



# Camp Program Welcome Packet



Every Girl Belongs  
at Girl Scout Summer Camp!

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



# About Camp Cosmo



Located south of Grand Island and with easy access to I-80, Camp “Cosmo” Cosmopolitan is ideal for an outdoor getaway. The Platte River runs along this 30-acre property and provides a tranquil setting for creeking and exploring the wonders of water. Cosmo is also a great place to witness the majestic Sandhill Cranes migrating through central Nebraska in spring.

The property is named for the Platte River Cosmopolitan Club, who previously owned the land and still generously supports us today.

Camp Cosmo features a program center, a modern shower house, a storm shelter, and multiple options for overnight stays, including climate-controlled Tucker Lodge, platform tents, and classic tent sites. Be sure to explore the high and low challenge courses and pristine hiking trails. Have high-energy fun in the GAGA ball pit or learn a new skill at our slingshot or tomahawk throwing courses!



# 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

Alisha Epp, Camp Director  
308.850.1711  
aepp@girlscoutsnebraska.org

### REGISTRATION AND PAYMENTS\*

Member Support  
402.558.8189  
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](http://www.GirlScoutsNebraska.org/FinancialAid).



# About Our Camps

## Camp Location

Camp Cosmo  
2400 E. Wildwood Drive  
Grand Island, NE 68801

1. From I-80, take Exit 314 North (for Locust St.).
2. Turn east onto US-34E.
3. Turn south onto S Stuhr Rd. to E. Wildwood Dr.
4. Continue to Camp Cosmo main entrance.

## American Camp Association®



We meet the highest standards set by the Girl Scouts of the USA (GSUSA) and the American Camp Association® (ACA). Camp Catron, Camp Cosmo, Camp Crossed Arrows, and Camp Maha proudly display ACA-accreditation.

The accreditation process involves extensive annual preparation of written documentation such as risk management, food safety, and staff hiring procedures, plus an onsite observation performed by a team of specially-trained camp professionals.

## 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 alums 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](#).

If you need assistance registering or renewing your Girl Scout membership, please contact Member Support at 402.558.8189 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)!

### Trading Post

Campers will have the opportunity to visit the Trading Post during their stay at camp. The Trading Post offers camp essentials and souvenirs, such as flashlights, stuffed animals, patches, and more! Prices range from \$1–\$25. Cash and credit cards are accepted. Please ensure your daughter has their money in a labeled, secure pouch so it may be returned if misplaced.



# Swimming

While there is no swimming pool at Camp Cosmo, there may be planned water activities or creeking in the Platte River. Campers must wear a one-piece, full coverage swimsuit or two-piece swimsuit with bottoms and a top. String bikinis are not permitted for safety reasons.

# 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 a staff member 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.

## 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 and/or 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

Camp is a time to unplug from electronics and we discourage campers from bringing cell phones. Cell phones are only 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. Cell phones will only be allowed for a short time each day as determined by the Camp Director. We ask that you refrain from texting and calling your campers as they practice independence. Campers may be asked to leave their phones in a designated box until tech time each day.

## 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](mailto: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 Grand Island Service Center and held until October 1 each year. If the item is not claimed, it will be donated.



# Daily Schedule

The camp schedule may vary based on the session and the day of the week, but an average day at camp looks something like this:

## Day Camps

Check-in	9:00 a.m.
Morning Gathering	9:15 – 10:00 a.m.
Morning Activities	10:00 a.m. – 12:00 p.m.
Lunch	12:00 – 1:00 p.m.
Afternoon Activities	1:00 – 3:00 p.m.
Snack	3:00 – 3:30 p.m.
Clean Up	3:30 – 4:00 p.m.
Check-out	4:00 p.m.

## Overnight Camps

Rise and Shine	7:30 a.m.
Breakfast	8:30 – 9:00 a.m.
Flag Ceremony	9:00 – 9:15 a.m.
Morning Activities	9:15 a.m. – 12:00 p.m.
Lunch	12:00 – 1:00 p.m.
Afternoon Activities	1:00 – 3:30 p.m.
Snack	3:30 – 4:00 p.m.
Afternoon Activities	4:00 – 5:00 p.m.
Dinner	5:00 – 6:30 p.m.
Flag Ceremony	6:30 – 6:45 p.m.
Evening Activities	6:45 – 8:30 p.m.
Campfire	8:30 – 10:00 p.m.
Dismissal to Cabins	10:00 – 11:00 p.m.
Lights Out	11:00 p.m.

# What to Pack for Camp

## Packing Tips

1. Select an outfit for each day and pack it in a press-n-seal plastic bag. Mark the bag with the day she will be wearing it. This will help her get dressed in the morning and keep her clothes organized and as dry as possible. Plus, she'll have bags to transfer wet items home!
2. Campers should dress for an active lifestyle. Light colored, comfortable clothing is recommended.
3. 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 in the shower or when headed to water activities. Closed toe shoes and socks should be worn at all other times. Crocs™ are not appropriate footwear for camp.
4. Bathing suits should be a modest one-piece or two-piece "tankini" suit. String bikinis are not allowed for safety purposes (see "Swimming" on page 4 for more information).

## Packing List

- |   |  |
|---|--|
| <input type="checkbox"/> Bedding for a Single Cot or Sleeping Bag | <input type="checkbox"/> Sandals (River or Shower Areas Only)    |
| <input type="checkbox"/> Blanket                                  | <input type="checkbox"/> Shampoo, Conditioner                    |
| <input type="checkbox"/> Book or Magazine*                        | <input type="checkbox"/> Small Pillow                            |
| <input type="checkbox"/> Brush/Comb                               | <input type="checkbox"/> Small Soap and/or Travel Size Body Wash |
| <input type="checkbox"/> CampDoc® Required Forms                  | <input type="checkbox"/> Small Stuffed "Friend"                  |
| <input type="checkbox"/> Disposable Camera                        | <input type="checkbox"/> Sneakers                                |
| <input type="checkbox"/> Flashlight                               | <input type="checkbox"/> Socks                                   |
| <input type="checkbox"/> Hat                                      | <input type="checkbox"/> Sunscreen (SPF 50+)                     |
| <input type="checkbox"/> Insect Repellent                         | <input type="checkbox"/> Swimsuit                                |
| <input type="checkbox"/> Jacket, Rain Coat/Poncho                 | <input type="checkbox"/> T-shirts, Sweaters                      |
| <input type="checkbox"/> Lightweight Bath Towel, Water Play Towel | <input type="checkbox"/> Toothbrush, Toothpaste                  |
| <input type="checkbox"/> Lip Balm                                 | <input type="checkbox"/> Undergarments                           |
| <input type="checkbox"/> Medications‡                             | <input type="checkbox"/> Washcloth, Small Hand Towel             |
| <input type="checkbox"/> Money for Trading Post                   | <input type="checkbox"/> Waterproof Bag, Duffel Bag, or Suitcase |
| <input type="checkbox"/> Pajamas                                  | <input type="checkbox"/> Water Bottle                            |
| <input type="checkbox"/> Plastic Bags for Wet/Soiled Items        | <input type="checkbox"/> Water Shoes                             |

\* Or other quiet activity that can be done on your bed such as journaling, playing cards, drawing or coloring books (don't forget crayons, markers, or colored pencils), word search books, and crossword puzzles.

‡ 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 “resident 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. Resident 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:** May–September campers will sleep in the canvas platform tents (i.e. Paradise Cove, Sherwood Forest, Cedar Grove) with individual sleeping cots available. There is no electricity available in these shelters.

**Q:** What kind of coverage is available at night? What if my daughter has a nightmare?

**A:** There will be two camp staff members staying in each of the girls’ cabins at night. All camp staff members are registered Girl Scouts members and background screened.

**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 center of camp near Tucker Lodge. We may have the girls sleep in the storm shelter or move to the lodge if severe weather is in the area or forecasted for the night. 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.

