

Important Information Be The Best You Girls Camp 2009

Welcome to “Be The Best You” Girls Camp! Part of the magic of the camp will come as you bring with you a desire to learn, meet new friends, and feel the importance of service. If you have further questions, please call our office at (800) 989-3309, fax to (415) 883-8670, visit our website at www.bethebestyoucamp.com or email becky@bethebestyoucamp.com

- 1. Check-in and Check-out:** Participants should check in at the University of Utah campus at the Officers’ Club, 150 S. Fort Douglas Blvd. on Monday, July 13, between 9:00 a.m. and 11:00 a.m. Program information will be handed out and meal tickets and keys will be issued.. Check-out will be Saturday, July 18 at 9:00 am or after the parent seminar if parent is attending. There is a \$65 charge for lost room keys and \$10 for lost building swipe cards if they are not returned at time of check out.
- 2. Talent Performances.** If you would like to perform a talent when we visit the Care Centers, please sign-up at the Talent table when you check in. Bring your music and costume with you.
- 3. Airport Shuttle:** If you need a ride from the airport to the University Campus, please call Express Shuttle Airport Shuttle at 801 596-1600 to make a reservation to and from the University of Utah Guest House, 110 So. Fort Douglas Blvd, Salt Lake City. For a reasonable fee, they will bring the participant to the Guest House located right next to our check in area. Please call our office if you have any questions.
- 4. Leaving Campus & Visitors:** If you need to leave campus, a parent or guardian will need to make arrangements with our office before camp begins and contact our BBY desk at Chapel Glen (801 623-1676) to check you out for the time you will be absent. Otherwise, unless attending camp supervised activities, you will not be allowed to leave campus. Our camp schedule is so busy that there will not be time to visit with outside visitors and guests. Please arrange to see them when camp is over.
- 5. Standards:** Participants will be expected to abide by the dress and behavior standards of The Church of Jesus Christ of Latter-day Saints. Participants will be sent home if any alcohol, drugs, or cigarettes are found in their possession or used during the week. Anyone being sent home from camp will be responsible for transportation costs, and registration fees will not be refunded. We reserve the right to ensure the safety and well being of all participants and will dismiss a participant without refund for misconduct or unsociable behavior as determined by the Directors. Fighting, stealing, shoplifting, possessing any harmful weapons, leaving campus, leaving the dorms after curfew, and deliberately damaging university or program property are grounds for being sent home.
- 6. Clothing & Grooming Standards:** Clothing should meet the standards of The Church of Jesus Christ of Latter-day Saints, and should be modest, neat, and clean in appearance and fit. Please no "short" shorts, spaghetti straps or tank tops.
- 7. Sample Packing List:** Pack enough of the following items to last you for six days of camp: slacks, jeans, and shorts, casual and dressy shoes, underclothing, pajamas, comfortable shoes, and dress clothes. We will be providing one camp T-shirt for you to wear throughout the week. You can bring 3 or 4 shirts to wear when you are not wearing your camp shirt. Also bring personal toiletry items (toothpaste, toothbrush, comb, brush, shampoo, soap, other hair needs, deodorant, blanket, towel, washcloth, robe, etc.) Some linens are provided, but for your comfort we recommend you bring an extra towel, blanket, and pillow.
- 8. Special Clothing Items to Bring:** You will need to bring specific clothing items for some activities.
 - a. One Sunday appropriate dress.
 - b. A Sunday or special occasion dress to be worn at the Gala Farewell Banquet.
 - c. For those girls ages **15-18**, we will be hosting a “Starry Night Ball.” Bring (or borrow if you don’t have one) a modest prom or special occasion dress and shoes. (no strapless, spaghetti straps or halter tops)
 - d. If you would like to perform at the Care Centers we visit, please bring your music and costume.

9. Special Items to Bring:

- a. **Set of scriptures** to use throughout the week.
 - b. **2 School Pictures and 2 Children's Books:** Bring a school picture of yourself that you will put in the children's book that you will read to an under-privileged child ages 4-10 and then give to them when they leave.
 - b. **Family Photo:** Bring a picture of your family to share with your group (you will not be giving the picture away).
 - c. **Classroom Items:** Please bring a pen, pencil, and notebook.
 - d. **Spending Money:** If you would like to bring spending money, please don't bring more than \$20. Daily meals, housing, and activities are provided. Girls can purchase drinks or snacks if they would like.
 - e. **Medical Supplies:** We have a registered nurse with us for the week. You should bring your own supply of Tylenol, Advil, Pepto-Bismol, and/or over the counter medications for minor ailments you have.. It might be helpful to bring some band-aids with you too.
 - f. **Other:** You may want to bring an inexpensive camera and film to take pictures. Cell phones are not permitted during the day and will be left with the participant's counselor during that time. TVs, radios or stereos are ***not*** allowed.
- 9. Roommate Request:** Our policy is all girls requesting to room together *must be within one year of age of each other* - two girls per room. We cannot combine 14 and 15, however, since the 15-18 year old girls attend a different activity one night than the 12-14 year olds and the counselor groups always stay together. Each girl must indicate her roommate request on her registration form or e-mail becky@bethebestyoucamp.com If we do not hear from you, we will know you are not requesting a specific roommate.
- 10. Lost Items:** Please check with the Heritage Center front desk at (801) 587-2000 for lost items or call the U of U Lost and Found at 801 707-2614. We are not responsible for lost items.
- 11. Emergency Phone Numbers and Phone Policy:**
- a. In the event of an emergency, please call the **BBY Camp line at 801 623-1676**. Messages will be given to the participant's counselor. You may also leave messages at the **Heritage Center Front Desk at 801 587-2000** between 7:00 am and 10:00 pm. The **University Police** can be reached at **801 585-2677** from 12:00 a.m. to 7:00 a.m.
 - b. Our schedule is so busy with exciting activities that the times the girls can call home will be following their group devotional at 9:30 – 10:00 PM.
- 12. Mail:** If family members or friends would like to send mail, be sure to mail it by Tuesday, July 14. Items mailed after Tuesday will probably not get to you. We are not responsible for lost items! The mailing address is "Your Name, "Be The Best You" Girls Camp, 19 Heritage Center, 151 Connor Road, Salt Lake City, UT 84112-2001.
- 13. Insurance:** Each participant is included in a limited coverage (\$2,500 maximum benefit) accident insurance policy while they are under the direction and supervision of *Be The Best You Camp*. If you leave the required supervision of your counselor and staff or leave campus after hours or without permission, you are not covered by our insurance. The insurance does not cover illness (such as cold symptoms, stomach aches, etc.) or pre-existing conditions. Participants and their parents will be responsible for any costs associated with treatment in event of an emergency.
- 14. Medical Release Form:** In order to attend the camp, you must send in a signed Medical Release form along with a copy of your insurance card. If you need another one please contact our office or print it from our website at www.bethebestyoucamp.com
- 15. Leadership Development:** One of our specific objectives is to provide each girl with service and leadership experiences that will help them discover and strengthen their talents. As part of our program, the 17 & 18 year-old girls who attend the camp will be called "L.I.T.E.S." or Leaders in Training Elect. They will be given opportunities in leadership to serve the girls at camp by helping with camp activities and responsibilities. These girls will be able to love and serve all the girls throughout the week.