



Camp Program Welcome Packet



Every Girl Belongs
at Girl Scout Summer Camp!

Meet New Friends | Unplug | Explore | Have Fun | Endless Possibilities

About Hilltop House



Hilltop House is a modern gem that glistens above the north Lincoln skyline. The nearly 2,200 square foot structure, which sits atop 32 acres of mixed prairie grass, awaits you and your future Girl Scout camper.

The property features a large, bright meeting room, warming kitchen, accessible restrooms, patio, and fire pit—ideal for Girl Scout traditions like singing songs around the campfire and feasting on s'mores! Venture outside to explore Jenny's Trail along the prairie grass and butterfly garden. You may even get a visit from furry friends like red fox and whitetail deer!



Welcome to Girl Scout Camp!

Dear Girl Scout Family,

Whether you are just beginning to explore Girl Scouts Spirit of Nebraska camps, or you're an expert on all things outdoors, camp provides the opportunity to unplug, learn new skills, and exercise newfound independence in a safe, girl-led environment.

Our talented camp staff is dedicated to providing the best possible Girl Scout camp experience. We appreciate the trust you place in us by sending your Girl Scouts to our camps, and we cannot wait to meet your girls! Camp is for everyone, and the possibilities are endless. Girls can attend as an individual, with a buddy, or with their troop. Day camps, overnight camps, family camps, and weekend camps await you!

Give your girl the gift of camp! You'll be amazed at what outdoor experiences can do to develop her sense of self, her confidence, and her desire to take on new challenges.

See you at camp!

The Outdoor Experience Team

Girl Scouts Spirit of Nebraska
Outdoor Experience Team

Contact Us

If you need further assistance in your preparation for Girl Scout camp, please utilize the following information to determine who to contact:

GENERAL CAMP INFORMATION

Member Support
800.695.6690
MemberSupport@girlscoutsnebraska.org

REGISTRATION AND PAYMENTS*

Member Support
800.695.6690
MemberSupport@girlscoutsnebraska.org

*To give all Nebraska girls the opportunity to participate in the Girl Scout Leadership Experience (GSLE), payment plans and financial aid are available to those who qualify. Financial aid may be requested for up to 50% of council-sponsored programs, camps, and travel fees for girls. To request financial aid, visit

www.GirlScoutsNebraska.org/FinancialAid.



About Our Camps

Property Location

Hilltop House
1320 Hilltop Plaza
Lincoln, NE 68521
(see page 8 for a map)

1. Located in North Lincoln, near 14th and Superior.
2. From Superior St., take the north roundabout exit to N 14th St.
3. Continue on N 14th St. about four blocks; turn west onto Morton St.
4. Continue on Morton St. for three blocks to the gated parking lot adjacent to 11th and Morton.
5. Once you have parked, proceed up the hill using Jenny's Trail (the gravel path) towards Hilltop House.

ACCESSIBLE PARKING

3. Continue on N 14th St. about two blocks; turn west onto Hilltop Plz.
4. Parking is located on the concrete pad on the southwest side of the building.

Properties Policy

1. The following items are prohibited on all Girl Scout Spirit of Nebraska ("GSSN") properties:
 - Smoking materials (including electronic cigarettes) and tobacco products
 - Non-prescribed controlled substances
 - Fireworks
 - Firearms and concealed weapons
 - Pets (certified service animals allowed)
 - Non-passenger or recreational vehicles (such as, but not limited to, mopeds and ATVs)
2. Alcoholic beverages are not permitted on the premises except for licensed catered events
3. Vehicles must be kept on roadways and parked only in designated areas
4. Girl Scouts Spirit of Nebraska and its employees are not responsible for lost or stolen personal property

Camp Staff

Camp counselors are recruited from our local Girl Scout community (colleges, universities, and web-based camp employment services). Our camp counselors include home-grown Girl Scout alum with many years of experience in Girl Scouting or college-aged students who desire to be a part of the Girl Scout Movement. All counselors are required to have an interview with our Camp Director and Outdoor Experience Manager, provide references, and pass a criminal background screen. When selecting camp staff, the most important trait we look for is the desire to create a lasting, positive experience for our campers.

All camp staff complete training which covers topics such as: specific activity training, first aid/CPR, camper supervision, behavior management, mental health, how to work with different age groups, child abuse prevention, homesickness protocols, and much more. Additionally, our specialist staff, such as lifeguards and challenge course facilitators, possess certifications or experience related to their position.

During staff training, each camp staff member chooses a “camp name” for several reasons. A camp counselor is a unique position between a “Big Sister” and an authority figure. They guide your camper in a gentle manner and camp names help distinguish them from a teacher, parent, or other authority figure. This also protects the privacy and identity of everyone involved at camp. Lastly, camp names add to the magic of the Girl Scout camp tradition that has been passed down for generations.

Attendee Requirements

Membership

It is not necessary to join a troop to become a Girl Scout or to attend Girl Scout camp. However, all campers must be a registered Girl Scout member to attend a council-sponsored camp program. If you are not yet a member, please complete your Girl Scout membership registration [online](#). The annual Girl Scout membership fee is \$25 (valid October 1 to September 30 each year).

If you need assistance registering or renewing your Girl Scout membership, please contact Member Support at 800.695.6690 or [via email](#).

Accessibility

We will make every effort to ensure our camp is accessible to all girls, however, we recognize that the camp environment does have some limits. To attend Girl Scouts of Spirit of Nebraska camp programs, campers must meet the following essential functions:

- Move independently from place to place
- Successfully interact in peer groups based on planned activities
- Able to meet personal needs (bathing, toileting, dressing, diet management, etc.)
- Capable self-manager of chronic illnesses

Camp Activities

Souvenir T-shirts

T-shirts are included with many of our camp programs. Please review the camp program details to see what is included with your camp experience. If you registered for multiple camps at the same location, you will receive one T-shirt from that location. Each of our camp locations have a unique design (collect them all)!

Photos of Campers

We use an app called *BAND* to share photos of campers. You will receive an invitation to join *BAND* in your camp confirmation email to see photos of your camper. Please be advised that our camp staff’s first priority is to engage with the girls and provide for their safety. This may mean that photos are not possible during all activities. We will do our best to share as many photos as we can during your daughter’s stay at camp.

Health Policies

CampDoc®

Prior to check-in, you will receive an email requesting your camper's medical information in CampDoc®. This program allows us to prevent paper waste and keep our records easily accessible. All camper health information and medication forms must be completed prior to check-in.

The amount of information required will be determined by the length of stay, but this is your opportunity to share any information with us that will help your camper have a great experience!

Health Concerns

Please disclose other health-related concerns, such as bedwetting, sleep walking, etc. on the CampDoc® forms so we can best meet the needs of your camper.

Food Allergies and Restrictions

We can accommodate vegetarian diets and most food allergies/restrictions at camp. Please list your camper's dietary needs and/or allergies in CampDoc®. Our staff is trained to assist children in avoiding exposure to allergens, to recognize reactions, and respond appropriately.

If your daughter has complex allergies or restrictions, and/or is likely to turn down alternatives we provide, then we recommend food be sent from home (contact our Camp Director for guidance on your daughter's camping session menu).

Medications

1. List all medication in "Health History" (including over-the-counter) online in CampDoc®. Any medication to be dispensed at camp must be listed in CampDoc®.
2. All medications, including vitamins, must be kept in their original containers, marked clearly with your camper's name, and include directions for use. Only the dosage listed on the original container will be followed at camp.
3. All medication must be given to First Aider at check-in for distribution.
4. Medication will only be dispensed to the person listed on the original prescription container.
5. All medications for campers and staff are stored in a secure location for safety purposes.
6. First aid supplies, acetaminophen (comparable to Tylenol®), and many other common over-the-counter medications are available for camper's use as needed. Please ensure to fill out the CampDoc® "Health" section in detail so we may give your camper over-the-counter medication if needed.
7. After a discussion with the Camp Director, it may be determined that campers who require an inhaler or EpiPen (on an as-needed basis) may carry it in a backpack to activities. The parent/caregiver and Camp Director will determine if the camper is suited for this responsibility.

Communicable Illness Policy

If a camper shows symptoms of a communicable illness, such as vomiting, diarrhea, fever, lice, rash, flu, or eye infection, she will be immediately isolated from other campers. Camp staff will notify the parent/caregiver that their camper must be picked up immediately. Campers may return to camp once they have

been free of symptoms for 24 hours. We may require a negative COVID-19 test if appropriate. Once she returns to camp, our Camp Director will do a health check.

If your camper exhibits signs of an illness at home before camp, we ask that you please keep her at home and let us know she may not be attending camp due to illness. Additionally, please notify us if your daughter becomes sick after returning home from camp (this is especially important when it comes to COVID-19).

Head Lice Policy

If a camper shows noticeable symptoms of head lice, camp staff will first verify head lice is the cause. Camp staff will notify the parent/caregiver that their camper must be picked up immediately. Camp staff will discretely isolate her and help pack up her belongings. Parents/caregivers of other campers in attendance will be notified of the exposure by camp staff and asked to monitor their camper for an appropriate period of time after they return home. Refunds will not be issued for head lice and campers may not return to camp until a medical professional confirms they have successfully eradicated head lice.

Parent/Caregiver Contact

We will contact parents/caregivers by phone if a camper...

- Experiences atypical homesickness
- Experiences behavioral challenges
- Has an acute, sudden, or communicable illness
- Has a temperature of 100.5° F or higher
- Has an active case of head lice
- Needs Urgent Care or hospitalization

Homesickness

Every camper misses her family, friends, and favorite pet during her stay at camp. Homesickness is normal behavior among both first-time and experienced campers, but it usually disappears in the first few hours.

A common challenge campers and staff experience are the promises parents/caregivers make to pick up their camper if she misses home or experiences symptoms of homesickness. When a camper hears these promises, she is not determined to be successful and often gives up at the first sign. Instead, reassure your camper she will be successful and you look forward to hearing about her amazing camp adventures at the end of her camp session. If a camper leaves a camp due to homesickness, we are unable to offer a refund.

Miscellaneous Policies

Cell Phone Policy

Cell phones are permitted for campers 6th grade and above. Campers are responsible for their own cell phone and charger. GSSN will not provide chargers to campers who have forgotten theirs. GSSN is not responsible for lost, stolen, or damaged cell phones or cell phone accessories. There will be tech-free times at camp when campers are asked to set aside their phones; we ask that all campers be prepared for this and ready to respect tech-free times at camp.

Cancellation and Refund Policy

Refunds will be granted under the following conditions:

- The refund request is received before the registration deadline (found in your MY GS account “Event Details”)
- Girl Scouts Spirit of Nebraska cancels the program.
- The girl or family moves away from the area.
- A physician confirms that the registrant is physically unable to participate.

All requests for refunds/cancellations must be emailed to MemberSupport@girlscoutsnebraska.org before the registration deadline. Refund requests must include:

- Participant’s Full Name
- Mailing Address
- Program Name
- Program Date
- Reason for the Refund/Cancellation Request

Please allow up to six weeks for refunds. Refunds will be issued to the original payor.

Lost and Found Policy

All items left at camp will be taken to the Lincoln Service Center and held until December 1 each year. If the item is not claimed, it will be donated.

What to Pack for Camp

Packing Tips

1. Campers should dress for an active lifestyle. Light colored, comfortable clothing is recommended.
2. Please do not bring new shoes to camp. She will be walking a lot each day so new or ill-fitting shoes may cause painful blisters. Flip flops are ok to wear when headed to water activities.
3. Bathing suits should be a modest one-piece or two-piece “tankini” suit. String bikinis are not allowed for safety purposes.

Packing List

A more detailed packing list will be emailed out before each program.

- | | |
|-------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> Backpack, Bag, or Purse | <input type="checkbox"/> Lip Balm |
| <input type="checkbox"/> CampDoc® Required Forms | <input type="checkbox"/> Medications‡ |
| <input type="checkbox"/> Disposable Camera | <input type="checkbox"/> Plastic Bags for Wet/Soiled Items |
| <input type="checkbox"/> Hat | <input type="checkbox"/> Sneakers |
| <input type="checkbox"/> Insect Repellent | <input type="checkbox"/> Sunscreen (SPF 50+) |
| <input type="checkbox"/> Jacket, Rain Coat/Poncho | <input type="checkbox"/> Swimsuit |
| <input type="checkbox"/> Lightweight Water Play Towel | <input type="checkbox"/> Water Bottle |

‡ Must be in original containers and placed in a plastic bag labeled with camper’s name (see “Medications” on page 4 for more information).

FAQs

Q: What are “kapers?”

A: Kapers are chores each camper and staff member are assigned to help with “camp-keeping.” Examples of kapers include: picking up supplies, sweeping, washing dishes, taking out trash, etc. Help prepare your camper for her kapers by letting her help out at home before coming to camp. Kapers are a Girl Scout tradition that helps girls learn responsibility and teamwork skills in caring for our facilities.

Q: What is the difference between “day camp” and “overnight camp”?

A: Day camp is for girls who want to have fun all day but go home each night. Available in all areas of the state, we designed day camps with the girl-on-the-go in mind. Overnight camp is for girls who are ready to stay at camp for a few days. These are council-sponsored, last two+ nights, and generally have a theme.

Q: What are the sleeping arrangements at camp?

A: Unfortunately, we do not offer overnight camping at Hilltop House.

Q: Can my daughter call home?

A: We discourage phone calls home unless there is a mitigating circumstance like an injury or a behavioral incident. Frequent phone calls home may distract campers from being present and engaged while at camp. If there is an emergency, camp staff will phone parent/caregivers immediately.

Q: What if my daughter misses home?

A: Our staff has been trained to recognize and deal with a camper who is missing home. We find it best to keep the girls occupied and distracted if they begin to experience homesickness. Pairing them up with a buddy and keeping them involved in activities often does the trick!

Q: What if my child is a picky eater?

A: We cannot cook for *all* tastes, but we try to provide options where girls may select some ingredients they will be eating. We will not let anyone go hungry and will have a variety of options available during meals.

Q: Can my daughter bring food?

A: Unless she suffers from complex diet restrictions/allergies (see page 4), bringing food to camp is not permitted. There are many very clever animals living in wooded areas who we do not want to attract.

Q: What happens if my child gets ill or injured? When and why do you notify us?

A: If your child becomes ill or injured, we will provide care as needed to remedy their injury or illness. In the unlikely event that professional resources are needed, parents/caregivers and EMS will be contacted. You will be notified any time treatment is given beyond a bandage.

Q: What if severe weather happens at camp?

A: We have a storm shelter located in the basement of Hilltop House. If there is an emergency at camp, we have a crisis emergency plan in place. Campers will be notified of what steps to follow and parents/caregivers will be notified.

14th Street



13th Street



Private Residence

House of Prayer

Morton Street



Private Residence

Hilltop Plaza

12th Street

Natural Prairie Grass

General Parking

11th Street

Jenny's Trail

Butterfly Garden

Hilltop House

Accessible Parking

10th Street

Private Residence

Private Residence

9th Circle

