So I’m Registered for Two Sentinels…Now What?!

**CONFIRMATION**

**PACKET 2015**



* CONGRATULATIONS! Your registration is CONFIRMED!
* Please read through this entire packet now…it includes lots of information and advice, links to online resources, and answers to many of the questions you may have about Two Sentinels and attending a resident camp.
* Please pay close attention to the paperwork you will need to send to us. This paperwork may be mailed OR scanned and emailed to us – unfortunately, we cannot accept faxes.
* If you have any questions, please feel free to contact us at any time!

 TWO SENTINELS GS CAMP (916)873-3099 www.twosentinels.org admin@camptwosentinels.org

**ONLINE RESOURCES**

**www.twosentinels.org**

**www.campparents.org**

**INTERESTED IN BECOMING A VOLUNTEER?**

CONTACT US for more information, or come chat with us at the Faire! We’re always on the lookout for energetic volunteers interested in joining the Two Sentinels Family!

We have a TAG unit for staff children 5-12, boys and girls!

Volunteers may register their children beginning JANUARY 1.

Staff attend camp and all trainings free of charge!

**THINGS WE OFTEN FORGET…**

1. **CHAPSTIK!** Please, please send at least two tubes or tins of lip balm with your daughter! Tubes are cleaner and work better at camp. This year you CANNOT rely on us to provide chapstik as we have in the past…this is NOT an optional item!
2. **My friend is scheduled for a different bus stop!** That’s ok! You may change your bus stop any time before June 1, but please note that BOTH busses go to BOTH bus stops…so even if you get on the bus in Pleasanton and your friend gets on in Concord, you can still ride to camp together! Changes made after June 1 are subject to a $50 late fee, so make your arrangements early!
3. **I want to see camp before my daughter attends!** GREAT! Come to our family work party in July! More info will be sent to the email address we have on file for you.
4. **Is it too late for a friend to attend?** Possibly…have her register NOW if she’s interested, as most unit spots are filled within days of registration opening. However, we do everything we can to get friends into camp…so definitely have her register for a waiting list!

**ATTENDING CAMP ALONE?**

That’s ok! Many girls attend Two Sentinels without a friend…if your daughter is especially nervous, let us know…we’re working on a way for you to connect with other campers and parents online BEFORE camp begins! In the meantime, please let us know if you have any specific concerns.

**2015 DATES**

Session 1

July 19-26

Session 2

July 29 –Aug 5

Session 3

August 8-15

**PAYMENT and HEALTH FORM DEADLINE**

May 1, 2015

**NEW! COUNTDOWN TO CAMP FAIRE!**

April 19, 2015

2:30-4:30pm

Info in this packet!

**CHECK US OUT**

www.twosentinels.org

*Two Sentinels is accredited by the*

*American Camp Association*







Dear Tag Parents,

 Enclosed is a list of things to bring to camp for your Tag. You will notice that it is a different list than the one you or your camper received. Over the years we’ve watched *hundreds* of Tags go through camp, and we have found that the needs of Tags are very different than those of staff or other campers. Tags do many of the same activities as campers, but the level of energy, dirt, water play, and general outdoor mischief is quite different, and we have found that Tags just plain need more stuff! Feel free to *add* to this list, but please do your best to *not* delete anything. Your Tag will go through more pairs of long pants, jammies, socks, and everything else in the course of 10 days than you ever thought possible.

Please do not try to share supplies or clothing with your Tag…it simply does *not* work. Tags need to have their own water bottles, cameras, day packs, blankets, etc. Each person needs his or her own gear because, inevitably, you will need these things at the same time during camp. Eliminating the need to transition gear is essential to both your and your Tag’s sanity and enjoyment of Two Sentinels!

As you can see from the Tag packing list, we suggest that you bring two blankets -- one may be half-size or crib-size for lightweight covering during nap/quiet time. A small pillow (even couch type) is better for sleeping (and pillow fights) than none. Quiet books and games are good for rest time. Please don’t bring anything too fancy or complicated, as it is hard to track down small game pieces. **Please, no video or hand held electronic games** – this includes Kindle and Nook devices. MadLibs, Where’s Waldo, and puzzle books are terrific.

We try to go fishing, but due to weather, schedules, the presence of an adult with a valid license, or waterfront activities, it is sometimes not feasible. We recommend that you have an inexpensive pole, with weights, bait and a small hook for your child. Powerbait works best and please, small hooks only…our trout are not that big, and large hooks are a definite safety hazard. And again, please prepare you child for the possibility of NOT being able to go fishing…we do our best, but sometimes it just can’t happen every session.

A stuffed animal is more than welcome to come to camp with your child. Sometimes Tags sleep better with a familiar friend at their side. You will have the opportunity to tuck in your Tag every night, so it’s a nice idea to start a “camp friendly tuck-in ritual” at home a few weeks before camp starts that may be continued once you get to camp…for example, rituals that include things like electronic games or music devices, or a wild chase through the house wouldn’t work at camp! A familiar ritual will definitely help your Tag transition to life at camp, especially if your Tag is used to sleeping with you or brothers/sisters in the same room.

Please DO NOT send food with your Tag. We have *plenty* of snacks and food for everyone in camp...and we don’t want critters to find any food before we do. All medicine is given to the nurse before camp begins; medication does not belong in your child’s duffel bag or backpack, so there’s no problem with you packing your Tag’s medication in your own gear.

We take lots of hikes, so please be sure to send a sturdy pair of shoes (hiking boots would be great!) and old pairs of pants. Lastly, a great attitude about being on their own for 10 days is WONDERFUL! This can be a great learning experience for both you and your child, but if you have any questions or concerns, PLEASE call us before camp at (916)873-3099, or email us at tsfirefly@yahoo.com or admin@camptwosentinels.org.

Thanks, and welcome to the Two Sentinels Family!

**REMINDER!** Two Sentinels is at an elevation of 8000 feet. The weather can be very warm during the day, but cold at night, and temperatures may drop to freezing…rain is likely and snow is possible! Please equip yourself accordingly.

**TAG EQUIPMENT CHECK LIST**

**LABEL ABSOLUTELY EVERYTHING** with first and last name! Pre-printed labels are available here, and Two Sentinels receives 20 percent of all proceeds: www.emilypress.com/twosentinels.

www

**LUGGAGE:** Anything soft-sided that your camper can carry to her unit unaided is acceptable. Sleeping bag, sleeping pad, and extra blanket should be combined in a separate stuff sack or bag. Bring framed backpacks ONLY if you are backpacking!

**DO NOT PACK IN BLACK GARBAGE BAGS! THEY MAY BE THROWN AWAY!** Remember…it is better to pack in two or three small duffel bags rather than one extra large duffel bag…don’t forget to label the OUTSIDE of your duffel bags, too!

|  |  |  |
| --- | --- | --- |
| **PACKS and SACKS** |  | **PERSONAL HEALTH—*UNSCENTED ONLY, SMALL SIZES*** |
| \_\_\_ | day pack or large hip/fanny/lumbar pack |  | \_\_\_ | toothbrush |
| \_\_\_ | laundry bag |  | \_\_\_ | toothpaste |
| \_\_\_ | several one-gallon resealable plastic bags |  | \_\_\_ | 2 chap sticks |
| **SHELTER** |  |  | \_\_\_ | shampoo |
| *Tags can sleep in the unit house or, if they wish, outdoors in nests with other tags or in personal tents (optional).* |  | \_\_\_ | conditioner |
|  | \_\_\_ | comb/brush |
| \_\_\_ | footprint (groundcloth for tent), tent, rainfly, poles, guy lines, stakes |  | \_\_\_ | hair ties/bands/pins/barrettes |
| **SLEEPING GEAR** |  | \_\_\_ | nail clippers |
| \_\_\_ | ground cloth—*durable plastic, minimum size 4 by 6 feet*  |  | \_\_\_ | nail file |
| \_\_\_ | insulating pad—*minimum length from shoulder to hip,* |  | \_\_\_ | contact lens supplies |
|  | *one inch thick; this is for warmth, not just comfort* |  | \_\_\_ | spare contact lenses/glasses |
| \_\_\_ | sleeping bag—*rated for 20 degrees F or lower* |  | \_\_\_ | sun screen—S*PF 30 or above; no aerosol cans* |
| \_\_\_ | extra sleeping bag—*necessary for bedwetters!* |  | \_\_\_ | insect repellent—*up to 30% deet; no aerosol cans* |
| \_\_\_ | 1–2 warm blankets |  | \_\_\_ | deodorant/antiperspirant—*optional* |
| \_\_\_ | pillow |  |  | \_\_\_ | tissues |
| \_\_\_ | 1–2 pillow cases |  | \_\_\_ | 1–2 wash cloths |
| \_\_\_ | lovey—*stuffed animal, blankie, etc.* |  | \_\_\_ | 1–2 bath towels |
| **EATING and DRINKING GEAR** |  | \_\_\_ | 1–2 beach towels |
| \_\_\_ | one-quart (one-liter) plastic water bottle with screw-on lid |  | \_\_\_ | prescription medication—*over-the-counter meds available at camp* |
|  |  or canteen |  | **CLOTHING** |  |
| \_\_\_ | 2 unbreakable cups |  | **Head and Face** |
| **ESSENTIAL GEAR** |  | \_\_\_ | hat with brim |
| \_\_\_ | whistle |  | \_\_\_ | cap for warmth—*fleece or wool* |
| \_\_\_ | 1–2 sources of light—*flashlights/lanterns/headlamps* |  | \_\_\_ | 2 or more bandanas |
| \_\_\_ | extra batteries and bulbs |  |  | **Optional—*Nice to Have*** |
| **OPTIONAL GEAR—*Nice to Have*** |  |  | \_\_\_ | sunglasses—*with UVA/UVB protection* |
| \_\_\_ | watch—*remember, no cell phones* |  | **Upper Body** |  |
| \_\_\_ | sewing kit/safety pins |  | \_\_\_ | 8–10 light-weight short-sleeved shirts |
| \_\_\_ | chemical hand/foot warmers |  | \_\_\_ | 4–6 light- and mid-weight long-sleeved shirts |
| \_\_\_ | emergency space blanket |  | \_\_\_ | 4–6 heavy-weight long-sleeved sweaters or sweatshirts |
| \_\_\_ | camera—*remember, no cell phones* |  | \_\_\_ | warm jacket |
| \_\_\_ | pencil/pen/permanent marker |  | \_\_\_ | waterproof jacket or poncho—*with hood* |
| \_\_\_ | journal |  | \_\_\_ | pair gloves or mittens—*fleece, polyester, or wool* |
| \_\_\_ | stationery/postcards—*preaddressed and stamped* |  | **Lower Body** |
| \_\_\_ | favorite toy/game—*remember, we are in the dirt* |  | \_\_\_ | 10 or more pairs underpants—*extras often come in handy* |
| \_\_\_ | book(s)—*for quiet time; we have some* |  | \_\_\_ | disposable training pants—*if necessary* |
| \_\_\_ | fishing gear—*license needed for ages 16 and older;* |  | \_\_\_ | 8–10 pairs shorts or capris |
|  | *we try to fish at least twice* |  | \_\_\_ | 8–10 pairs pants |
| \_\_\_ | white shirt or pillow case to silkscreen—*cotton or 50/50* |  | \_\_\_ | 2–3 pairs pajamas or sweatpants or long underwear |
|  |  |  |  |  |  —*more if bedwetter* |
| **No Electronic Devices***phones, ipods, mp3/cd/dvd/game players, e-readers, tablets, etc.***No Food, Candy or Gum — No Pocketknives** |  | \_\_\_ | 2 swimsuits |
|  | **Feet** |  |  |
|  | \_\_\_ | 20 pairs socks—*yes, really; we like extras* |
|  |  |  |  | \_\_\_ | 2 pairs sturdy shoes or boots—*with laces* |
| **PERSONAL HEALTH—*UNSCENTED ONLY, SMALL SIZES*** |  | \_\_\_ | pair water shoes—*closed toe, heel and sides* |
| \_\_\_ | biodegradable soap |  |  | **Optional—*Nice to Have*** |
| \_\_\_ | moist towelettes |  |  | \_\_\_ | pair boots for rain/snow/mud |
| \_\_\_ | moisturizing lotion/cream |  |  | \_\_\_ | pair slippers/slip-on shoes—*for night-time biffy visits* |

**NO ELECTRONIC DEVICES! No cell phones, kindles, dvd players, cd players, ipods, mp3 players, Gameboys, etc.**



 **COUNTDOWN TO CAMP**

\_\_\_ **Now!** Make an appointment for a physical exam immediately, especially if you are on an HMO plan. Remember, physicals and physician’s signatures are now good for only 12 months, regardless of whether or not you attended camp in 2014. If you lose your form, a new one may be downloaded from our website at www.twosentinels.org, or through the CampDoc site (where you registered). Please call immediately if your health form will be delayed!

**ALL** CAMPERS MUST COMPLETE A NEW HEALTH FORM!

\_\_\_ **April** Send signed medical forms and balance of fee by May 1 to:

 Two Sentinels Girl Scout Camp P.O. Box 10906, Pleasanton, CA 94588

OR pay your balance online and submit your forms that way! It’s definitely the best way to do things!

\_\_\_ **April** Attend the IN-TOWN INFORMATION FAIRE on SUNDAY, APRIL 19, 2015. An update with more information will be sent to you in March. This is the perfect time to turn in forms, pay balances, talk to staff and directors, get your equipment checked (for backpackers), and ask questions about paperwork, forms, bus schedules, equipment…anything! Registrations will NOT be accepted at this faire – it is only for campers who are already registered to attend Two Sentinels. THIS FAIRE SERVES AS THE REQUIRED IN-TOWN MEETING FOR TREKKERS AND SUPERPACKERS!

\_\_\_ **May** Check equipment list. Call toll free (916)873-3099 or email admin@camptwosentinels.org if you have any questions. Try shopping at a second-hand store for camp clothes. You may send more clothes than listed. Remember, you will be hauling all your belongings from the dock to your unit!

\_\_\_ **June** Borrow or buy needed items. Use duffel bags that you can carry in which to pack your clothes…two small duffels is MUCH better than one large one! Your sleeping bag and pad should be combined in another stuff sack or duffel bag, if possible. Bring framed backpacks only if you are backpacking. Remember, NO BLACK GARBAGE BAGS…they may get thrown away! LABEL EVERYTHING!

\_\_\_ **July** You will receive your bus pass departure location in the **mail** by early July. Departure points are Concord (7:30am SHARP!) and Pleasanton (8:00am SHARP!) Practice rolling or stuffing your sleeping bag at home.

\_\_\_ **CAMP IS HERE!** Pack your lunch and a drink. Do not bring extra food or money. There is nothing to buy at camp. LEAVE YOUR CELL PHONES AT HOME…they don’t work at camp and we do not take responsibility for anything that may happen to them! Camp is dirty…super dirty. Leave all your valuables at home where they’ll be safe!

\_\_\_ **BLAST OFF!!** Meet us at the bus location. Please be on time! *If you get car sick, take medication ½ hour before bus departure time.*

**Have your family write to you:**

Camper's name & unit

Two Sentinels Girl Scout Camp

PO Box 295

Kirkwood, CA 95646

PARENTS! - Write early. Mail can be very, very slow!

Letters sent to the camp PO box in Pleasanton will NOT reach your camper!

**A FEW WORDS ABOUT CARE PACKAGES…**

Care packages may seem like a good idea to those left at home…but they are NOT a good idea at camp! Unfortunately, the post office in Kirkwood is not equipped to handle multiple care packages, and they’re inevitably returned to the post office in Pioneer, and then returned to YOU.

If your child forgets something, please call us instead of mailing something to camp! Aside from the fact that boxes wouldn’t reach us until camp is nearly over (if they reach us at all!), we can usually take care of just about any forgotten item issue…but do let us know! If there is an immediate need (prescription medications left at home, etc.), we would rather know by phone so that our staff may take care of whatever needs your child may have…





**Camper’s Name:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Session \_\_\_\_\_\_ Unit \_\_\_\_\_\_\_\_\_**

**IMPORTANT! PLEASE RETURN!**

Please return by MAY 1 with health form and fees to:

TWO SENTINELS GIRL SCOUT CAMP

PO BOX 10906

PLEASANTON, CA 94588

OR

Scan and email to admin@camptwosentinels.org

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Dear Parent or Guardian,

Please help make your child's experience at Two Sentinels an exciting and rewarding one. Please talk to your child and answer these questions. This information is kept confidential and shared with only the camp director, camp nurse/doctor, and your child’s unit staff.

What does your child want to do at camp? Please list the 3 things most important to her.

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List 3 things that you, as a parent, would like your child to gain from camp.

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Please take the time and explain any recent changes in your family life of which your child is aware, such as: marriage in the family (parents or sibling), relative moving in or out, divorce, separation, moving (yourselves or close friend), death of a relative or friend, school grade retention. What effect have any of these changes had on your child? Do you have any other general concerns?

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Does your child have any fears such as darkness, insects, heights, deep water, etc? Please explain:

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Please share anything else you feel would be important…the more we know, the better we may customize our program to serve your child! Additional information may be added on the back or emailed directly to the camp director at admin@camptwosentinels.org.