

Brighton Girls Camp: Essential Information for Parents and Leaders

Brighton Girls Camp provides an unforgettable experience where campers connect with others, grow spiritually, and enjoy nature in a rustic setting. Below is key information to help you prepare:

Registration & Fees

- **How to Register:** Visit brightongirlscamp.org. Registration is online only.
 - **Who Can Come:** Any girl born between 2010-2013 from any part of the world.
 - **Fees:** Sponsoring Stakes pay \$230 per camper up until March 9, 2025; Independent campers pay \$255. There is a \$30 discount for the short week (June 30-July 3). Fees include transportation, meals, lodging, one craft, and a camp T-shirt.
 - **Refunds:** Camp fees are non-refundable. However, campers can switch weeks if space is available.
 - **Mountaineers:** Older girls (usually just those born in 2010) are eligible to participate in the Mountaineer program, held during the weeks of August 4–8 and August 11–15. While the regular camp program for younger girls also runs during these weeks, Mountaineers enjoy extra adventurous activities and a focus on leadership development. Participants must be in good physical condition to fully engage in the program. If you'd like a bunkmate, your chosen bunkmate must also be registered as a Mountaineer.
 - **Payment Options:** Checks only; electronic payments like Venmo or credit cards are not accepted. You can ask your bank to give you a free counter check (cashier's checks usually have a fee).
 - **Changes:** You can request changes to your registration if needed. Fill out the form online. Please do your best to make these requests at least 10 days before camp.
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Attendance

- **Commitment:** This is an overnight camp, Monday through Friday, and full attendance is required. Please select a week that does not interfere with vacations, lessons, sporting events or reunions. Campers cannot arrive late or leave early except for emergencies.
 - **Emergencies:** Any family emergency (e.g., funeral) requiring early departure must be arranged with the Brighton Girls Camp Presidency. A valid ID and emergency contact verification are required for pick-up.
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Bunkmates

- **Policy:** Campers may request **one bunkmate**, and both must list each other on their registration forms.
 - **Not Allowed:** Bunkmates of three or more are not allowed. Please don't ask. It's important to us that your camper has an amazing time, feels safe, comfortable and included. With over 100 years of experience helping thousands and thousands of girls, we have seen it all. We promise this is the best way. Counselors are trained to help the girls bond and have fun together, and it's amazing how quickly new friendships are formed.
 - **New Friends:** Many campers come without a bunkmate, and everyone leaves with several new friends.
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Other Rules

- **Electronics:** Brighton is an electronics-free zone. Phones, smartwatches, and other devices are prohibited. Parents, please encourage honesty and don't send a phone with your camper. Smuggled items will be secured until the end of camp.
 - **Emergency Phones:** Program coordinators and senior missionary couples at Brighton always carry phones and communicate any emergency.
 - **Digital Cameras:** Yes, digital cameras are welcome at camp as long as they are not a phone (even if the phone is disabled).
 - **Dress Code:** Long pants, closed-toed shoes, and socks are required for all activities to ensure safety. Leggings under knee-length (or longer) skirts are recommended for the Wednesday fireside. However, leggings are not recommended for other camp activities, as they tear easily and don't provide adequate protection from scrapes, slips, or falls. Flip-flops are permitted for shower use only.
 - **Respect:** Bullying, pranks, and vandalism are not tolerated. Violations may result in dismissal from camp.
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Health & Safety

- **Physical Requirements:** Our camp is built into a mountainside with steep terrain. Campers must be able to manage themselves independently, be able to walk up and down hills with uneven terrain each day, as well as participate in a moderate hike once during the week.
- **Wheelchairs, Crutches, Braces:** We do NOT have wheelchair-accessible cabins or bathrooms. The uneven terrain and distance between activities make the use of crutches or boots nearly impossible at this camp.
- **Special Needs:** Campers with severe physical or emotional disabilities or uncontrolled medical conditions are encouraged to consider other camps better suited to their needs. We unfortunately cannot accommodate their needs.

- **Concerns About Your Camper:** If you noted health concerns on your camper's form, a nurse will contact you before camp to review them. If you haven't heard from us a week before camp, feel free to reach out. We're here to help ensure your camper has a safe and positive experience!
 - **Prescription Medications:** Campers must be able to self-administer their own medications, which will be stored securely by their counselor. Please send medications in the original packaging.
 - **OTC Medications:** Over the counter medications can be given to the camper if parents agree to allow this when registering. This includes Tylenol, ibuprofen, anti-nausea, antacid, and antihistamine.
 - **Diabetics:** We understand many diabetics need their phone to monitor their glucose levels. We can make an exception to the phone rule for this reason.
 - **First Aid Specialists:** Our first aid specialists are 19–25-year-old women with first aid and CPR training who live at the camp during the summer. We also have two nurses in the Salt Lake Valley who help coordinate with parents regarding their campers needs. There are no other medically licensed staff at camp.
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Food

- **Meals & Snacks:** We work hard to provide 3 delicious healthy meals for you each day! We also have occasional snacks available for everyone and plenty of other snacks campers can purchase throughout the week.
 - **Dietary Concerns:** Brighton can accommodate gluten-free, dairy-free and vegan diets. If your camper needs a special diet, we'll contact you before camp.
 - **Food Storage:** To comply with strict Utah Health Department regulations and due to limited storage space, campers cannot bring their own meals or large quantities of food for the week. However, campers are welcome to bring a few personal snacks. These snacks will be stored in a sealed "critter-proof" container your counselor will have in your cabin.
 - **Hydration:** We encourage campers to stay hydrated. Please bring a water bottle to camp with the camper's name and phone number marked on it.
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Transportation

- **Bus Info:** Campers travel on chartered buses departing from the Brighton Point Ward Chapel (**3455 E. Bengal Blvd, Cottonwood Heights, UT**). There are several chapels on that street. Go to the one that is furthest east, across from the Smiths.
 - **Monday Check-in:** 7:30–7:45 AM; buses leave at 8:00 AM.
 - **Friday Return:** Buses arrive around 12:30 PM.
- **Meals on Monday:** Eat breakfast at home. No food is allowed on the bus! Shortly after getting settled at camp, we will have lunch for you!

Camp Details:

- **Activities:** We have campfires, outdoor cooking, hikes, ropes courses, rappelling, zip-line, scripture study, crafts, singing, and more! We enjoy delicious meals and lots of singing! We stay in cabins, sleep on bunk beds, and spend lots of time in the beautiful outdoors. We are so excited to have you join us!
- **Showers:** Campers can shower once during their stay.
- **Bathrooms/Menstrual Cycles:** In addition to flush toilets and water, we have plenty of items to help if your camper is on her period including wipes and pads, however we encourage you to send your camper with her own supplies. If a camper starts her period for the first time at camp, she'll have plenty of support, time, and space to manage and get comfortable. Please talk with your camper about how normal this is and encourage her to communicate openly with her counselor to ensure she gets the help she needs.
- **Hikes:** A moderate hike is part of the program for all campers. Advanced hikes like the Sunrise hike are optional. Warm clothing is recommended for early-morning hikes.
- **Cabins and Beds:** We sleep in cabins and provide bunkbeds with mattresses for each girl. You only need to bring a pillow, sleeping bag, and blanket. Please note that the cabins are not temperature-controlled and have no heating. Each cabin typically has 3 units. A unit includes about 8-10 campers and is led by one counselor.
- **Friends:** A common concern is wondering if you'll see your friends at camp. Yes! You'll run into them all the time at meals, activities or during free time. However, the majority of your time will be spent getting to know new friends.
- **Counselors:** Each camper will be guided by a dedicated counselor throughout the week. Counselors, aged 18-25, are members of the Church of Jesus Christ of Latter-day Saints and are passionate about creating an amazing experience for you! While much of your time will be spent enjoying fun and exciting activities, your counselor will also share spiritual lessons to help you grow and gain insights that can support you in school, with family, and in your friendships when you return home. You're going to love your time with her!
- **Spending Money:** Check the information on our website regarding the craft shack and the items for sale in our store to decide how much money to send your camper with.
- **Packing Limit:** Check the packing list. Campers must carry their own items up a steep hill we call Hernia Hill, so pack light!
- **Letters to Camp:** If you want to send a letter to your camper, send letters only by the Friday or Saturday before camp so they arrive on time. If campers want to send a letter to their counselors, they can also send them to this address with the counselors' name:
 - Brighton Girls Camp
c/o Camper Name (and Camper Stake)
8409 Brighton Loop
Brighton, UT 84121

- **Label All Items:** Label all items with duct tape (everything else seems to break off or fall off).
 - **Lost & Found:** If you lost something at camp, please fill out the form on our website.
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Homesickness

Homesickness is normal. Campers are encouraged to stay engaged, talk to their counselor, and focus on activities. Parents/guardians will always be contacted if we cannot help your camper. Parents, please remember that no news is good news. We have years of experience helping thousands of girls and we take pride in nurturing and helping the girls. When a girl has a hard time, there are many leaders who can help her. Parents may consider arranging getting their camper to receive a priesthood blessing as part of her preparation for camp. Two sets of full-time missionaries live at Brighton each summer and can also be asked to give a priesthood blessing to a camper.

The Church of Jesus Christ of Latter-Day Saints:

- **Operations:** Brighton Girls Camp is operated by The Church of Jesus Christ of Latter-day Saints under the direction of the Salt Lake Valley View Stake and its Executive Priesthood Committee. The camp is overseen by a dedicated volunteer presidency and council of approximately 25 men and women. Each summer, a team of 37 full-time staff members—who are all members of The Church of Jesus Christ of Latter-day Saints—ensures the camp runs smoothly. Additionally, two full-time senior missionary couples reside on-site throughout the summer to provide additional support.
 - **Non-Members:** We welcome campers of all faiths. Ask a member of our church to explain the For the Strength of Youth booklet as these are the guidelines of conduct for camp. We want everyone to understand that this is a church camp and that the gospel of Jesus Christ will be openly taught and discussed throughout the many activities and events at camp.
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Brighton Girls Camp offers a safe, spiritually enriching environment for campers to grow, connect, and thrive. For any questions or concerns, please contact us. We can't wait to see you this summer!

REGISTRATION AND GENERAL QUESTIONS

April Oaks (*Registration*) 801-205-5555
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TO ARRANGE UNPLANNED PICKUP

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FOOD/DIET QUESTIONS

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MEDICAL ISSUES/QUESTIONS

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EMERGENCY QUESTIONS

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