

# Overnight Camper Readiness

**ASSESS READINESS, GET PREPARED, HAVE FUN!**

Summer Camp is suppose to be a fun time away from home where children and youth can play outdoors, connect with new friends, and grow closer to God. Sometimes, however, being in a new environment with unfamiliar people and activites you have never done before can be scary - regardless of how old you are. Gilmont wants to support campers and their loved ones so they can have the best camp experience possible!

The purpose of this document is to help determine if your child is ready for the week-long adventure of Overnight Summer Camp, to prepare them for what to expect at Summer Camp, and to help Gilmont support your camper during their time in the pineywoods of Northeast Texas.

Answering the following questions will help determine if your child is ready for camp:

- Can your child perform self care tasks independently? Can they shower on their own?
- Does your child regularly display kind, respectful, and uplifting behavior to peers and adults?
- Does your child show sustained interest in coming to camp and needs limited persuasion from you?
- Has your child had positive overnight experiences away from home? Were these separations easy to navigate?

If "YES"

If "NO"

## Let's prepare for camp!

1. Look at Gilmont's website together. Learning about the camp experience ahead of time allows you to create positive expectations.
2. Talk with your camper about what you hope they will get from the week. Listen to what they want to experience.
3. Share consistent and positive messages about camp. Your confidence in a positive experience will be contagious.
4. If your camper has anxiety, ADHD, sensory sensitivities, difficulty regulating emotion, or any other unique needs, talk to Gilmont prior to the camp week about how we can best support your child during their stay.

If you have additional questions, want a tour of camp, or want to talk more about your child at Summer Camp, please email Gilmont's Program Director at [crosby@gilmont.org](mailto:crosby@gilmont.org).

If you had one or two "no"s, call or email Gilmont so we can learn how to best support your camper.

If you had three or four "no"s, consider the following options:  
**FAMILY CAMP** - Stay over the weekend at the beginning of summer and enjoy camp activities with your camper. This is a great first step for new younger campers!

**DAY CAMP** - Enroll your child in a 9-4 M-F camp week so they can still have all the fun of camp without an overnight stay.



Gilmont is accredited by the American Camp Association (ACA), meaning we meet the highest standards of safety, policies, and programs in the industry.

This resource is adapted from ACA's "Gauging Your Child's Readiness."

Contact Gilmont at (903)-797-6400 or email [crosby@gilmont.org](mailto:crosby@gilmont.org)