



# PREPARATION CHECKLIST

## Steps To Get Your Camper Ready for GAC!

Here is a quick checklist to help you prepare for camp. **Details (and your guide to the checklist below!) can be found at [goldarrowcamp.com/get-ready-for-camp](http://goldarrowcamp.com/get-ready-for-camp).** If you have questions or need assistance, please call 800-554-2267 x.0, text 559-282-8569, or email [mail@goldarrowcamp.com](mailto:mail@goldarrowcamp.com).

- START HERE - Download the Companion App**

Download the Companion App and log in using your My GAC Login credentials.

  - Complete the setup for your child's facial recognition.
  - Turn on notifications.
  
- Travel To and From Camp**

Decide how your child will arrive at and depart from camp and complete your selection on the Travel Form: charter bus from one of our bus stop locations in northern or southern California, flight to/from the Fresno Yosemite Airport, or parent drop off/pick up at camp.
  
- Forms (Complete by May 1, 2025)**

Forms to complete directly on the Companion app (recommended) or My GAC Login:

<input type="checkbox"/> Camper Profile	<input type="checkbox"/> Health History & Immunizations	<input type="checkbox"/> Camper Photo
<input type="checkbox"/> Travel Form	<input type="checkbox"/> Parent Authorization	<input type="checkbox"/> Camp Policies
<input type="checkbox"/> Additional Billing Options	<input type="checkbox"/> Wellness Center Information	<input type="checkbox"/> Health Insurance Card <i>(upload image of card)</i>

Physician's Examination *(download, print, complete, then upload to app or scan/email or mail to camp office)*  
Completed by your Physician based on physical exam within last 12 months.
  
- Packing**

Download the packing list for the appropriate session length and begin to collect what will be needed for your child's stay at camp. Included on the packing list are tips for how to pack and label clothing.
  
- Special Events at Camp**

Determine what extra items to pack for dances and other special days based on your child's session(s).
  
- Wellness and Medication**

Learn about medication management at camp - and how and what medications are okay to pack. Also, understand how food and other allergies are handled and whether or not a conversation with our food service manager is necessary prior to attendance. You can also find answers to your questions regarding your child's health care while at camp.
  
- Communicating During Camp**

Learn the best way for you to communicate with your camper (email, snail mail) and see photos during the session.
  
- Policies**

Read all about our expectations for behavior, electronics use, providing information, and more!
  
- Additional Resources for First-Year Families**

More links can be found here - from homesickness support, to driving directions to camp.
  
- Complete Medication Card**

For campers with medications at camp, the pink medication card must be completed and accompany medications to camp. The card will be mailed to you in April and the completed card and medications will be collected by staff on the first day of your child's session.