



girl scouts of eastern iowa and western illinois

Camp Liberty

Summer Camp Family Handbook





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Our Mission

Girl Scouting builds girls of Courage, Confidence and Character who make the world a better place.

The Girl Scout Promise

On my honor, I will try:
To serve God and my country. To help people at all times, and to live by the Girl Scout Law.

The Girl Scout Law

I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.



girl scouts of eastern iowa and western illinois | Camp Liberty

Welcome to Camp Liberty

When a girl leaves home and enters the world of camp, she meets new friends and peers on even ground. As she sits around the campfire, paddles a canoe, tries zip lining, or even rides a horse for the first time, something in her begins to change—she gains a sense of pride by facing her fears, she grows as a person by learning new skills, and becomes stronger and happier by making new friends. Camp is transformative. Our trained and caring staff members support girls in discovering who they are and what they can become. Our engaging programs and activities are designed with girls' interests in mind, so they can grow their passions and take healthy risks in a safe, supportive environment. Each activity — from art to zip lining — is designed to support the following lasting outcomes:



Strong Sense of Self
Girls have confidence in themselves and their abilities, and form positive identities.



Positive Values
Girls act ethically, honestly, and responsibly, and show concern for others.



Challenge Seeking
Girls take appropriate risks, try things even if they might fail, and learn from mistakes.



Healthy Relationships
Girls maintain healthy relationships by communicating their feelings directly and resolving conflicts constructively.



Community Problem Solving
Girls desire to contribute to the world in purposeful and meaningful ways, learn how to identify problems, and create "action plans" to solve them.

General Information

At Girl Scouts we strive to provide our members with the highest level of customer service. If you have any questions or concerns, please contact us immediately.

For non-emergency questions or inquiries visit our website or contact our Member Support Team at:
800-798-0833
Info@GirlScoutsToday.org

During the summer camp season, you can contact a member of the Camp Management Team at Camp Liberty.

Camp Liberty Office
563-843-2956
If you are unable to reach camp in an emergency, please contact the emergency answering service.

GSEIWI Main Phone Number
800-798-0833

Emergency Number
309-764-8833

The Chief Program and Property Officer and VP of Events and Experience are always available to answer questions.

Stacy "Truffles" Conforti
Chief Program and Property Officer
563-583-9169 | StacyC@GirlScoutsToday.org

Mikayla Ahrens
VP of Events and Experience
319-382-8185 | MikaylaA@GirlScoutsToday.org

Camp Liberty Staff

Camp staff are carefully chosen and interviewed for their skills and abilities, belief in the ideals of Girl Scouting, love of the outdoors, and passion for children's education. Many are college students, as well as Girl Scouts and former campers. All staff complete intensive training related to their position, often including First Aid, CPR, camp craft skills, child development, waterfront skills, and creative art. Girl Scouts of Eastern Iowa and Western Illinois celebrates Girl Scouting's worldwide connections by hiring a selective group of counselors and staff from the United States and abroad.

Camp Liberty Staff

At Camp Liberty, every counselor, staff member, and employee is there to help. Our goal is to provide a safe, memorable, and happy experience for your camper. Talk to her ahead of time about asking for help when needed and how to share it with camp staff. Remind your camper that while very talented, the counselors can't read minds and that it is okay to ask for help.

Similarly for caregivers, the staff and directors are more than happy and willing to assist in any way, but we can't help if we don't know there is a problem. Please email or call if you need anything.

General Information

Diversity, Equity & Inclusion

Girl Scouts of Eastern Iowa and Western Illinois and Girl Scouts of the USA support pluralism and inclusion. We are an inclusive organization and accept all girls in grades Kindergarten through 12 as members.

The Girl Scout organization stands firm in valuing diversity and does not discriminate on the basis of age, race, religion, ethnicity, sexual orientation, socioeconomic status, national origin, or physical or developmental disability.

We strive to prepare our girl members to make the world a better place by ensuring they learn not only about themselves, but also about acceptance, tolerance, and appreciation of other human beings.

You can expect that we will:

- Create an environment where all girls have the opportunity to participate in a movement that encourages them to overcome barriers and become leaders in their community and world.
- Encourage everyone to think, speak, and act in ways that ensure all people feel they belong and can meaningfully participate in all aspects of Girl Scouting, regardless of age, race, religion, ethnicity, sexual orientation, socioeconomic status, national origin, or physical or developmental disability.
- Teach girls to develop and maintain healthy relationships by communicating their feelings directly and resolving conflicts constructively.
- Make reasonable efforts to provide accessibility to girls of all levels of ability.
- We will inspire girls to help make our world a better place as a more equitable and just world for everyone.

No Bully Zone

There is a zero tolerance policy for bullying at Camp Liberty. Our staff is trained to identify and respond to signs of bullying behavior. We encourage any girl to share any concern she may have with the way she or any other girl is treated while at camp. If a camper has been bullying others while at camp they will be sent home and their camp session will not refunded.

Camp Liberty Behavior Agreement

At Girl Scout Camp Liberty, we strive to create a physically and emotionally safe space where every girl feels supported, respected, and empowered to grow. Our staff is committed to fostering a positive environment rooted in kindness, inclusion, and the values of the Girl Scout Promise and Law.

To help us maintain this safe and welcoming community, we ask for your partnership. By reviewing and supporting the camper behavior guidelines outlined in this agreement, you are helping ensure that all campers can enjoy a fun, respectful, and enriching experience. These expectations reflect the principles of community living and are designed to help every girl thrive. Together, we can make Camp Liberty a place where courage, confidence, and character shine.

General Information

Camper Behavior Expectations and Group Agreements

Each week, camp groups develop their own Group Agreement detailing how they will live together during their stay at Camp Liberty. While each group's guidelines are unique, they all reflect the following expectations.

- Show respect for yourself, others, and camp property.
- Follow directions from camp staff promptly.
- Use kind and appropriate language.
- Stay with your assigned group and within camp boundaries.
- Participate in activities to the best of your ability.
- Practice safety in all activities (e.g., no running in cabins, follow water safety rules).

Inappropriate Behavior and Parent Contact

In order to maintain a safe and welcoming community, the following behaviors will result in a conversation with the camper and will be documented and communicated to caregivers. Repeated offenses may lead to dismissal:

Disrespectful Language or Behavior:
Name-calling, rude gestures, or talking back to staff.

Failure to Follow Instructions:
Ignoring rules or directions after reminders.

Minor Property Damage:
Writing on walls, breaking items intentionally.

Disruptive Behavior:
Interrupting activities, refusing to participate, or distracting others.

Boundary Testing:
Attempting to enter off-limits areas without permission.

General Information

Behavior Resulting in Immediate Removal

The following behaviors will result in immediate dismissal from camp with no refund.

Violence or Aggression:
Hitting, kicking, biting, or any physical harm to others.

Bullying or Harassment:
Severe verbal abuse, threats, or intimidation.

Possession or Use of Prohibited Items:
Drugs, alcohol, tobacco, weapons, or dangerous objects.

Leaving Camp Property Without Permission:
Any attempt to run away or leave designated areas.

Serious Safety Violations:
Actions that put self or others at significant risk (e.g., tampering with fire safety equipment, entering restricted areas).

Caregiver Responsibilities

To help ensure a safe and positive camp experience, caregivers agree to:

- Review behavior expectations with your camper before arrival.
- Provide accurate information on all health forms, emergency contacts, and camper needs (medical, behavioral, dietary).
- Support Camp Staff by reinforcing camp rules and expectations with your camper.
- Respond promptly to communication from camp staff regarding behavioral or safety concerns.
- Arrange timely pickup if your camper is dismissed for behavior or illness.

Illegal substances will not be permitted by anyone at camp.

General Information

Camp Survey

All campers will be asked to complete an evaluation during their camp session. Caregivers of campers also have the opportunity to complete an online survey asking for feedback on their campers' experience in the weeks following her session. Your input on the camp experience is important. Your information is used to help us make continuous improvements. We thank you in advance for completing this survey.

Camp Liberty Trading Post

The Camp Liberty Trading Post is a fun and welcoming stop for campers to pick up souvenirs, gifts, patches, toiletries, and other camp essentials. Every camper will visit the Trading Post at least once during her stay.

We encourage families to send campers with spending money, though the amount is entirely up to you. Items range in price to fit a variety of budgets:

- Small items (bracelets, pens, stickers): $1.50–$5.00
- Mid-range items (stuffies, t-shirts, hats): $10–$25
- Larger items (sweatshirts, backpacks, large stuffies): $25–$70

Shopping at the Trading Post is also a learning opportunity! As part of the camp program, campers will explore financial literacy concepts like budgeting, identifying needs vs. wants, and making change, all in a fun, hands-on environment.

Please note: Girl Scouts of Eastern Iowa and Western Illinois is not responsible for any items purchased at the Trading Post that are lost or stolen during your camper's stay.

Treat Tokens

The Trading Post will carry frozen ice cream treats that can be purchased by campers during their visit. Every camper will receive a token that can be redeemed at the Trading Post for a free frozen treat during their stay at camp. Nondairy items are also available.

Preparing for Camp

Preparing Your Camper

One of the primary goals of summer camp is to offer progressive experiences that allow girls to develop new skills and confidence. Coming to camp and being away from home and family for an extended time provides a great opportunity for growth.

It is important that each camper be able to care for her own general well-being. While counselors are always there to support them, campers are expected to eat meals, get enough sleep, shower, groom, dress themselves, and communicate with camp staff.

Help your camper get ready for camp by being excited! Let her know that you want her to have fun and learn new things. Emphasize that your camper is "going" to camp, instead of saying you are "sending" her. If your camper has any anxiety about the dark, bugs, night noises, or being away from home, please start preparing her for these things now.

Preparing for Camp

- [ ] Make sure she is comfortable doing personal care routines like showering, brushing teeth/hair, and dressing on her own.
- [ ] Plan some outdoor activities as a family to get your camper used to hot and humid weather.
- [ ] Encourage your camper to pick out her own clothes and help with packing.
- [ ] Pick out a security item like a teddy bear or blanket to bring.
- [ ] Help her learn how to make her bed and set and wipe the table.
- [ ] Homesickness is normal. Discuss what it may feel like and suggest ways to help your camper overcome it if she experiences it.
- [ ] Talk to other parents and friends who have attended camp so you know what to expect.
- [ ] Write notes/letters for your camper and bring them to camp to be delivered to her during the week.

Preparing for Camp

Preparing Yourself

Check out the information available in the Camp Guide and the family handbook. It's totally normal for parents and guardians to have mixed feelings when their camper goes away – whether it's their first time away or not. Remember, you have chosen a fun and safe camp that is ACA accredited and your camper will be well cared for. The staff is trained to deal with any problem from homesickness to First Aid. Try not to let your camper know how much you are going to miss her. Be strong! You don't want her to worry about you while she's at camp.

Payment Information

- When you register for your camp session(s) we strongly encourage you to setup a payment plan, to make payments over time. You will be able to select an amount, length of time, and day of the month for the payment plan to process. With limited capacity for campers and waitlists, it is important that the camp fee is paid in full by the deadline. Registrations not paid in full by the deadline could result in a cancellation of a camper's session.

- Payments will display on your account statement as DOCNETWORK INC, the CampDoc and SchoolDoc parent company name. This information is also listed at the time you register and on the email receipt you received.

- It is important to keep this in mind as your review your credit card statements. If you accidentally dispute a charge from DOCNETWORK INC, you will not be able to make additional payments on your account until the dispute is resolved. The payment in question will be charged back to Girl Scouts. There will be a $15 fee for any unfounded disputes.

- When a payment bounces, whether due to lack of funds or incorrectly entered account information, this is called an ACH Return. When paying with a bank account, please double check your account number and routing number. If numbers are entered incorrectly and a payment is attempted, you will incur a $35.00 returned check fee

Packing for Camp

- ☐ Pack your camper's possessions in a duffel bag or plastic tub with a secure lid. As best practice, all camper belongings should be packed away when not in use.
- ☐ Encourage your camper to pack everything into one suitable sized container for their session. This helps ensure things do not get mixed with other camper's belongings.
- ☐ Mark all clothing and equipment with the camper's name, including luggage or tubs.
- ☐ Pack comfortable, lightweight clothing that is easy to clean. Clothes WILL get dirty at camp.
- ☐ Have your camper wear well fitting, closed toe shoes. Campers wear socks with sturdy closed toe shoes every day due to the poison ivy, gravel, tree roots and other natural hazards at camp. Sandals/flip flops/Crocs may only be worn in the shower.
- ☐ Remember to pack extra clothing/ shoes in case of rainy weather.
- ☐ Zip Lock bags are great for keeping items dry and keeping wet items from leaking on clothes.
- ☐ Have your camper's backpack packed with her Fab Five and check-in materials when you leave home

The Fab Five

Campers and staff are required to carry the Fab Five with them at all times in their backpack. When preparing for camp, choose a sturdy backpack that your camper will be comfortable carrying all day with the essential Fab Five items and other gear. Please avoid drawstring backpacks. as they break easily and are not comfortable to carry all day. We still encourage campers to bring hand sanitizer and a reusable mask, but it is not required.

Fab Five Items:
1. Water bottle
2. Sun screen
3. Insect repellent
4. Rain jacket or poncho
5. Flashlight

Check-In Items to not Pack Away in Luggage.

- Medication in the original container
- Trading Post money (optional)
- Electronics to be checked in for Brownies and Juniors

Items to Leave at Home:

- Food! No gum, candy, pop or snacks.
- Electricity is limited so do not bring hairdryers, curling irons or other items requiring electricity.
- Halter tops, tube tops, any clothing or equipment advertising inappropriate material.
- No pocket knives or other weapons.
- Any item that would cause distress if it was lost or damaged

If these items or any others disrupting to the camp program, they will be collected by a staff member and returned to the camper upon check-out

Lost items are displayed for girls to claim every day at each meal. After camp, items will be sent to the Quad City Leadership Center, 940 Golden Valley Drive, Bettendorf, Iowa. Any items left unclaimed by the third week of August will be donated to Goodwill Industries. We will not mail any items but you can request to have them delivered to your nearest Girl Scout Leadership Center

The Packing List

Fab 5 Item *optional

Clothing

- [ ] Shorts for each day and extras
- [ ] Shirts for each day and extras
- [ ] Long pants or jeans for hiking, ropes course
- [ ] Underwear for each day and extras
- [ ] Socks for each day and extras
- [ ] Pajamas
- [ ] Lightweight sweater, jacket or sweatshirt
- [ ] Bathing suit and towel
- [ ] Two pairs of good fitting, close toe shoes that can get wet and dirty – No Crocs, jelly shoes, or clogs
- [ ] Boots or rain boots
- [ ] Camp Liberty Necker (returning campers)

Personal Items

- [ ] Soap/body wash
- [ ] Shampoo and conditioner
- [ ] Hair brush and/or comb
- [ ] Hair bands or other hair accessories
- [ ] Toothbrush and toothpaste
- [ ] Sandals or flip-flops for shower
- [ ] Towels and washcloths
- [ ] Deodorant
- [ ] Feminine hygiene supplies*
- [ ] Eye care needs*
- [ ] Dental care needs*
- [ ] Other toiletries as needed*

Equipment

- [ ] Sleeping bag with a sheet or sheets and blankets
- [ ] Pillow
- [ ] Raincoat or poncho
- [ ] Flashlight and extra batteries
- [ ] Hat with brim*
- [ ] Laundry Bag
- [ ] Insect repellent
- [ ] Water bottle with camper's name
- [ ] Sunscreen
- [ ] Backpack or daypack
- [ ] Bandana*
- [ ] Hand Sanitizer*
- [ ] Masks/Face coverings*

The Packing List

Fab 5 Item *optional

Extra Items

- [ ] Inexpensive camera with batteries or charger*
- [ ] Stationery or postcards, addresses, pens or pencils, stamps*
- [ ] Sunglasses*
- [ ] Books, e-readers, magazines, or journal for quiet time*
- [ ] Watch*
- [ ] Mobile phone* (for Cadette and up)

Equestrian Items

- [ ] Cowboy boots, riding boots, or shoes with a heel are required to ride
- [ ] Jeans or sturdy pants will be worn each day

Outdoor Trip Items

- [ ] Nylon stuff sack
- [ ] Extra Water bottle
- [ ] Hiking Shoes or Boots that have been broken in

Water Session Items

- [ ] Extra swimsuit and towel
- [ ] Old tennis shoes and aqua socks
- [ ] Safety strap for glasses/sunglasses*

Counselor-in-Training Items

- [ ] Notebook with pen/pencil
- [ ] Craft and game ideas/books*
- [ ] Watch
- [ ] White Polo Shirt
- [ ] Khaki Shorts

Camper Communication

Check out the Waldo photo website to see what is happening at Camp Liberty. Password information will be available at check-in

Snail Mail

Campers love cheerful letters from home. You can mail a letter before your camper leaves for camp or after you drop her off. Please address mail as follows.

Camper Name, Session Name
Camp Liberty 4415 295th Street
New Liberty IA, 52765

Send your camper with stationery, pre-addressed envelopes and stamps, and we will help them get the letter in the mail.

Camp Mail Box
Save a stamp and bring your mail to camp with you on check-in day. You can drop your mail off with Camp Staff at the same station as checking in Trading Post money.

CampDoc CampGrams

While campers love to receive letters from home, virtual messages are a nice option as well. CampGrams are a one-way communication tool that allow families to easily send messages to their campers through CampDoc while they are away at camp. Camp Liberty will print and deliver messages you send to your camper along with the regular mail. CampGrams can be scheduled ahead of time so we encourage you to send these messages early!

CampGrams are $0.50 per credit – each CampGram is one credit

CampGrams never expire, so if you don't use all of your CampGram credits at the end of the session, they will roll over for the next session or for the following summer.

Camper Communication

Cell Phones

§At Camp Liberty, we believe camp is a special place for girls to unplug, connect with others, and build a strong sense of self. With feedback from campers, families, and staff, we're continuing our pilot cell phone policy to balance the benefits of technology with the magic of being present.

Grades 2–5 (Week-Long Sessions):
Campers may bring a phone to make one call home on Wednesday morning. Phones are collected at check-in, stored safely, and returned for the scheduled call. Campers who don't bring a phone will not use another camper's device.

eQUESTrian Campers (Level 1):
Phones will be collected at check-in and returned for a single call home on Wednesday morning.

Grades 6–12:
Campers may keep their phones and will be guided on appropriate use. Phones will be used as part of programming, like photo hunts, citizen science projects, and outdoor storytelling. Phones are collected at night for charging in designated units. Portable chargers are recommended due to limited electricity in some areas.

Phones are never allowed in private areas such as restrooms or changing areas. Additionally, phones are not permitted in the Camp Liberty Equestrian Center without explicit permission from the Equestrian Manager.

Campers without phones will still have access to shared technology for programming. Our approach supports healthy boundaries, encourages meaningful relationships, and helps girls grow through our "challenge by choice" philosophy.

If you choose to send a phone with your camper please be aware of the following information:

- Girl Scouts of Eastern Iowa and Western Illinois is not responsible for any loss or damage to phones.
- Due to the rural location of camp, phone service for various providers cannot be guaranteed.
- Electricity for phone chargers is not available in all areas of camp.

Based on our experience, many campers who are having a great time at camp become homesick while speaking to their family at home. During calls please encourage your camper to focus on the positive experience at camp and the things she is looking forward to.

Camper Communication

Tips for Camper Communication

Do tell her:

- You know she's having a good time.
- You can't wait to hear all about her new friends, the fun activities she's doing, to see her art projects or to learn all of the new songs she's singing.
- That you hope she's writing down songs, names of new friends, and taking lots of pictures.

Don't tell her:

- Trips or fun things she's missing out on.
- That her sibling cried all night because she isn't there.
- How much you miss her.
- That she can call you anytime and you will pick her up if she is homesick.
- About an ill relative or hurt animal.

Electronic Devices

All campers are able to bring select electronic devices to camp. Campers can bring CD players, iPods or other MP3 players, digital cameras and electronic readers as long as the device does not have mobile data with access to the internet. We do limit and monitor the use of these devices in order to allow girls to fully embrace the connections they make with other campers and to ensure that our campers are not exposed to material that is inappropriate.

Electronic devices (other than cameras) may be used only during quiet time or before bed and will not leave the cabin/tent. If you choose to send an electronic device with your camper, please discuss the proper handling and storage of the device in a camp setting; for example, do not leave it on the tent floor. Electricity for charging devices is not available at all locations in camp. Girl Scouts of Eastern Iowa and Western Illinois is not responsible for lost or damaged items.

Arrival & Departure

Please refer to your registration confirmation or the list below for your camper's check in time:

- Grades K-5 check in at 2:00 pm
- Grades 6-12 check in at 1:00 pm
- All EQUESTrians (grades 5-6) check in at 2:00 pm
- All He and Me & She and Me sessions check in at 5:00 pm
- All troop camp sessions check in at 1:00 pm

Families will be notified of changes as they are made.

1. Arrival

As you arrive at camp, there will be staff on hand to help direct you where to go. You can expedite the check in process by making sure your camper has her backpack with her Fab Five and the items listed below.

All medication – All inhalers, medicated creams, and prescription any nonprescription drugs need to be checked in with the health service staff upon arrival. They must be in original containers with labels and doctor's release.

During Sunday check-in, families will get a map and be directed to their camper's unit. Please obey all speed limits and signs and do not drive on or park on the grass. A counselor will be at the drop off location to direct you to your next stop at camp.

2.Health Check

All campers will have a general health screening before they are checked into camp. This will include taking the camper's temperature and inspecting for head lice. Braids and ponytails will need to be taken out so you may want to wait until after the health check to braid hair

3.Closing Day Activities

Gates will open to enter camp no earlier than 1:45 p.m. To avoid traffic backups and to keep our camp neighbors happy, please do not arrive early to camp.

4.Closing Ceremony

We invite caregivers and families to join us for a special celebration of your camper's week at camp! Closing ceremonies begin at 2:00 PM and last approximately 30–45 minutes.

Progressive Riding Program - Campers in the riding program will showcase their skills during a Horse Show at the Equestrian Center. You'll have the chance to see your camper, and their horse demonstrate what they've learned throughout the week.

All Other Programs - Campers will gather at the Lodge for a fun and interactive review of their camp experience. You'll get an overview of the activities they enjoyed and see firsthand the positive impact that camp and Girl Scouts have on girls.

This is a meaningful way to celebrate your camper's accomplishments and share in the joy of their camp journey. We look forward to seeing you there!

Arrival & Departure

5. Checkout

Please verify your check-out day and time and plan to pick up your camper at the appropriate time. On time pick-up eases your camper's nerves during the anticipation of going home.
If something happens and you are running late, please call the camp office so we can let your camper know you are on your way and keep her busy until you arrive.

Please make sure all possible people who may pick up your camper are listed on CampDoc under "Name of adult authorized to pick up your camper" to ensure smooth pick up process. Don't forget to include yourself! The person picking up each camper will be required to show a photo ID. No campers will be released to unauthorized persons or persons without a photo ID.

At checkout you will be advised as to where you can pick up your camper's belongings. Please drive cautiously and follow traffic guidelines while exiting camp.

Tuesday mini session check outs will occur in lower parking lot to not interrupt ongoing camp activities and do not feature at the Closing Ceremony.

Arrival & Departure Times

Check in on arrival day:

- Grades K-5 check in at 2:00 pm
- Grades 6-12 check in at 1:00 pm
- All EQUESTrians (grades 5-6) check in at 2:00 pm
- All He and Me & She and Me sessions check in at 5:00 pm
- All troop camp sessions check in at 1:00 pm

Check out on departure day:

- Check out will take place after the Closing Ceremony at 2:00 pm

Special Arrangements

Your camper's program activities begin immediately and we don't want her missing out on this valuable time to get to know her fellow campers and settle into camp life. Campers who must arrive late or depart early are asked to make this request to the camp director prior to the camp session. This year we will not be able to allow campers to leave the property during a session and return. If you have concerns, please reach out to the Camp Director prior to camp.

Pets

Pets are not allowed on camp property. Please leave pets or other animals at home when dropping off or picking up your camper from camp. Registered service animals are the exception. To maintain the health and safety of all campers and their adults, we ask that you contact the Camp Director to make accommodations before arriving to Camp with a service animal.

Health & Safety

Health Team

A nurse, health supervisor, or First Aider is on duty at camp at all times. In emergencies and in cases of non-routine illnesses and injuries, parents/guardians will be notified immediately. In cases of minor injuries or illnesses (ex: bug bites, scrapes, headache, minor sunburn, etc.), treatment will be provided. If health service staff has questions or concerns regarding these minor cases, parents/guardians will be contacted.

Health Information

Health information is required for all participants, regardless of session and program. Health information must be completed online two weeks prior to your camper's session. All campers must complete the record of immunization section. A current tetanus booster (administered within the last 10 years) is required for all campers.

In our continuous efforts to provide the best possible care to our campers and staff, we are partnering with CampDoc.com to collect the health information for all campers at Camp Liberty. The CampDoc system will give our doctors and nurses instant access to camper health information, a key component in providing quality patient care.

The security, confidentiality, and privacy of your camper's health information will always be protected. Only our Health Team will have access to camper health information and the CampDoc.com site is secure, encrypted, and password protected.

Girl Scouts of Eastern Iowa and Western Illinois and Camp Liberty are proud to be an American Camp Association (ACA) accredited program. This accreditation shows that we have undergone a thorough (up to 300 standards) review of our operation — from staff qualifications and training to emergency management. The ACA accreditation combined with safety guidelines from Girl Scouts of the U.S.A. ensure that your camper will be safe during her camp adventure



Health & Safety

Physical Exam

The Physical Examination, including physician's signature, is now optional for most camp sessions. For participants attending a session lasting two nights or more, we encourage families to have their camper examined by a physician within 12 months of their camp session. Some camps do require a physical if they are staying at camp more than 5 nights or will be leaving Camp Liberty for a night or more. Please see your registration info if you are not certain if your campers session requires a current physical. Equestrian program campers wearing a brace, splint, sling, cast, ace wrap, or neck or back support may NOT participate in riding. This is a council standard, not the decision of your doctor.

Medications

All over-the-counter and prescription medications must be in original containers with the correct, current label, including the camper's name. Please bring all medications in a clear re-sealable storage bag with the camper's full name and the name of the session she is attending. Make sure that the label instructions match the instructions you listed in the CampDoc electronic health record. All medication will be checked in on opening day with the Health Team, who will oversee proper administration of all medications. Medications may NOT be kept by campers.

Camp is a different environment from home and school, with new procedures and rules. We want your camper to have a positive experience. If your camper takes prescription medication for any health related condition, we strongly advise that they continue these medications under the supervision of our Health Team. This will ensure the transition to camp life is smooth and successful. Please let us know if your child's doctor has advised that your camper not take their medications during camp.

Over-the-Counter Medications

The Health Center has a supply of common over-the-counter medications. Unless your camper takes an over-the-counter drug as a part of her regular medication regiment, we ask that you leave over-the-counter drugs at home and use the camp's supply if needed. Please be sure to mark over the counter medications you approve for your camper when completing her health information online.

The following medications are available at the Health Center and are recommended by our camp physicians through our standing orders. They will be administered under the health manager's or designee's supervision; dosed as appropriate for weight and/or age.

- Acetaminophen (Tylenol)
- Ibuprofen (Motrin)
- Decongestant (Sudafed)
- Antihistamine (Claritin)
- Antacid (Tums)
- Antidiarrheal (Pepto-Bismol)

Health & Safety

Insurance

Coverage for medical expenses incurred by an illness or injury to a camper while she is participating in camp activities is included in the camp fee. It does not cover pre-existing conditions and is secondary to whatever health insurance coverage families may have.

Inclusion

Every girl should have the chance to go to camp. If your camper requires special accommodations (dietary, physical, behavioral, etc.), please contact us immediately so that any necessary accommodations may be made prior to your camper's arrival. To discuss your camper's special needs, please contact our camp staff at Info@GirlScoutsToday.org.

Head Lice

§Camp Liberty has a no lice, no nit policy. We screen all campers before they enter camp and will need to take down some hairstyles to clearly see scalps for screening. The presence of nits, live lice or dead eggs will require the camper and their belongings to have treatment before admittance to camp. If a positive case of lice is found, we've partnered with Lice Clinic Quad Cities, a professional lice screening and treatment service to provide treatment that day. They will offer the camper with a full service treatment using Zyma Air Therapy treatment at their Quad City clinic at a discounted rate of $150.00 to Camp Liberty families. This is a $39 savings. The treatment is guaranteed and campers can return to camp and check-in immediately after the treatment.

Caregivers can choose to take their camper home for treatment. No camper will be admitted back to camp until all lice and eggs (nits) have been removed after the application of a lice killing product. Families can purchase a Do-It-Yourself Treatment Kit from Lice Clinic Quad Cities. All belongings, including clothes, pillows and sleeping bag must be laundered in hot water and dried in a hot dryer. The camper will need to be completely nit free to return to camp. There are no exceptions to this policy and no refunds for the camp session.

Lice facts
CDC Head Lice Info
How to check for lice video

CURE. PREVENT. EDUCATE.
LICE CLINIC

Health & Safety

Homesickness

Homesickness is a normal for campers staying away from home and can often occur at camp, especially if campers have not stayed away from family before. When homesickness occurs, it usually happens usually in the beginning of the week and quickly dissipates as the camper gets settled in to camp life. The first few hours and days are a normal transition phase for everyone and it is typical for girls to adjust at different paces.

There are a few things you can do ahead of time to help prevent long-lasting homesickness:

1. Explain what homesickness is and let them know that it is normal, what it might feel like and that it will go away.
2. Give them some ideas of things they can do to help alleviate homesick feelings.
3. Think about the fun things you will be doing later.
4. Take a special stuffed animal or book that makes her feel secure.
5. Encourage her to talk to your counselor or a friend.
6. Show confidence in your daughter that she will do great and will not experience too much homesickness.
7. Let her know that you want her to have a good time and make new friends.
8. Avoid bargaining. Saying something like, “if you’re really homesick, I promise I’ll come pick you up right away,” sends the message to your daughter that you are not confident in her ability to succeed.
9. Provide her with stationery and self-addressed and stamped envelopes to write you notes.
10. Consider preparing letters and bringing them to check in to be delivered to your girl throughout the week.
11. Do not suggest that she call you if she is feeling homesick. Often, calling home makes homesickness worse and campers do not have access to the camp phone.
12. Lastly, should your camper ask “what if I get homesick?” remind her of the many people at camp who are there to help and encourage her to ask for help if she needs it.

Health & Safety

Here are a few things to remember once you have checked your camper in at Camp Liberty:

1. Once you get your camper moved in, try to leave as soon as possible so your camper can start making new friends and get involved with activities.
2. Keep upbeat when you say goodbye. Save your tears until you get to the car where you camper won't see you.
3. Be aware that your camper's counselors will engage the girls in singing songs and playing games as soon as you leave.
4. You can stay connected to your camper by sending her mail and email while she is at camp.
5. You will have access to our Waldo Photo info. Password information will be shared at check-in. Daily posts and photos from all the sessions will be updated in the evening.

If you believe your camper is prone to homesickness, please share this information when filling out her online health information. You can also discuss it with a staff member at check-in without involving your camper.

Safety and Security

Access to camp property is limited, controlled, and only authorized visitors are allowed on site. To ensure the safety and security of camp, limit interruptions in the camp program, and prevent homesickness among campers, unauthorized visitors are not allowed on site.

Mosquitoes, Ticks, and Lyme Disease Prevention

Mosquitoes, ticks, and insect bites are an inherent risk to any warm weather outdoor activity. Ensure that you are aware of the need to have your Girl Scout properly covered, preferably with closed shoes and light-colored clothing and socks. It is important to advise of this risk and the safety precautions they should take. The understanding that your troop, Girl Scout or council cannot be held responsible for tick bites and this can be reinforced with a waiver reference on a permission slip

An excellent resource for learning more about Lyme Disease is the Centers for Disease Control and Prevention. This site is used by medical professionals and patients worldwide to find answers to medical questions. To learn more about using insect repellent safely, visit the Environmental Protection Agency website at EPA Using Repellents Safely.

To learn more about safely using DEET directly on the skin and on children, check out EPA DEET. And for more on skin-applied and clothing-only repellent education, review EPA Insect Repellents.

Health & Safety

Severe Weather

Living in the Midwest, we know to expect the weather to change. At camp, we have a communication system to alert all staff and campers of any weather watches and warnings. Our staff are trained and drilled in emergency procedures and our campers participate in drills to make sure they are prepared in case of a weather-related emergency. In case of a weather-related emergency where campers are moved inside overnight or to a storm shelter, the primary contact for each camper will be notified by text message. All other weather-related updates can be found on the Camp Liberty Facebook Page.

High Winds

- Zip line: Closed if gusts ≥ 30 mph
- High ropes course: Closed if sustained winds ≥ 30 mph
- Horse trail rides: Canceled if winds > 30 mph
- Campers in outdoor units will be moved indoors overnight: If sustained winds ≥ 40 mph or frequent gusts ≥ 58 mph

Thunderstorms

- No horseback riding: During thunderstorms or heavy rain
- All outdoor activities paused: If lightning within 10 miles; outdoor activities can resume 30 mins after the last lightning strike
- Campers in outdoor units will be moved indoors overnight: If storm warning within 20 miles of camp during dinner

Tornadoes

- Activities will be moved indoors: if a tornado watch is within 20 miles
- Campers will be moved to storm shelter: If a tornado warning is within 20 miles
- Campers in outdoor units will be moved indoors overnight: If tornado watch is within 20 miles

Air Quality

- AQI 100–150: Limited outdoor activities
- AQI 151–199: Activities indoors; outdoor time limited to transitions between buildings
- AQI ≥ 200: All activities and overnight indoors

Heat

- Real feel ≥ 90°F: Limited outdoor time; campers will participate in water games, frequent application of sunscreen, and extra hydration encouraged
- Real feel ≥ 80°F for extended periods overnight: Campers in outdoor units will be moved indoors overnight
- No horseback riding: If real feel ≥ 95°F

Low Temperatures for Pool Operation

- Air temp < 72°F: Pool closed
- Water temp < 78°F: Pool closed

Flash Flood Warning

- If there is a flash flood warning in Scott County, the waterfront by the lake and North Star camp unit will be evacuated

Camp Liberty
4415 295thStreet
New Liberty, Iowa 52765

Camp L-Kee-Ta
7501200th Ave
Danville, IA 52623

Camp Little Cloud
21700Girl ScoutRoad
Epworth, IA 52045

girl scouts of eastern iowa and western illinois

Camp **Liberty**

GirlScoutsToday.org | 800-798-0833 | Info@GirlScoutsToday.org