

Girl Scouts of Northern California  
**Peninsula Girl Scout Day Camp**

**WELCOME, DAY CAMPER!**

This letter and the Daily Reminder sheet tell you everything you need for Day Camp. Don't throw this away until camp is over. Also, you can find this and additional information on the web site [www.peninsuladaycamp.org](http://www.peninsuladaycamp.org)

**CAMPER HEALTH FORM**

Please complete the enclosed health form and return it, **by May 15th**. Only when we have received your health form will we be able to assign you to a unit. **If you have a medical condition that we should be aware of before camp begins, please email [debbie@peninsuladaycamp.org](mailto:debbie@peninsuladaycamp.org) before June 1st. Please send your health form to:**

**Debbie DeRuy  
941 Crane Avenue  
Foster City, CA 94404**

**MEDICATIONS:** All prescription and over the counter medications must be administered through the camp medic. All medications should be given to the camp medic at the beginning of each day and 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.

**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/guardian can bring them appropriate camp attire.

**DO NOT BRING TO CAMP:** Any radios, pagers, cell phones, iPods, electronic equipment, money, valuables, toys, candy, gum, or pocket knives.

**LOST AND FOUND ITEMS:** *Label everything with your first and last name.* Articles left at camp after July 22 will be collected and taken to Debbie DeRuy's home. Please phone (650) 400-0468 to make arrangements for pick-up. Anything not claimed within one week will be given to charity.

**LATE ARRIVALS - EARLY DEPARTURES – ABSENCES:** If you know your child will be absent or arrive late please notify camp the day before in writing. If this is not possible, please notify **Adam at 650-722-0940** 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.

**EMERGENCY CONTACT AT CAMP:** The only phone, at Park Headquarters, is a business phone, located 1/2 mile from our camp headquarters, and is for true emergencies ONLY. DO NOT use this phone for messages or reminders. In an **emergency** if you need to contact camp please call 650-400-0468 or 650-678-4863. These are cell phones and service can be unpredictable at camp.

**PREVENTION OF POISON OAK:** Poison oak within the immediate camp area has been removed, however, it is around the outlying areas and on the trails. Each day upon arrival home, you should take a thorough shower. Fels Naphtha Soap is highly recommended. Wearing long pants at camp and clean clothes and bandanna DAILY will lessen the chance of getting poison oak.

**TICKS:** At camp we do not have alligators, giraffes, or camels, but we do have a breed of tick, called the deer tick. The deer tick is smaller than the common tick. It is an insect of which we should be aware because 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 child should be checked daily for ticks when she/he arrives home.

**CAMPFIRE:** On Thursday, July 21 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 could imagine the chaos of getting the parents of 400+ 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 1/2 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.

**For more information** contact the Camp Director Sharon Torrano (650) 678-4863 or Camp Administrator Debbie DeRuy (650) 400-0468. Remember during camp we will not be home until after 5:00 PM.