



girl scouts
arizona cactus-pine

WILLOW SPRINGS 2016

summer camp confirmation packet

DAY CAMP

GIRL SCOUTING BUILDS GIRLS OF COURAGE, CONFIDENCE
AND CHARACTER, WHO MAKE THE WORLD A BETTER PLACE.

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PLEASE READ THE ENTIRE PACKET.

ALL camper forms must be completed in Ultra Camp.

Welcome to the Girl Scout Camping Experience

FUN, FRIENDS, AND ADVENTURES AWAIT!

We are thrilled that you and your camper will be joining us at Summer Camp! Girl Scout Camp is a great place to build character, gain leadership skills, a sense of belonging and most of all—have fun!

This booklet is the first step in getting ready for a great experience. We encourage you to review it with your camper.

Yours in the Outdoors,



Michelle "Juniper" Balfe-Keefer
Camp Director, Willow Springs Program Center

928-778-5127
mkeefer@girlscoutsaz.org

What is...

"ME & MY GAL DAY"

JUNE 18 | 10:00AM-3:00PM | GRADES K-5 & ADULTS

You and your favorite adult female are about to embark on a day of fairytales and wonder. You will be assigned a team and will be given clues and a camp map to solve your quest. Along the way you will meet some a fairy that will take you on to another adventure.... join us for a full day of fun. *Lunch and snacks provided.* **AWARD:** Me & My Gal Patch

Please turn in forms at Camp during Check-In. All forms can be found in the Forms Library on our website.

- » MS-28 Girl Information & Health History
- » AE-48 Adult Information & Health History

"GIRL SCOUT BADGE DAY"

JULY 16 | 10:00AM-3:00PM | GRADES K-8 & ADULTS

Bring your whole troop to earn the First Aid award! We will practice various first aid scenarios, meet a First Responder from the backcountry (wilderness) and front country (city) and girls will make their very own first aid kits. *Lunch and snacks provided.* **AWARD:** Daisy Safety & Girl Scout Brownie, Junior and Cadette First Aid

Adults are required to register with girls at standard Girl Scout safety ratios.

Please turn in forms at Camp during Check-In. All forms can be found in the Forms Library on our website.

- » MS-28 Girl Information & Health History
- » AE-48 Adult Information & Health History

Health Procedures

Camp is staffed by a qualified medical personnel (RN, EMT, or LPN) known as the Health Supervisor. A local physician is on call at all times.

Parents / Guardians will be contacted if the following situations occur:

- » If your camper needs to see a doctor or visit the Emergency Room.
- » If your camper breaks the Camper Behavior Agreement.

Parents / Guardians may be contacted in the following situations:

- » If the Health Supervisor has a question in regards to information supplied on your camper's Health History form (medications, chronic health conditions, etc).
- » If a camp staff person needs your assistance / support in regards to your camper's well-being.

MEDICATION – Please **bring only prescription medication to camp**. Medication will be administered according to the prescribed instructions. *Emergency Medications such as Epinephrine or inhalers will remain with the camper at all times and camp staff will know the specifics of that child's medical needs.*

CAMPER HEALTH

In order for your camper to have the best possible experience at camp, they should be arriving at camp free of illness. If your child is showing any signs of illness, please keep them home until they are well and contact the Camp Director.

Because your camper will be joining a camp community, living in a cabin with eight to ten other campers and sharing the camp with 150 other campers it is important that good practices (like hand-washing and catching your sneezes) are second nature.

For additional information please read the healthy camp update from the American Camping Association here: <http://www.acacamps.org/sites/default/files/images/parents/parentflyer.pdf>

SAFETY IN THE SUN AND HEAT

At camp we have two very common and completely preventable problems: SUNBURN and DEHYDRATION. Participants are encouraged to bring non-aerosol sunscreen of SPF 15 or greater and chapstick with SPF 15+.

Water is critical to our body's health. Everyone needs to drink at least three water bottles a day. A water bottle with a strap for carrying is recommended. At camp meals, we all drink one glass of water before other beverages. PLEASE ENSURE YOUR CAMPER BRINGS A WATER BOTTLE (we'll refill it as needed while at camp).

EMERGENCY PROCEDURES

Parents will be contacted if there is an emergency that affects the camp community. Examples of emergencies include wildfire evacuation or other such occurrences. When these events occur please do not call Camp. You will be contacted by the Council office with information regarding next steps.

Typical Daily Schedule

Please read the program session description closely. All girls and adults will spend time outside. *All activities are weather permitting.*

ME AND MY GAL SCHEDULE

9:00AM	Check-In (<i>Trading Post open</i>)
9:45-10:15AM	Opening Ceremony
10:15AM-12:15PM	Morning Activities
12:30-1:30PM	Lunch
1:30-2:30PM	Afternoon Activities
2:30-3:00PM	Closing Ceremony
3:00PM	Check-Out (<i>Trading Post open</i>)

GIRL SCOUT BADGE DAY SCHEDULE

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Special Needs

Please contact the Camp Director for campers requiring special health care or with mobility limitations. At that time you will be able to discuss the nature of your camper's needs and gather additional information to determine if the camp can provide the proper support, supervision and necessary accommodations for your camper to have a safe, fulfilling camp experience. To be successful at camp, your camper needs to be independent with self-care (shower, dressing, using the restroom) and needs to be able to be successful in an 8:1 camper to staff ratio. We are dedicated to serving ALL girls in our council and accommodations can be made in many cases. Please contact the camp director for more information prior to registering.

DIETARY NEEDS & FOOD ALLERGIES

Some dietary needs can be accommodated (vegetarian, lactose-intolerant, etc.) with advance notice and others cannot.

Special diets may require the participant to bring some of their own food to supplement the meals provided by camp. Although we cannot guarantee a nut free environment; we are "nut aware" and can ensure that a camper's meal is nut free. Please contact your camp director at least two weeks in advance if your child has any food allergies or special dietary needs. Include your camper's dietary needs or restrictions on her Health History Form through the UltraCamp system.

Check-In & Check-Out Times

CHECK-IN AT CAMP SITE

Please **do not** plan to arrive early, as the staff will be preparing the site for campers. Gate opens promptly at drop-off time (and closes 45 minutes later as program will start one promptly after drop-off time).

Please bring the required forms with you.

- » ADULT Health History/Permission Form
- » GIRL Health History/Permission Form

1 DAY CAMP SESSION

- » Check-In: 9:00-9:45AM ***(Please Eat Breakfast Prior to your arrival Saturday morning.)***
- » Check-Out: 3:00PM

PARKING

Staff will direct you to back in and then show you where to begin the check in process. Our camps do not have large parking areas. Please be patient as we try to squeeze the cars in.

TRADING POST

The Trading Post will be open during check-in and check-out on the day of the event.

LATE PICK-UP

It is NOT possible to make arrangements for someone to stay with your camper beyond the check-out time at camp.

Late Arrivals and Early Departures

If you or your camper will be arriving late, you will need to contact the camp office prior to arrival at 928-778-5127. Please report to the camp office upon arrival.

If your camper will need to leave early for any reason, you will need to notify the camp office during check-in.

For your camper's safety, our gate remains closed during our camp session; without prior notification, you will not be able to enter the property. You will need to report to the camp office to pick up your camper.

Contact Information

WILLOW SPRINGS PROGRAM CENTER

A map to Willow Springs Program Center is included.

If you need directions please contact the council office at 602-452-7000 or Willow Springs at 928-778-5127.

Campers are not allowed to make or receive phone calls while at camp.

WILLOW SPRINGS PROGRAM CENTER

Michelle “Juniper” Balfe-Keefer, *Camp Director*
928-778-5127 (office)
mkeefer@girlscoutsaz.org

MAILING INFORMATION

(PLEASE DO NOT SEND FOOD OR CANDY)

Willow Springs Program Center
775 North Camp Willow Springs Rd
Prescott, AZ 86305-8200

Phones at Camp

Campers are not allowed to receive or make phone calls while at camp. If there is a problem or if your camper is not doing well, a staff member will contact you as soon as possible. We invite you to contact the camp director at any time during your camper’s session if you have any concerns or questions.

Camper personal phones are not allowed at camp for any reason. Camera phones can create privacy and legal concerns. It also interferes with your camper’s ability to build trust and independence and interferes with other campers’ experience. **Please do not send a phone with your camper.** If you have concerns around this policy please contact a camp director. Any phone brought to camp will be secured in the camp office until the camper is ready to leave for home. GSACPC is not responsible for lost, stolen, broken, or damaged property.

Camper Stories

www.campwillowsprings.blogspot.com

We do our very best to post photos and tell short stories through our Camp Willow Springs blog.

The Willow Springs blog will be updated at least once a week, please feel free to check out posts from last summer and throughout the summer. *We cannot guarantee every camper will be photographed on the blog.*

Things to Wear and Bring

1 DAY CAMP SESSIONS

Campers are responsible for all items brought to camp. Label everything – especially water bottles, hats and day packs. We recommend that you leave at home any items you consider to be irreplaceable or valuable. Girl Scouts–Arizona Cactus-Pine Council, Inc. is not responsible for lost, damaged or stolen items.

CLOTHING

- | | |
|---|--|
| <input type="checkbox"/> t-shirt | <input type="checkbox"/> long pants – one pair |
| <input type="checkbox"/> shorts | <input type="checkbox"/> hat or visor |
| <input type="checkbox"/> socks | <input type="checkbox"/> sweater, sweatshirt OR jacket |
| <input type="checkbox"/> shoes – tennis shoes (CLOSED TOES & HEELS) | <input type="checkbox"/> nametag (FOR RETURNING CAMPERS) |
| <input type="checkbox"/> rain coat or poncho | |

PERSONAL CARE

- | | |
|--|---|
| <input type="checkbox"/> sunscreen AND lip balm – SPF 15 or higher | <input type="checkbox"/> sunglasses |
| <input type="checkbox"/> water bottle with a shoulder strap | <input type="checkbox"/> daypack / backpack |

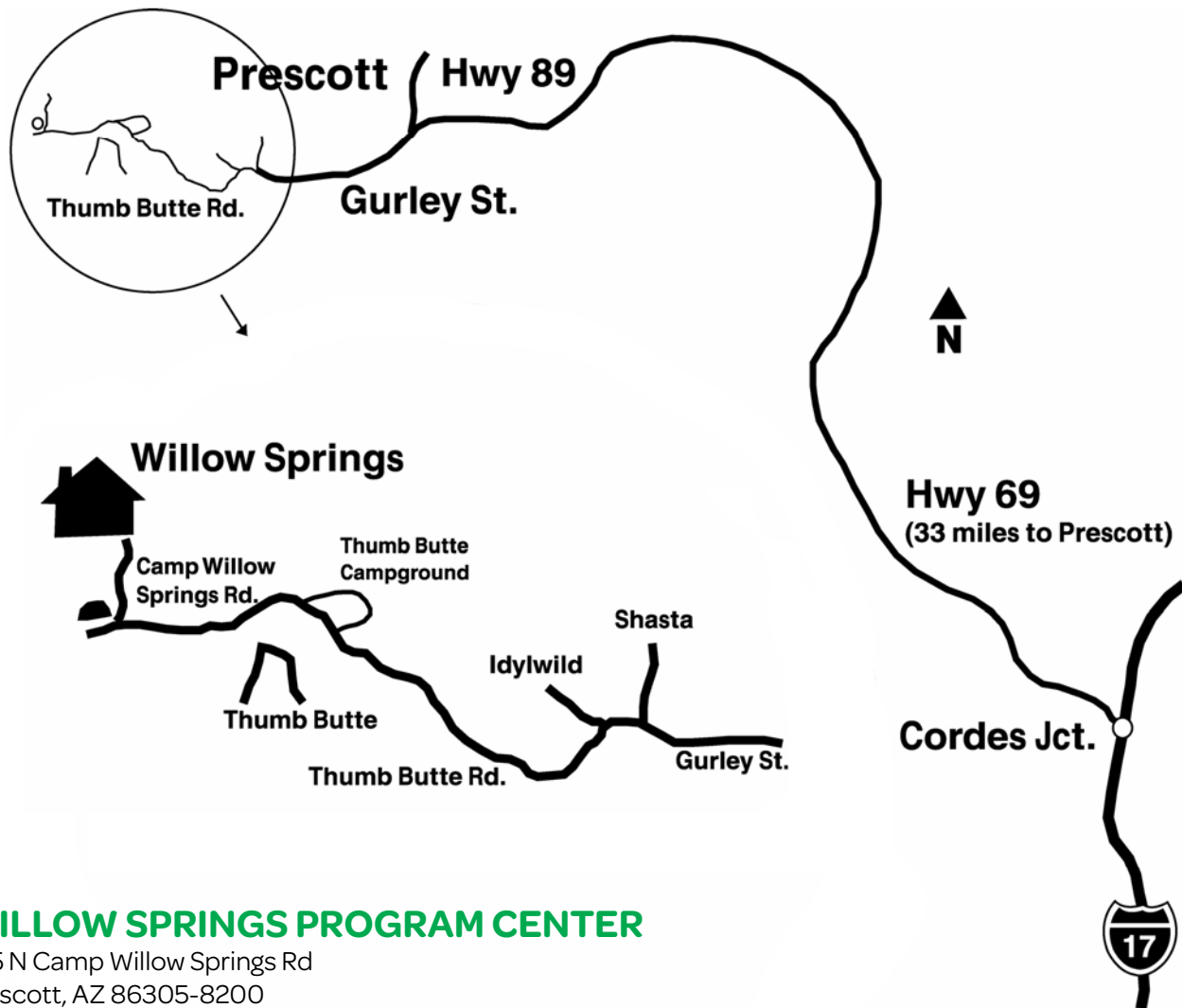
NICE TO HAVE

- ☐ camera, film (PHONES NOT ALLOWED)
- ☐ bandana (REQUIRED AT MARIPAI)
- ☐ money for Trading Post

DO NOT SEND

- | | |
|---|---|
| » pets/animals | » personal sporting OR riding equipment
(CLIMBING HARNESS, HELMET, BOW/ARROWS, TACK) |
| » vehicles (bicycles*, ATV's, etc) | » tobacco, non-prescription, illegal drugs, alcohol |
| » radios, iPods OR other music players, video games | » expensive name-brand articles |
| » phones | » matches or candles |
| » video games | » irreplaceable items |
| » gum, candy or other food items | » anything with wi-fi OR video taking capabilities |
| » laptops or portable DVD players | |
| » snacks with nuts | |

WILLOW SPRINGS ROAD MAP & DIRECTIONS



WILLOW SPRINGS PROGRAM CENTER

775 N Camp Willow Springs Rd
Prescott, AZ 86305-8200
928.778.5127

CAMP MANAGER

Peter Glenn
928.771.0188

CAMP DIRECTOR

Michelle Balfe-Keefer
928.778.5127

I-17 to State Rt. 69 at Cordes Junction (exit #262). Take State Rt. 69 to Prescott (approximately 33 miles). State Rt. 69 will connect with Gurley Street in Prescott. Take Gurley Street turnoff west through Prescott. Gurley Street curves through town and turns into Thumb Butte Road. Continue west on Thumb Butte Road, and pass through Thumb Butte Park. Go approximately 3/4 miles to Camp Willow Springs Road (green street sign on the right side of the road) and a large white painted rock. Turn right on to Camp Willow Springs Road and continue 1/2 mile to the entrance of Willow Springs Program Center.