



Camp Skymeadow

Camp Confirmation Packet:
Overnight Camp





Dear Camp Skymeadow camper,

We are so excited to welcome you to Camp Skymeadow this upcoming summer. The camp staff are proud of the planning and preparation for the many fun and exciting activities and programs we have this season. We are thrilled that you will be joining us to go on many adventures, make new friends (and keep the old), and make incredible memories that you will carry throughout your lifetime.

Camp Skymeadow is a magical place where a Girl Scout can be their authentic and empowered self. This confirmation packet is intended to be read by you, the Girl Scout attending camp, and has been designed to effectively prepare you for your time at camp. If you have an adult helping you plan, pack, or do anything else to prepare for camp—read this together.

This confirmation packet includes important information that you will need to review before your arrival at Camp Skymeadow. Please be sure to read it in its entirety to fully prepare you for your camp adventure!

Back again—our forms and paperwork are going digital! You will be sent the required forms after your registration is processed. These forms are so important because they help us understand who you are, what you do and do not like, and what you're most excited for at camp. In the event you forget to submit a form, there will be copies available to complete at check-in. *These forms are required.*

We are looking forward to a fantastic summer at Camp Skymeadow, and we are excited for you to join in the fun.

See you at camp!

Camp Skymeadow Staff

E: customercare@gswpa.org

T: 800-248-3355

164 Sky Meadow Lane

Avonmore, PA 15618

Getting Ready for Camp!

| | |
|-----------------------------|---|
| Preparation Checklist | 4 |
| Healthcare at Camp | 4 |
| Theme Weeks..... | 5 |
| Packing List..... | 6 |
| Required Forms | 7 |

Camp Procedures

| | |
|---|----|
| Check-In and Check-Out Procedures | 8 |
| Living Accommodations and Camp Structure..... | 10 |
| Emergency Procedures..... | 10 |
| Food at Camp Skymeadow | 11 |
| Dietary Needs | 12 |
| Celebrating Birthdays..... | 12 |
| Electronics at Camp | 12 |
| Lost and Found..... | 12 |
| Mail | 12 |
| Swim Check | 13 |
| Photos and Updates..... | 13 |
| Trading Post..... | 13 |
| Equestrian Program..... | 13 |

Getting Ready for Camp!

Preparation Checklist

There are many ways to prepare for the adventure of summer camp! Here are a few of our best tips and tricks to ensure you have the maximum amount of fun at Camp Skymeadow:

- Read and review this confirmation packet in its entirety—a Girl Scout is always prepared! This confirmation packet is intended for you, the Girl Scout, to read and review.
- Have conversations with your friends, family, troop leader, and others who can help you prepare for your upcoming adventure!
- Have a camping practice run to get prepared! Here are some fun activities to try out:
 - Pack an overnight bag (remember all the essentials—see our “Packing List” below).
 - Have a sleepover or slumber party with a fellow Girl Scout, friend, or family member.
 - Practice setting up a tent, making your bed, and/or preparing your sleep space.
 - Keep a journal handy if you would like to document your adventure!
 - Enjoy a campfire dessert—s’mores are a camp staple!

Healthcare at Camp

All camp participants are required to complete their health history and medication information in CampDoc prior to coming to camp. CampDoc is the electronic health record system that Girl Scouts Western Pennsylvania (GSWPA) uses to track camper health information. Below is additional information related to healthcare at GSWPA camps:

- **What is considered a medication?**
 - GSWPA’s definition of medication is any drug deemed safe and effective for its intended use by the FDA, in addition to select dietary supplements, including multivitamins and melatonin. GSWPA will not administer any substance that contains Cannabidiol (CBD) or Tetrahydrocannabinol (THC). GSWPA reserves the right to assess each camper’s medication regimen and the camp’s ability to safely provide medication administration for each camper.
- **Does my camper need a prescription?**
 - All medications, including over-the-counter medications (per GSWPA's definition), are required to have a physician order (prescription) for them to be given at camp. This policy aligns with Pennsylvania State Law and the Pennsylvania Nurse Practice Act.
- **Prescription Medications**
 - GSWPA recommends that camp families send medications in pharmacist-sorted medication packs (med packs). This can be done by requesting med-packing through your regular pharmacy. Most of the major pharmacies in the region offer med-packing services at no additional cost to the customer. Med-packing is covered by most insurance plans. An additional resource for med-packing is Amazon Pharmacy.
 - If you are unable to access med-packing, the other option is for prescription medications to be brought to camp in their original pharmacy containers.
- **Over-the-Counter Medications**
 - Over-the-counter (OTC) medications will be accepted in their original containers as long as a physician order is present with the medication. Orders for OTC medications must include the medication, vitamin, or supplement name, the dose prescribed by the

physician, time of administration, why the medication is prescribed, and have the physician's signature and date on the order.

- **Rescue Medications**

- Rescue medications include (but are not limited to) medications such as inhalers, EPI-Pens, diabetes medications, and seizure medications. These medications will be in the possession of the camper's counselor and with the camper at all times. GSWPA's procedure for rescue medications instructs the camp nurse to collect all rescue medications and ensure the camp counselors understand when and how to use them.

As a reminder, the camp nurse will be on-site daily for overnight camps but not 24/7. Medications will be administered by the camp nurse or self-administered by campers under the supervision of camp staff. A nurse is not present on-site for day camp. Campers are encouraged to take their medications during non-camp times. Otherwise, medications will be self-administered by campers under the supervision of the camp staff.

If your camper has additional healthcare needs, please reach out to council prior to their camp session to ensure we are prepared to meet your camper's needs.

Theme Weeks

This year at camp, we will be celebrating each week with a theme! Please note which theme week you will be attending, and bring along anything you have that is relevant. Costumes, old uniforms, blankets, flags, games, hats, wigs, socks—the list is never-ending! Themes will mostly be present during our opening and closing campfires, and some activities will be based on the theme throughout the week. We hope to create lasting memories with you this summer! The camp director will be in contact closer to your arrival with more details about each week.

| Week | Date | Theme | Details |
|------|----------------|--------------------|---|
| 1 | June 14-19 | Once Upon a Time | Fairy tales, Disney favorites, old folklore, and more this week! |
| 2 | June 21-26 | Wild West | It's the Wild West at camp. Line dancing, lasso contests, and cowgirl flair! |
| 3 | June 28-July 3 | Holiday Happenings | Christmas cookies, Easter eggs, and Halloween costumes. If you like to celebrate, now is the time! |
| 4 | July 5-10 | Color Days | Bring your team spirit! Participate in team competitions and ongoing activities to see who will come out on top! |
| 5 | July 12-17 | Around the World | Taste buds, are you ready? |
| 6 | July 19-24 | Pirates | Ahoy, mateys! Set sail for a week of daring adventure as you search for treasure, master your sea legs, and join a crew of fearless pirates on the high seas of summer fun! |
| 7 | July 26-31 | Art-Rageous | Get creative this week and celebrate art by diving into some special art projects and activities! |
| 8 | Aug. 2-7 | Dazzling Decades | Let's dance, sing, and play our way through the decades this week! |

Packing List

This is a general packing list. The amount you bring will be dependent on the duration of your stay. ALL ITEMS MUST BE LABELED WITH THE CAMPER'S FIRST AND LAST NAME OR INITIALS!

Clothing

- 1 T-shirt per day
- 1 change of underwear per day
- 1 pair of socks per day
- 1-2 pairs of long socks
- 2 sweatshirts
- 1 pair of sweatpants
- 3-5 pairs of shorts
- 1 pair long pants/jeans (required for horseback riding)
- 1 swimsuit
- 1-2 beach towels
- 2 pairs closed-toe shoes (Sturdy boots are recommended for horse activities; NO open-toe shoes are allowed at camp!)
- 1 pair of shower shoes
- 1 pair of water shoes or crocs
- 2-5 pairs of pajamas
- Rain jacket
- Hat

Personal Care

- Hair care products
- Soap/body wash
- Toothbrush and toothpaste
- Deodorant
- Menstrual supplies
- Sunscreen
- Bug spray
- Shower caddy

Linens

- Set of twin sheets
- Sleeping bag
- Blanket
- Pillow
- 1-3 bath towels
- 1-3 washcloths
- Laundry bag

Additional Items

- Reusable water bottle
- Flashlight
- Extra batteries
- Envelopes (**pre-addressed and stamped**)
- Day pack or backpack for daily

Optional Items

- Sunglasses
- Disposable camera
- Journal
- Toiletry container/carrier
- Playing cards or other game(s)

Items to Leave at Home

- Camp has a policy of no electronic equipment. This includes cell phones, electronic games, iPod/MP3 players, laptops/iPads, etc.
- Illegal drugs and/or drug paraphernalia, tobacco products and/or vaping devices, alcohol, knives, guns, or any weapon, fireworks or explosives, matches, lighters, or candles.
- Administrative staff will confiscate and hold any prohibited items for the duration of the session. Items will be returned to caregivers at check-out.

Required Forms

Once again, our forms and paperwork are going digital! You will be sent the needed forms after your registration is processed. These forms are vital to providing the best possible camp experience. In the event you forget to submit a form, there will be copies available to complete at check-in. *These forms are required.*

Camper Code of Conduct and Camp Information Form

This is an acknowledgment that your adult gives permission for you to attend overnight camp. This form allows you to disclose any health needs, medication needs, dietary needs, etc. This form also acknowledges your safety at camp. This form is an acknowledgment that you will abide by the Girl Scout Law and Girl Scout Promise during your time at camp. Failure to abide by the Camper Code of Conduct may result in dismissal from activities or camp.

Health History Form

This form provides the camp director and healthcare manager with any crucial medical information to ensure you have a safe experience at camp as well as any needed information in the event of an emergency. Please prioritize having this fully filled out prior to arrival at camp.

Camper Information Sheet

This form is vital to a great camp experience! This form is shared with your unit leader and counselors for them to better understand you, your interests, former camping experiences, and your hopes for your time at camp.

Camper Check-In/Check-Out Form

This form indicates who is allowed to pick you up at check-out. This form should be filled out by your adult. **The name(s) on this form must match the photo I.D. shown to the camp staff at check-out. You will not be released to any individual not listed on this form.**

Horseback Riding Release Form

This form is for Girl Scouts attending Camp Skymeadow and allows you to participate at the barn during your time at camp.

Camp Procedures

Check-In and Check-Out Procedures

Check-In

Check-in time is 2 p.m. for all campers. Early arrivals will be queued at the front gate until check-in time. For higher capacity weeks, staggered check-in times based on last name may be implemented. Detailed instructions will be shared via email prior to the check-in date.

Upon your arrival at Camp Skymeadow, you will queue on the main camp road leading up to the red Camp Skymeadow sign. A staff member will greet and direct you to the check-in area, where you will meet the administrative and healthcare staff.

At the check-in stop, you will do the following:

- Greet the Camp Skymeadow staff. They will verify your name and camp session, check your forms, communicate your unit and unit leader for the week, and be available for any questions you may have.
- If needed: meet our camp healthcare manager to check in any medications and/or discuss any medical needs, communicate and confirm any food allergies, and ask any questions you may have regarding health management or dietary needs.
- Complete your health check with the camp healthcare manager. This is to ensure the health and safety of all Girl Scouts and includes a temperature check, scalp check for lice, and a check for hand, foot, and mouth disease.
- Once your health check is complete, your adult may drive you and your luggage to your assigned unit.
- You will then be greeted by a camp staff member from your unit who can answer any questions you may have and help you meet new friends. Once the luggage is unloaded, this is your time to say goodbye to your adult!

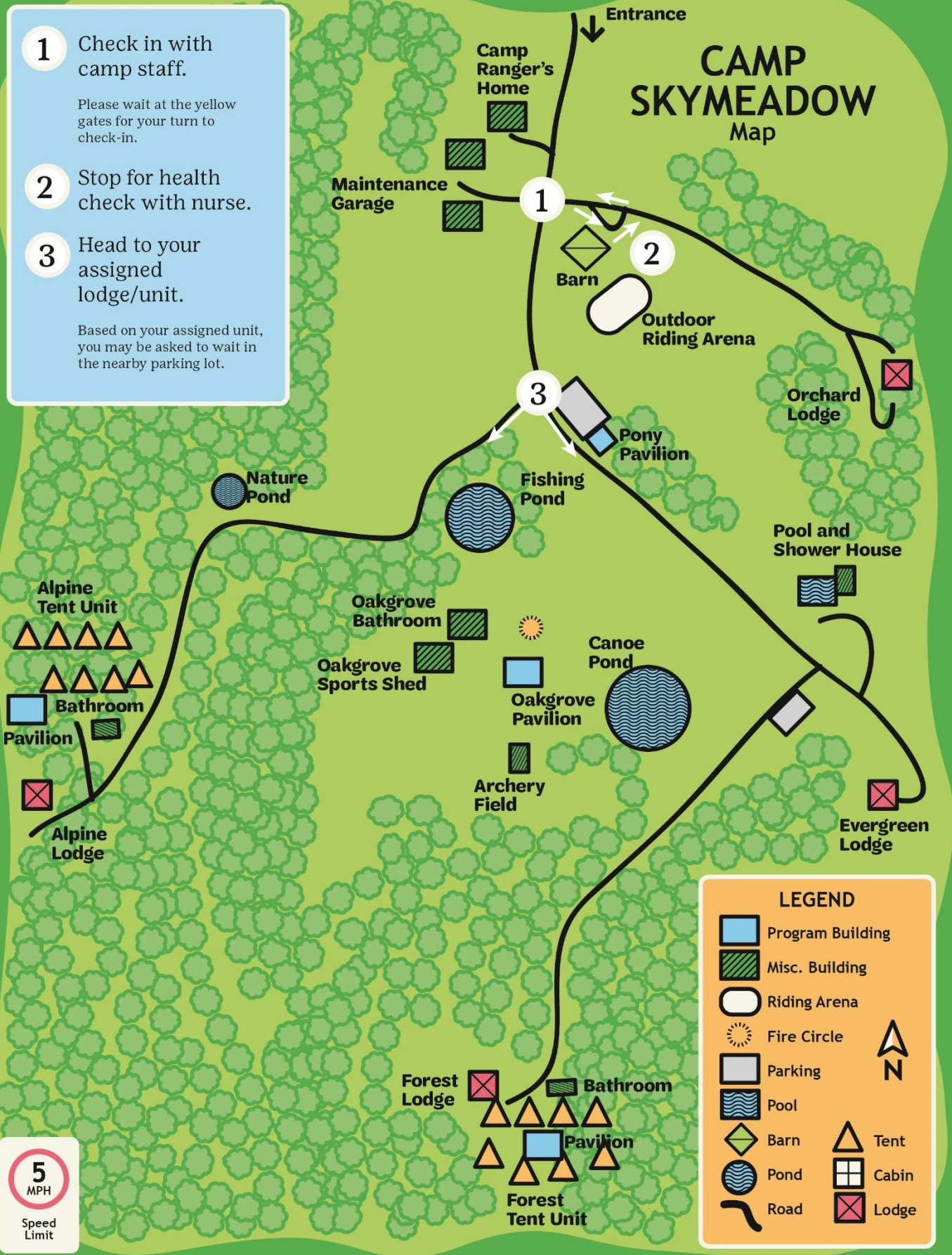
Check-Out

Check-out will take place near the Barn and will begin at 11 a.m. We ask that everyone is picked up by noon. When your adult arrives and it is their turn, they will:

- Greet the camp staff and present their photo ID.
 - **This ID MUST match the name(s) you have listed on your camper check-out form.**
- Greet you and check in with camp staff about the week.
- Retrieve your luggage and return with you to their vehicle.

CAMP SKYMEADOW Map

- 1** Check in with camp staff.
 Please wait at the yellow gates for your turn to check-in.
- 2** Stop for health check with nurse.
- 3** Head to your assigned lodge/unit.
 Based on your assigned unit, you may be asked to wait in the nearby parking lot.



LEGEND

- Program Building
- Misc. Building
- Riding Arena
- Fire Circle
- Parking
- Pool
- Barn
- Pond
- Road
- N
- Tent
- Cabin
- Lodge

5
MPH
Speed Limit

Living Accommodations

You will find out your living unit at check-in. Living units are determined by enrollment numbers, camp session activities, and any other needed accommodations. At Camp Skymeadow, we have the following living accommodations:

- Platform Tents
 - Platform tents are large canvas tents that accommodate four Girl Scouts.
 - Each platform tent unit has restroom facilities with composting toilets and fresh water sinks available for use, and showers are nearby at the pool shower house.
 - Each platform tent unit has a pavilion and fire ring that you will utilize throughout the week.
 - Platform tents do not have electricity. Camp staff recommend packing fairy lights or other battery-powered lights to decorate the tent or lodge.
- Lodges
 - Lodges include bunk beds and/or individual cots and accommodate anywhere from 15-34 Girl Scouts.
 - Lodges include indoor plumbing, a kitchen, and living areas.

Emergency Procedures

Camp Skymeadow has a comprehensive and extensive Emergency Action Procedure Plan that includes emergencies such as inclement weather/flooding, fire, missing camper, etc. A copy of this plan is available to review at check-in if desired.

Inclement weather, such as thunderstorms, does sometimes occur during camp. During a thunderstorm, all campers will be inside an enclosed building, such as a lodge, until the storm passes and there is no thunder or lightning for 30 minutes consecutively.

If you have a personal or family emergency occur during your time at camp, your adult can contact the camp director. At this time, an action plan can be made that includes talking about the emergency, arranging pick-up (if needed), and any other needs. The camp director for Camp Skymeadow can be reached at:

E: customercare@gswpa.org

During business hours (Monday-Thursday from 8:30 a.m.-5 p.m. and Friday from 9 a.m.-noon), you may also call our customer care line at (800) 248-3355 and they can patch you through directly.



What's the food like at camp?

We do our best to make the food at camp familiar while also offering variety; here are some ideas of foods you might see while at camp! Try your best to familiarize yourself with some of these foods before camp, and always be willing to try something new!

*Please be sure to note any food allergies/ dietary restrictions on your registration.

Breakfast

- Waffles
- Pancakes
- Sausage
- Bacon
- Cereal
- Yogurt
- Fruit

Lunch

- Grilled Cheese
- Hamburgers
- Salad Bar
- Chicken Tenders
- Deli Sandwiches
- Hot Dogs
- Vegetables

Dinner

- Pizza
- Chicken Sandwiches
- Pasta
- Salad Bar

Snacks are provided daily between lunch and dinner.

- Fruit Snacks
- Granola Bars
- Cookies
- Muffin Snacks
- Chips
- Fruit
- Snack Packs



Dietary Needs

Meals consist of balanced options and alternatives (salad bar, non-nut butter and jelly, etc.).

Vegetarian, vegan, and gluten-free options can be made available with advanced notice and properly filled-out forms. If you would prefer to bring your own gluten-free/vegetarian foods (gluten-free graham crackers, gluten-free bread, vegetarian marshmallows, etc.), please email customercare@gswpa.org before arrival.

Please refrain from bringing additional snacks or food to camp, packing them in your luggage, or having them sent in care packages. We will provide snacks during the day at camp. This is to prevent wildlife from intruding into your living space. Any food packed or brought will be properly stored and returned at check-out.

Celebrating Birthdays at Camp

If you will be celebrating a birthday during your time at camp, a special treat from our camp staff will be provided for you and your unit to celebrate! Please remind camp staff at check-in about your upcoming birthday while at camp.

Electronics at Camp

Camp has a policy of no electronic equipment. This includes cell phones, electronic games, iPod/MP3 players, laptops/iPads, hair dryers, etc. Electronic use during overnight camp greatly contributes to homesickness and thus affects your camping experience.

Camp Skymeadow and Girl Scouts Western Pennsylvania cannot be held responsible for items lost or stolen at camp. In addition, Camp Skymeadow does not have secure places for these items to be charged or stored. Any electronic devices will be confiscated, locked in the office, and returned to your adult at check-out.

Lost and Found

Please label all items packed for camp with your name. Any lost and found items from the week will be on display at check-out. Lost and found will be stored at camp until the conclusion of the camp season—Aug. 31, 2026—with every effort to reunite lost items with campers. After this date, lost and found items will be donated or discarded.

Mail

Adults—mail is an important part of overnight camp and campers look forward to receiving notes and letters from their friends and family. You may either leave mail at check-in (labeled with your camper's name and the day you would like them to receive it) or you can mail it ahead of time to camp. Do not include any food in any care packages or mail! **Please be sure to send items approximately two weeks prior to your Girl Scouts camp session to ensure their arrival time.**

Address mail to:
Camper Name
Camper Session
Camp Skymeadow
164 Sky Meadow Rd
Avonmore, PA 15618

Swim Check

During your first visit to the swimming pool, you will participate in a “swim check.” During the swim check, you are asked to swim across the pool and tread water. This determines if you can freely swim in the deep end of the pool. If you do not pass the swim check, that is okay! You can swim freely in the shallow end of the pool. Camp Skymeadow always has a lifeguard on duty.

Photos and Updates

Photos will be taken during camp of you participating in various camp activities. These photos will be uploaded to the Rallyhood page throughout the week. (Your adult will receive an email invitation to this page). Updates and fun tidbits about your unit and session will also be shared on Rallyhood. Due to extremely limited internet service and a busy schedule, camp staff do their best to upload photos and updates as often as possible. Please allow 24-48 hours for photos to be uploaded from each day.

Trading Post

Camp Skymeadow has a camp store, which we call the Trading Post. You will visit the Trading Post once during your stay at camp. The Trading Post has items like camp T-shirts, sweatshirts, stickers, playing cards, etc. that range in price from \$3 to \$40.

Adding money to your trading post account is optional. We recommend about \$25/week. To provide a smoother and safer service, overnight camp is going cashless. You can use our [virtual Camp Trading Post](#) to deposit funds or elect to use Girl Scout Bucks or Indie Girl Scout Program Rewards. Money that is not spent during the week will be returned in the form of a gift certificate. Cash is no longer accepted at the trading post. If you come to camp with cash, staff will hold it until check-out and return it to your caregiver.

Equestrian Program

Each week at Camp Skymeadow, every girl will have the opportunity to visit the horses at the barn at least once, even if they are not registered for a horse-specific session. All safety gear and equipment will be provided. Any personal safety equipment brought to camp must be approved by the Horseback Riding Director and/or healthcare staff. Please remember to bring footwear for riding—

either riding boots, hiking boots, or sneakers with a slight heel. If you are unsure or want to double-check, reach out to the camp director at customercare@gswpa.org.

The ability to horseback ride is dependent on weather, including precipitation and heat index. If the weather does not allow riding, groups will still visit the barn and do other activities with the horses.

****If you are signed up for a horseback riding camp session, you will visit the barn once a day while at camp. Please pack enough pairs of long pants, long socks, and proper shoes to accommodate****

Additional Questions

If you have additional questions regarding your time at camp, you can visit our [FAQ page](#).