

Girl Scouts of Northern California
Peninsula Girl Scout Day Camp 2019
July 8–12 July 15–19
9:00 a.m. to 4:00 p.m. Daily

WELCOME, DAY CAMPER!

**THIS SHEET CONTAINS INFORMATION AND INSTRUCTIONS FOR
DAY CAMP 2019!**

All this plus additional information is also available on the web site.

www.peninsuladaycamp.org

Please read and review this information with your campers and/or Aides.

If you have any questions please email:

Registrar@peninsuladaycamp.org

Before Camp

Health Forms / Medications – You created a user name (email) and password when you registered. A link to our online Health form is in this email. Please log in and complete all health forms **before May 15th. If you have a medical condition that we should be aware of before camp begins, please email medic@peninsuladaycamp.org before May 15th.** All prescription and over the counter medications must be administered through the camp medic and should be given to the camp medic at the beginning of each day. All medications must be in the original container and labeled with the child's name and instructions on how to administer. Prescription medication will only be administered to the camper whose name is on the prescription bottle.

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During Camp

Late Arrivals - Early Departures – Absences: If you know your child will be absent or arrive late please email: Peninsuladaycampabsent@gmail.com the day before. If this is not possible, please notify the **Absence Number 650-503-4472** before 9:00 AM. If your child needs to arrive or leave other than at regular times, you need to check her/him in or out at Day Camp Headquarters. It takes approximately 20 minutes to sign a child out and pick them up, please plan accordingly. If someone other than a parent is signing a camper out they must have a release signed by the parent. Because of end of the day activities, where campers mix units, we will NOT be able to locate your camper for early departure after 2:30 PM. Please plan to be at Headquarters prior to 2:30 PM to pick up any campers for early departure.

Emergency Contact At Camp: In an **emergency** if you need to contact camp please call 650-400-0468. This is a cell phone and service can be unpredictable at camp.

What To Wear To Camp: T-shirt with sleeves (NO TANK TOPS), Long pants that **cover the ankles**, socks that completely cover the ankles, sturdy closed-toed shoes. If your camper is inappropriately dressed, they will remain at Headquarters until a parent/sponsor can bring appropriate camp attire. **We are trying to avoid splinters, bug bites, ticks & poison oak.**

Poison oak within the immediate camp area has been removed, however, it is around the outlying areas. Each day upon arrival at home, your camper should take a thorough shower. Wearing long pants at camp and clean clothes and bandanna DAILY will lessen the chance of getting poison oak and ticks.

San Mateo County Parks have a breed of tick, called the deer tick. It is smaller than the common tick. Lyme disease is transmitted to humans by the bite of an infected deer tick. Lyme Disease has been reported in almost all states and has been found in the Bay Area. Your camper should be checked daily for ticks when she/he arrives home.

Please Do Not Bring To Camp: Any Radios, Pagers, Cell Phones, iPods, Electronic Equipment, Money, valuables, toys, candy, gum, or pocket knives.

Campfire: On Thursday, July 18th, we have a traditional campfire gathering. This is a time for the entire camp to come together and celebrate that we have spent nine days together and are about to spend the night outdoors. This is not a parent participation event as parking is limited and you can imagine the chaos of getting the parents of 800+ campers in (and out). Therefore, only parents of graduating AIT's and those whose child is leaving camp will be permitted to park in the staff parking area. All others will be directed to park by the ranger station and walk into camp (approximately 1/4 mile). Better yet, if you want to check out the park, have your child give you a tour on the weekend. Thank you for your cooperation.

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After Camp

Lost and Found Items: *Label everything with your first and last name.* Articles left at the end of camp will be collected and taken to 941 Crane Avenue, Foster City, CA 94404. Everything will be on the front porch and available for searching for two weeks. Anything not claimed within two weeks will be given to charity.

For more information contact:

Alanna Haselbach “Milo” (650) 576-1467

Monica Curtis “Camino” (650) 714-4124

Debbie DeRuy “Twilight” (650) 400-0468

Linda Grasberger “Cricket” (650) 759-5022

Remember during camp we will not be home until after 5:00 PM.

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Health and Wellness

It is our hope that all campers stay well. Day Camp medics, who are nurses or physicians, see every camper with an injury or illness. There are medics in multiple locations at camp. Many of our camp staff, in addition to the Medics, are also medical professionals, or are trained in first aid. Please help us keep your camper well by being familiar with the following information. Please contact the Health Supervisor at medic@peninsuladaycamp.org with any questions.

Medications

Campers are not allowed to carry any prescription or over the counter medications except for EpiPens and inhalers. All other prescriptions and over the counter medications must be administered through the camp medic and should be given to the camp medic at the beginning of each day. All medications must be in the original container and labeled with the child's name and instructions on how to administer. Prescription medication will only be administered to the camper whose name is on the prescription bottle.

Water bottles

Please send your camper with a water bottle, labeled with their name, every day.

Ticks

There are ticks at Huddart Park. Only 3% of ticks in the county carry Lyme Disease. Lyme and other tick-borne diseases are usually not transmitted until the tick has fed for at least 48 hours. The best defense is to check for ticks daily after camp.

Poison oak

Poison oak within the immediate camp area has been removed. However, campers may encounter it if they leave the trails. Washing clothes, especially pants, daily can help prevent contact with the skin.

Clothing choice

Covering the skin helps prevent injuries, insect bites and poison oak. We ask that campers wear long pants, shirts with sleeves, socks that cover the ankles, and sturdy closed-toed shoes. Leggings are thin and do not protect the skin. Campers get splinters, insect stings, cuts, and abrasions through the thin fabric of leggings.

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Food Allergies

Campers bring their own lunches. Day Camp provides a daily snack and campers cook two or three meals depending on their age level. If your camper is on a special diet or has certain food allergies, we may be unable to provide camp food that meets their requirements.

Camp will provide a gluten free snack option each day. We no longer provide a vegetarian and gluten free option at headquarters on the days we cook meals. If the unit's food choice includes allergy or diet restrictions for a camper, the parent may provide the camper with alternative food. Please contact us if this is a concern.

All menus and recipes will be available on the camp website by Wednesday morning, the first week. You will be able to check your camper's unit's food choices.

<http://www.peninsuladaycamp.org>

Please contact the Health Supervisor at medic@peninsuladaycamp.org with any questions.

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Day Camp Daily Reminders

WHAT TO WEAR EVERYDAY

- ❖ tee shirt (no tank tops)
- ❖ long pants (no shorts or capris)
- ❖ socks (that completely cover the ankles)
- ❖ sturdy closed toe shoes, (no flip flops, sandals or slip-on shoes)

WHAT TO BRING EVERYDAY

- ❖ warm sweatshirt or jacket
- ❖ bandanna
- ❖ non-breakable mug with a handle
- ❖ water bottle

Monday, July 8	Bring: No Trash Lunch* All Units pick ice cream flavor and menu choices, will be posted online the following day.
Tuesday, July 9	Picture Day! Bring: No Trash Lunch* You Go Girl!, Skarts, and Older Boys units remember to bring archery permission slips. A printable copy is on the website if you misplace the one handed out at camp. You Go Girl! and Older Boys - Make sure you bring a copy of your parent's Driver's License who filled out the online Planet Granite waiver forms. All information on the driver's license must be readable.
Wed., July 10	Bring: No Trash Lunch*
Thursday, July 11	Bring: No Trash Lunch*
Friday, July 12	Bring: Daisy, Brownie, Junior & Boy Units: Mess kit and dunk bag for cooking lunch.
Monday, July 15	Bring: No Trash Lunch*
Tuesday, July 16	Bring: No Trash Lunch* Certain Older Girl units spend the night, remember mess kit, dunk bag & overnight gear. Lunch will be provided the following day.
Wed., July 17	Bring: No Trash Lunch* Older Girl and Boy units spend the night, remember mess kit, dunk bag & overnight gear. Lunch will be provided the following day.
Thursday, July 18	Bring: No Trash Lunch*, All Camp Sleepover: Remember mess kit, dunk bag & overnight gear.
Friday, July 19	Camp ends at noon. Hope to see you all next year!

*No Trash Lunch = an earth friendly way to picnic with no disposable packaging. You will be amazed at how much trash Day Camp will NOT have! All lunches should be non-perishable. Suggestions:
 Pull out the old lunch box or use a canvas bag to pack your lunch. Re-use a water bottle & fill with your beverage.
 Re-use plastic containers for salad, sandwich, etc. Use non-disposable utensils. Try whole fruit like apples, oranges & bananas. Pack a spare bandanna or cloth napkin. Label everything with camper name.

**Campers arriving late or not coming to camp that day
 please call or email the Absence Line the night before or before 9:00 AM
 650-503-4472
 Peninsuladaycampabsent@gmail.com**

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Bus Stops and Schedule

<u>Lion Bus</u>	Mills High School Murchison Drive Millbrae, CA <i>Bus loads in bus zone in the parking lot in front of school, off Murchison Drive</i>	loaded & leaves at 8:10 am return drop off at 4:55 pm last day drop off at 12:50 pm
<u>Monkey Bus</u>	Millbrae Square Magnolia and Richmond Millbrae, CA <i>Bus loads in parking lot on North side of Richmond Drive</i>	loaded & leaves at 8:00 am return drop off at 4:45 pm last day drop off at 12:50 pm
<u>Bear Bus</u>	Burlingame Intermediate School 1715 Quesada Way Burlingame, CA <i>There is a white bus loading zone directly in front of the school on the street.</i>	loaded and leaves at 8:00 am return drop off at 4:50 pm last day drop off at a12:50 pm
<u>Tiger Bus</u>	St Catherine's Church 1300 Bayswater Ave Burlingame, CA <i>The bus will be loading from white loading zone directly in front of the church.</i>	loaded & leaves at 8:00 am return drop off at 4:50 pm last day drop off at 12:50 pm
<u>Kangaroo Bus</u>	Aragon High School 900 Alameda de las Pulgas San Mateo, CA <i>The bus will load in front of the main office.</i>	loaded and leaves at 8:15 am return drop off at 4:30 pm last day drop off at 12:30 pm
<u>Zebra Bus</u>	St Bartholomew Church 600 Columbia Avenue San Mateo, CA <i>Located at the corner of Alameda de las Pulgas and Crystal Springs Road. Bus loads from the main parking lot to the side of the church.</i>	loaded and leaves at 8:15 pm return drop off at 4:30 pm last day drop off at 12:30 pm
<u>Alligator Bus</u>	Hillsdale United Methodist Church 303 West 36 th Avenue San Mateo, CA <i>Meet in parking lot behind the church, one-way entrance from Hacienda St.</i>	loaded & leaves at 8:10 am return drop off at 4:40 pm last day drop off at 12:30 pm
<u>Elephant Bus</u>	Hillsdale High School 31st Avenue San Mateo, CA <i>Bus loads from the front of the school (Del Monte Avenue) Just like Mills High School We load in the bus loading zone, directly in front of the school off the Del Monte Avenue entrance.</i>	loaded & leaves at 8:15 am return drop off at 4:30 pm last day drop off at 12:30 pm

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<u>Dolphin Bus</u>	Foster City Recreation Center 650 Shell Blvd. Foster City, CA	loaded & leaves 8:00 am return drop off at 4:50 pm last day drop off at 12:45 pm <i>Bus loads at the end of parking lot, away from the Rec Ctr. Near the Vibe Youth Center</i>
<u>Penguin Bus</u>	Bayside Middle School 2025 Kehoe Avenue San Mateo, CA	loaded & leaves 8:00 am return drop off at 4:50 pm last day drop off at 12:50 pm <i>Bus loads from the loading zone on the street. Not in the school parking lot.</i>
<u>Raccoon Bus</u>	Bowditch Middle School Beach Park Blvd & Tarpon Foster City, CA	loaded & leaves 8:00 am return drop off at 4:50 pm last day drop off at 12:50 pm <i>Loading from the white bus zone along Beach Park Blvd.</i>
<u>Frog Bus</u>	Woodside Methodist Church 2000 Woodside Road Redwood City, CA	loaded & leaves 8:20 am return drop off at 4:30 pm last day drop off at 12:30 pm <i>The church is located on Woodside Rd. between Alameda de las Pulgas and Carolina Ave. The buses load from Carolina Ave, along the side of the church</i>
<u>Cheetah Bus</u>	Our Lady of Mt Carmel Church 300 Fulton Street Redwood City, CA	loaded & leaves 8:15 am return drop off at 4:35 pm last day drop off at 12:35 pm <i>Bus loads in the church parking lot.</i>
<u>Hippo Bus</u>	Red Morton Community Center 1120 Roosevelt Avenue Redwood City, CA	loaded & leaves 8:15 am return drop off at 4:35 pm last day drop off at 12:35 pm <i>The bus will load from the circle / island at the back of the parking lot, near the baseball fields.</i>
<u>Squirrel Bus</u>	Roosevelt Elementary School 2223 Vera Avenue Redwood City, CA	loaded & leaves 8:15 am return drop off at 4:30 pm last day drop off at 12:30 pm <i>Bus will load from the marked Bus Loading zone, just up the hill from the school office, NOT directly in front of the office.</i>
<u>Giraffe Bus</u>	Menlo Park Library 800 Alma Road Menlo Park, CA	loaded & leaves 8:15 am return drop off at 4:40 pm last day drop off at 12:30 pm <i>Bus loads in front of Library.</i>

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Owl Bus

Willow Oaks School	loaded & leaves 8:10 am
International School	return drop off at 4:50 pm
Pope & Elm parking entrance	last day drop off at 12:40 pm

Bus will load from the parking lot accessed at the corner of Pope and Elm. Elm actually becomes an entrance into the school parking lot.

Whale Bus

Woodside Town Hall	loaded & leaves 8:40 am
Woodside Road	return drop off at 4:15 pm
Woodside, CA	last day drop off at 12:15 pm

Bus loads in the Town Hall parking lot.

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CAMPER RELEASE PERMISSION FORM

Please return this form to the **bus stop monitor** if someone **other** than a parent / legal guardian will pick up your camper. Please tell your child this will be happening and who will be picking them up.

Please print or type all entries.

Camper's Name: _____ Telephone #: (_____) _____

Camper's Address & City: _____

Person(s) who will pick up camper: (other than parent or guardian)

Name Relationship to Camper

Name Relationship to Camper

Signature of Parent / Legal Guardian

Signature of Parent / Legal Guardian

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OVERNIGHT INFORMATION 2019

OVERNIGHT DATES:

Older Girls & Older Boys (6th grade and up) - Wednesday & Thursday, July 17 & 18
Daisies, Brownies, Juniors, Younger Boys, Middle Boys, Pixies – Thursday, July 18

LABEL EVERYTHING WITH FIRST AND LAST NAME

WHAT TO BRING ON THE OVERNIGHT:

- Sleeping bag (no slumber bag).
- Waterproof ground cloth, 6' x 6' (tarp, old shower curtain)
- In a small duffel or tote bag pack:
 - Empty plastic bag for dirty clothes
 - Additional large trash bag to repack for the return trip (bags tend to get torn)
 - Warm pajamas or sweat suit (NO nightgowns, slippers or robe)
 - Change of underwear, shirt and socks
 - Zip lock bag with: hand towel, toothbrush, toothpaste, hairbrush, and/or comb.
(There is soap at camp)

Place all the above items in a large duffel or large strong trash bag and tie securely. Attach the Bus-coded nametags (you will receive these the second week of camp from the Bus Monitor) with your name and unit # written in, to the trash/duffel bag and sleeping bag.

Please send campers with a backpack on Thursday, just like the other days of camp. This backpack should be separate from their overnight gear and should contain:

- Dunk bag - or mesh bag with a draw string
- Eating utensils, knife, fork, spoon; mess kit or unbreakable plastic plate, bowl, heat-proof cup – put all into dunk bag
- All units should bring lunch for Thursday, dinner will be provided
- Water bottle
- Flashlight - with fresh batteries, be sure it works!
- Warm sweatshirt or jacket - an extra one in addition to the one worn to camp

LABEL EVERYTHING WITH FIRST AND LAST NAME: All campers are responsible for their own clothing and equipment. Travel light. *What you take, you carry.*

CAMPERS: No fair dumping everything into the trash bag Friday morning! YOU must re-roll all your equipment and tie it securely before boarding the bus to go home. Make sure your NAME TAG is visible so that your luggage will be put on the right bus!