



Hello Camper and Parent/Guardian,

We are excited that you have signed up for **the Body, Mind, and Soul Session at Camp Galilee for female teens** and we are looking forward to spending the week with you! This week you will be spending time in nature, exploring and adventuring in usual Galilee fashion, all while practicing wellness for your body, mind, and soul. We are very much looking forward to this new Galilee experience with you!

***You will be bunking with and experiencing a new Galilee program with up to seven other young women. Please be aware that this small program is running at the same time as the 9-11 year old session but your group will be housed in Lewis Cabin and have some privacy from the young campers. Some aspects of the program may be combined, for example chapel in the morning.** All of your program will be guided by two experienced female counselors, with additional support provided by the leadership staff. In order to make this session successful, we encourage you to bring some additional things that are not necessarily on the traditional Galilee packing list. Bunk decorations for self-expression, a notebook or journal to record reflections and learning, comfortable clothes to stretch/do yoga in, a yoga mat /sleeping pad/thick big towel to stretch on. If you would like camp to provide one for you, just let us know. Musical Instrument - if you play or are learning to play, please feel free to bring it for potential jam sessions.

* An important part of the camp experience is living simply and in harmony with the natural surroundings, so **please leave all cell phones, smart devices, and electronic games at home.** If brought to camp, these will be held by the camp and returned at the end of the session. **Please also leave at home any perfume, cologne, or body sprays.** We also highly recommend that if your camper has long nails or acrylics, that they trim them short before coming to camp, due to the high likelihood they will break off during outdoor activities, specifically rock climbing.

* **Camp Check-in is Sunday, July 7th, from 3:00 – 4:30 PM.** Please plan to arrive no earlier than 3:00 pm as our Galilee team will not be available to check you in until the designated start time. Please arrive no later than 4:30 PM, without prior arrangement with the Galilee directors. Camp Galilee is a closed camp during the session and no visitors are allowed. Check out time on the last day of camp is at **9:00 AM, Friday, July 12th.** Please contact the camp at (775) 749-5546 if you are going to be late.

* Some campers and staff may be using they/them pronouns during camp. We understand that some campers may not have experience with this and so we encourage parents/guardians to discuss this with their campers. If you need additional information, please contact Camp Galilee at 775 749-5546 or visit the FAQ page on the Galilee website at <https://galileetahoe.org/summer/faq/>. Camp Galilee strives to provide a welcoming and safe place for everyone. In doing so we ask that everyone honors our values of compassion, curiosity, community, respect, caring, honesty, and responsibility.

* Lake Tahoe can have cold weather all summer long, although most of the days are warm and the nights cool. Please come prepared for warm and cold weather. Additionally, older clothing that can get dirty and is also comfortable for physical activity is most appropriate for the activities we do at camp. Please keep this in mind when packing!

SUGGESTED PACKING LIST

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| <input type="checkbox"/> Jeans, or other long pants | <input type="checkbox"/> Sunscreen (not spray-on) and lip balm (labeled with camper's name) | <input type="checkbox"/> Durable reusable water bottle (labeled with camper's name) |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Closed-toed shoes, sneakers are a good option, shoes good for hiking | <input type="checkbox"/> Flashlight with extra batteries |
| <input type="checkbox"/> Shirts or T-shirts | <input type="checkbox"/> Secure sandals or water shoes | <i>Optional</i> |
| <input type="checkbox"/> Socks and underwear | <input type="checkbox"/> Warm sleeping bag, good outdoors | <input type="checkbox"/> Stamped/addressed envelopes |
| <input type="checkbox"/> Warm pajamas | <input type="checkbox"/> Pillow | <input type="checkbox"/> Journal and pen or pencil |
| <input type="checkbox"/> Sweatshirt or fleece | <input type="checkbox"/> Towel | <input type="checkbox"/> Book to read |
| <input type="checkbox"/> Warm Jacket (we will be dining outdoors at times) | <input type="checkbox"/> Soap, shampoo, toothbrush, toothpaste (labeled with camper's name) | <input type="checkbox"/> Musical Instrument |
| <input type="checkbox"/> Warm ski hat or beanie | <input type="checkbox"/> Other personal toiletries (no body spray) (labeled with camper's name) | <input type="checkbox"/> Small Camera |
| <input type="checkbox"/> Sun hat or baseball cap | | |
| <input type="checkbox"/> Sunglasses | | |
| <input type="checkbox"/> Swimsuit | | |

INFORMATION FOR CAMPER PARENTS – PLEASE READ THIS PAGE CAREFULLY

* **June 15th is the deadline** for completion of the online forms. All sections of the forms must be completed. We reserve the right, through our camp health-care provider, to refuse admission to anyone who has not completed the online health form, whose report indicates the camp experience would be harmful to the camper's health or to the health of others, who is not physically able to participate, who has lice, or who is ill upon arriving at camp. During your child's stay at camp, you will be notified if your child is required to stay in the Health Center for more than two hours. You will also be notified immediately if it is determined that your child needs to see a doctor.

* **The final balance is due by June 15th**, unless prior arrangements have been made with the Galilee Directors. Please make your check out to Camp Galilee and send to the Camp Registrar or make your payment online at www.galileetahoe.org/register.

BUNK REQUESTS: On the online registration form there was a space to indicate if you wanted to share your cabin with **one** or **two** friends. If you'd like to make a request that isn't already reflected in your online form, please email registrar@galileetahoe.org with your request. Your friend/s need to email as well, requesting to be with you. June 15th is the deadline for requests.

DO NOT BRING any weapons, illegal drugs, vaping devices, or alcohol as this is grounds for immediate dismissal from camp with no opportunity for refund. This includes personal archery equipment; we will provide all necessary equipment if your camper participates in this activity. Also please leave at home all pets, skateboards, bikes, and scooters. Camp Galilee is a non-smoking facility.

MAIL from home is important and can be sent to: Your Child c/o Camp Galilee, P. O. Box 236, Glenbrook, NV 89413. Include pre-addressed, stamped envelopes for younger children to write home. Please phone the camp at (775) 749-5546 *in emergencies only!* Texts, emails, or faxes will not be accepted for campers.

STAY CONNECTED to Galilee during your child's week at camp (and beyond!) by visiting our Facebook page at www.facebook.com/GECCC, where some photos will be posted of camp in action. Please note that our social networking policy does not allow for our staff or counselors to accept Facebook "friend requests" from campers. More photos will be posted at the end of the summer on SmugMug.

NUTRITIOUS AND TASTY MEALS and snacks are provided at camp. **Important: Please do not mail or bring food, candy, or gum to camp.**

PERSONAL ITEMS such as clothes should be appropriate for camp. Older clothing that can get dirty is ideal. Please be sure that your child's belongings are well marked and leave all valuables at home. Camp Galilee is not responsible for lost items.

CANCELLATIONS: If you must cancel, please contact the camp as soon as possible. Cancellations made by phone must be confirmed by email at registrar@galileetahoe.org. Cancellations made by **June 15th** will receive a full refund, less a \$75 handling fee. After **June 15th** there are no refunds except in cases of a medical emergency or if a camper from the waiting list can attend instead, when a full refund will be provided.

EARLY DEPARTURE of a camper for medical or behavioral reasons requires that parents or guardians are responsible for their camper getting picked up immediately upon notification. There is no refund for campers who leave early.

Have more questions? Check out the FAQ section of our website: <http://www.galileetahoe.org/summer/faq/>

There will be an opportunity for the campers to sleep outdoors during the week. If you have a good quality camping mummy bag (30 degrees), please send along with your child. If not, Galilee has extra bags for those experiences, but please be sure to send along warm layers of clothes in case of overnight frost.

Camp Galilee operates on cooperation, and everyone will have opportunities to help with serving meals and keeping the camp clean. We are looking forward to having you here.

Sincerely,

Chesley Ayers and Stuart Campbell, Camp Galilee Directors