfront

DO NOT BRING:

Cell phones, iPods, tablets, MP3 players, computers, gum or candy, food, scented sprays or lotions, valuables, video games, weapons

*They will be taken and held by the Camp Director until the end of the session.

Lost and Found

Girl Scouts of NYPENN Pathways is not responsible for items lost or damaged at camp. All items must be marked with the camper's full name and all valuables must be left at home. Any items left at camp are only held until the end of the camp season. Please contact your Camp Director to make arrangements for picking up lost items prior to camp end.

Packing List for Mini-Session Camp:

A well-prepared camper will have more fun at camp. These recommended quantities are for the Mini-Session August 1-3 for 3 days, 2 nights. PLEASE LABEL EVERYTHING WITH YOUR CAMPER'S NAME. Items should be packed in an easy-to-carry duffel bag, laundry bag or lightweight suitcase. Please pack so that you can manage repacking and moving your own bag!

- 2 pairs of long pants
- 3 pairs of shorts
- Shirts (short and long sleeved for cool nights and mosquito protection)
- 1 Sweatshirt
- 2 pairs of pajamas (1 warm pair)
- Rain gear (raincoat or poncho with a hood and waterproof boots or shoes)
- 4 pairs of socks (minimum)
- 4 pairs of underwear (minimum)
- 2 pairs of sneakers or tie shoes; no sandals, clogs, Crocs or flip-flops
- Hat with a visor
- 1 bathing suit
- Sleeping bag/twin bedding (a 'stuff sack' is recommended for easy transport)
- Small pillow with case
- Laundry bag
- 1 bath towel, 1 hand towel and 1 wash cloth
- Deodorant (non-aerosol)
- Soap/shampoo
- Toothbrush and toothpaste
- Comb or brush
- Sunscreen (at least SPF 15)
- Insect repellent (non-aerosol, containing less than 12% DEET)
- Other toiletries
- Water bottle
- Pen and stationery with envelopes or postcards and stamps
- Bandana
- Flashlight with extra batteries and an extra bulb
- Plastic bags for covering sleeping gear or packing wet items
- Light colored article of clothing for tie-dye (100% cotton works best)
- Small day pack or tote bag

Optional:

- Camera (non-digital is preferred)
- Sunglasses
- Chapstick
- Sit-Upon

DO NOT BRING:

Cell phones, iPods, tablets, MP3 players, computers, gum or candy, food, scented sprays or lotions, valuables, video games, weapons

*They will be taken and held by the Camp Director until the end of the session.