

# Quick Guide for Parents and Guardians

## DO

- ✓ Communicate with Leaders about any concerns or particular needs your child may have.
- ✓ Complete all registration forms.
- ✓ Label all her items.
- ✓ Involve her in the packing process.
- ✓ Send necessary medications, labelled with her name and with clear instructions.
- ✓ After camp listen to her experiences and what she learned and try to integrate some of it into your day to day.

## DON'T

- ✗ Don't force her to attend camp if she's not ready.
- ✗ Don't leave things to the last minute. Pack well ahead of time.
- ✗ Don't make promises to pick her up if she doesn't like it.
- ✗ Don't send valuables like phones, screens, money or jewellery or any special clothes that can be spoilt/torn.
- ✗ Don't hover when it's time to leave; trust the Leaders to take care of her.

## MEDICATION

Talk to your girl's Leader about any prescription medication she may need, and any pain relief she may use for periods, and pack it.

# Camping Kit List

Consider the weather when helping your girl select her clothes so you have the right kind in summer or winter. Only pack enough for the time she is away, she doesn't need thousands of outfits! Review the activities she might do and pack for that like, long sleeves and pants for hiking or swimwear for canoeing etc.

## CLOTHES

- Guide Shirt
- Shorts
- Long pants/jeans
- T-shirts
- Socks
- Underwear
- Warm jacket
- Warm jumper/hoodie
- Swimsuit/rash vest/swimming goggles
- Pyjamas
- Sun hat
- Beanie and gloves
- Raincoat
- Two pairs of sneakers (one to get wet/dirty)
- Thongs for the showers

## TOILETRIES

- Toothpaste & toothbrush
- Soap/body wash
- Shampoo & conditioner
- Hair brush & hair ties
- Deodorant
- Hand sanitiser
- Towel
- Face washer
- Sunblock

## SLEEPING GEAR

- Self-inflating mattress
- Sleeping bag
- Sleeping mat
- Travel pillow
- Blanket

## BITS AND PIECES

- Torch with fresh batteries
- Day pack for activities like bushwalks
- Large plastic bag for dirty/wet laundry,
- Drink bottle
- Mess kit: including plastic plate, mug, knife, fork and spoon

## PERIOD KIT

- Closeable bag
- Her preferred period products (pack some extras)
- Toilet roll
- Zip lock bags (or nappy bags)
- Packet of wipes
- Hot water bottle or heat-proof drinking bottle
- Extra pairs of undies



# Preparing for Camp: a Parents Guide

# Camping is Awesome!

Camping is a fantastic way for girls to connect with nature and learn essential life skills. It's becoming a bigger part of school curriculums, focusing on emotional, social, creative, and spiritual growth, not just academics.

Girl Guiding has always embraced this approach. It equips girls with tools and skills to become active community members. Camping is a key part of this, offering a fun way to explore the outdoors and learn valuable life skills.

## CAMPING BENEFITS

-  **Making Friends:** Camps are perfect for bonding with friends and making new ones through fun activities and teamwork.
-  **Staying Active:** Camps encourage physical activities like hiking, canoeing, and games, promoting a healthy lifestyle.
-  **Gaining Independence:** Being away from home helps girls learn to make decisions and take responsibility for themselves.
-  **Screen-Free Fun:** Camps provide a break from screens, helping girls stay present and enjoy their surroundings.
-  **New Adventures:** Camps offer unique experiences like abseiling, bushwalking, and cooking over a campfire.
-  **Nature Time:** Spending time in nature can improve mental health, reduce stress, and foster a sense of environmental responsibility.

# Getting Ready for Camp

Going to camp for the first time can be an anxious time for parents and guardians, but it's a great confidence booster for girls. Here are some tips:



## TALK TO OTHER FAMILIES

Connect with families who have attended camp for insider tips and to help your child feel more comfortable.



## STAY POSITIVE

Your attitude can influence how she feels about camp. Show excitement and confidence in her ability to have a great time.



## ASSESS READINESS

Consider if she is excited about camp, comfortable making new friends, and able to manage basic self-care tasks.



## BUILD CONFIDENCE

Chat about camp and her treatment of others, practice independence skills at home and encourage her to speak up if she needs help.



## LESSEN THE UNKNOWN

Connect with Leaders, ask about the itinerary so you can share the types of activities she'll be doing, when she will rest and what she may experience by way of noise, fire and ceremony. Watch camp videos/social stories to familiarise your girl with what to expect before she goes.



## PRACTICE SLEEPOVERS

If she hasn't had a sleepover before, arrange one with a family member or friend before going to camp to build confidence.



## TALK ABOUT FOOD

Chat about potential camp food options and encourage her to try new foods.



## TALK ABOUT PERIODS

Talk through a plan for managing her period at camp if it's due, or if she might have it for the first time. Help her to make a small period kit with all she needs to manage her period away from home.



## PACK TOGETHER

Encourage her to pack her own bag with your support, so she can be reassured of what she has packed. Encourage her to practice using her gear like opening and packing her sleeping bag and pillow, to build excitement and confidence.



## STAY POSITIVE

Reassure her that she'll have a great time and address any worries she might have before she goes. Remind her that her friends and Leaders will be available to talk to if she feels anxious at camp.