



girl scouts

arizona cactus-pine



SHADOW RIM RANCH 2018

SUMMER CAMP CONFIRMATION PACKET

OVERNIGHT 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 ADVENTURE

FUN, FRIENDS, AND ADVENTURES AWAIT!

Girl Scout camp is the place to be this summer and we are excited to have your camper join us for outdoor adventures at Shadow Rim Ranch!

Please use this packet to start conversations with your camper about her camp experience. What is she looking forward to? What does she need to get ready for camp? What are her concerns? This is also a great opportunity to answer these questions as a parent. The sooner those conversations start the more comfortable you and your camper will feel as camp gets closer. Find more resources to prepare at www.campparents.org.

Girl Scout camp is a place for your camper to build character, gain leadership, HAVE FUN, and practice independence. We are looking forward to this, and so much more this summer. In the meantime, if you or your camper have any questions, please do not hesitate to contact us. We will be happy to discuss her upcoming experience.

See you this summer!

Roadrunner
Beep!beep!

Chris "Road Runner" Newell
Camp Director, Shadow Rim Ranch

HEALTH PROCEDURES

Camp is staffed by a qualified RN, EMT, or Wilderness First Responder known as the Health Supervisor. A local physician is on call at all times.

Because your camper will be joining a camp community, living in a cabin or tent with up to 5 other campers and sharing the camp with 100 other campers, it is important that good practices, like hand washing and catching sneezes, are second nature. For additional information please read the healthy camp update from the American Camping Association: www.acacamps.org/sites/default/files/images/parents/parentflyer.pdf

All Campers receive a health screening upon arrival at camp. Trained staff members look for illness, injury, or signs of communicable diseases. Parents will be notified of any concerns.

Parents/Guardians will be contacted if:

- » Your camper spends the night in the infirmary.
- » Your camper needs to see a doctor or visit the Emergency Room.
- » Your camper breaks the Camper Behavior Agreement.
- » The Health Supervisor has a question in regards to information supplied on your camper's Health History form (medications, chronic health conditions, etc).
- » Camp staff needs your assistance/support in regards to your camper's well-being.

Medication can only be left at camp:

1. In the original container,
2. Labeled with the camper's name, physician's name and correct dosage, and
3. Prescribed for her by a physician
4. Includes detailed written instructions on the Camper Health History Form

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, she should arrive free of illness. If your child is showing any signs of illness, please keep her home until well and contact the Camp Director.

Because your camper will be joining a camp community, living in a cabin with other campers, and sharing the camp with 100+ other campers, it is important that good practices, like hand washing and catching sneezes, are second nature.

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

HEAD LICE

If signs of head lice are found during the health screening, or at any other time during camp, the affected camper will need to return home for treatment. Head lice will not be treated on site.

To avoid the challenge of discovering head lice at camp, please check—or have someone with experience check—your camper 7-10 days before arrival. This should provide ample time for treatment. Here are a few tips:

- » Finding lice can be difficult. There are many web resources for checking for lice such as www.cdc.gov/parasites/lice/head/diagnosis.html
- » If found, carefully treat hair and all belongings before coming to camp. Treat hair with a lice removal product, remove all nits and repeat treatment in seven days. Wash all of her bedding, pillows, hats, stuffed animals, bike helmet, sleeping bags, brush, comb—and anything else her hair contacts—in hot water (130 degrees) and/or dry on high heat. Many children get re-infected from their own belongings.
- » More treatment recommendations: www.cdc.gov/parasites/lice/head/treatment.html

SAFETY IN THE SUN AND HEAT

At camp we have two very common and preventable problems: SUNBURN and DEHYDRATION.

- » Participants should have **non-aerosol** sunscreen of SPF 15 or greater.
- » Participants should also bring and use chapstick with SPF 15 or greater.

Water is critical to our body’s health. We request each camper bring a refillable water bottle, and drink at least three bottles a day. A water bottle with a strap for carrying is recommended. At camp meals, we all drink two glasses of water before other beverages.

SHOWERS AT CAMP

We have hot & cold running showers at all camps. Shadow Rim’s water is supplied by two small wells. To conserve water, showers will be limited, and girls are asked to keep their shower time to a minimum. Girls may want to practice taking 5 minute showers before arriving at camp. Thank you for supporting our efforts in using our resources wisely.

EMERGENCY PROCEDURES

Parents will be contacted if there is an emergency that affects the camp community. Examples of emergencies include nearby wildfire, flooding, smoke in camp, or other similar concerns. When these events occur please do not call camp. You will be contacted by the Council office with information regarding next steps.

PROGRAM SESSION INFORMATION

Your camper is registered for a particular camp session for the grade level she will be entering in the fall. Activities all campers will have the opportunity to participate in at Shadow Rim Ranch, regardless of their program session, include: canoeing, climbing tower, hiking, singing, and outdoor cooking.

Age eligibility requirements for specific activities at Shadow Rim Ranch are:

- » **Archery** – girls entering grade 4 and above
- » **Zipline** – girls entering grade 4 and above

TYPICAL DAILY SCHEDULE

Girls will be participating in traditional camp activities. Examples of activities include arts and crafts, hiking, cooking out, archery, nature programming, and singing. All girls attending Shadow Rim will also have an opportunity to participate in climbing and canoeing.

Archery programs are for girls grades 4th grade and up. All activities are weather permitting.

6:30AM	Wake-up
7:15AM	Flag Ceremony
7:30AM	Breakfast
8:30–11:30AM	Activities
11:45AM	Lunch
12:45–1:45PM	Me Time (down time for campers to rest, write letters, hang out in cabins)
1:45–4:45PM	Activities
5:00PM	Flag Ceremony
5:15PM	Dinner
6:30PM	Evening Program
8:30PM	Back in units getting ready for bed
10:00PM	Lights Out

SPECIAL NEEDS

Please contact the Camp Director for campers with special health care or 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 comfortable with an 8:1 camper to staff ratio.

DIETARY NEEDS & FOOD ALLERGIES

Our cooks at Shadow Rim take pride in meeting the needs of campers with special dietary needs (vegetarian, lactose-intolerant, etc.). Special diets may require the participant to bring some food to supplement the meals provided by camp. We strive to maintain a peanut-free and tree nut-free environment at camp. Please contact your Camp Director at least two weeks in advance if your child has any food allergies or special dietary needs.

HAPPY CAMPERS GET MAIL!

To ensure your camper gets mail every day, you may write a letter for each day and leave it with our staff when you drop your camper off. If you use the U.S. Postal Service, mail letters and packages before the start of camp to ensure delivery.

Make sure your mail is cheerful and positive. Ask questions about what she is doing at camp, but please don't tell her about all the great things she is missing or how much you miss her. This can lead to homesickness.

If you want to send a care package, we recommend sending stationery, puzzles, books, comics, pens, stickers, etc. Please do not send candy, food or soda. It attracts insects and wild animals, makes a mess and can also create conflicts among bunk mates.

HOW TO ADDRESS MAIL

	EXAMPLE
Daughter's Name	Susie Camper
Camp Name	Shadow Rim Ranch
Week Attending and Program Name	Week 4 – Camper Sampler
Address	530 N. Shadow Rim Road
City, State, Zip Code	Payson, AZ 85541

CAMP STORIES

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 as well as with other campers' experiences. Please do not send a phone with your camper—this includes phone/camera units. 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.

UNIT PLACEMENT

The most frequently asked question is “Where will I live?”

Unit living placements are finalized a day or two before the session begins and determined by total camp enrollment and numbers in each program. You will receive this information upon arrival.

Most girls will live in cabins, sleeping 5 girls per cabin, with adjacent bathroom facilities in a separate building. Exceptions:

- » Some programs are hosted in our Primitive Unit tents. Tents sleep 3 to 6 girls. These programs will use either our Homesteaders or Mountaineers unit for running water and restrooms.
- » Shadow Rim Ranch Counselor in Training (CIT III) participants will sleep in our Settlers unit cabins, with 4 other CIT III participants.

Mattresses are provided in all living units, except for the Primitive Unit.

In a living unit, staff members live in cabins (or tents) adjacent to the girls in order to give both staff and campers privacy, and allow girls to learn cooperative living skills.

GETTING TO CAMP BY BUS!

RESERVATIONS MUST BE MADE IN ADVANCE.

If you did not indicate that you wanted your camper to ride the bus upon registration or have not contacted us via phone or e-mail, your camper is not registered to take the bus! Space is limited.

Please contact the main Registration Help Desk at 602-452-7030 if you would like to reserve a space.

PARENT/GUARDIAN DROP OFF AT CAMP

CHECK-IN AT CAMP SITE

Please do not plan to arrive early, as the staff will be preparing the site for campers. The gate opens promptly at 2:00 p.m. and closes at 3:30 p.m.

PARKING — Staff will direct you to back in at the parking lot and show you where to begin the check-in process. Shadow Rim Ranch does not have a large parking area. Please be patient as we try to squeeze the cars in. Once in the parking lot, please remember the following:

- » Leave all pets in the car.
- » Refrain from smoking on camp property.
- » Leave luggage in the car until after your camper has her health check.
- » Bring all your camper's medications, including emergency medications such as inhalers or epi-pens and prescription medications (all in the original containers) for check-in with the Health Supervisor.
- » Make sure your camper has her water bottle and is wearing close-toed shoes.
- » Parents/guardians will not be visiting camper living units and will need to be prepared to say goodbye once their camper meets her counselors.

CHECK-IN PROCESS

There are several steps to the check-in process:

1. Check your camper in with camp staff at the designated check-in table.
 - » Camp staff will confirm that all your forms have been received. All camper information should be completed in the UltraCamp at least THREE weeks in advance of your camper's session.
 - » Give camper mail to the staff at the check-in table.
2. Submit all medications to the Health Supervisor.
 - » Includes emergency medications, prescription and over the counter medications—all medications MUST BE in their original containers
3. Camp staff conduct a health screening with camper (feet and head).
 - » In order to check effectively for head lice hair bands, elastics, etc. must be removed.

4. Visit the Trading Post (camp store).
 - » Either add money to your camper's account OR check the accuracy of balance (if pre-paid online).
5. Parent and camper return to vehicle to carry luggage to lodge and place luggage in the appropriate unit trailer.
6. Camper and parent/guardian meet with the Unit Leader and camper joins her group.
7. Parent says goodbye to camper.

CHECK-OUT AT CAMP SITE

The gate will open promptly at 2:00 p.m. and closes at 3:00 p.m. as staff will start cleaning and prepare for the next group.

THE PERSON PICKING UP THE CAMPER WILL BE REQUIRED TO SHOW PHOTO IDENTIFICATION WITH A NAME THAT MATCHES ONE LISTED ON THE AUTHORIZED PICK UP LIST. There are NO exceptions to this policy – even parents and guardians must show ID. This is for your child's protection. All authorized pickups must be listed in the UltraCamp system. If you know that you are not able to pick up your child and/or need to add an additional authorized person you must log into your UltraCamp account and add that person's name and contact information. Please contact camp as well.

- » **LUGGAGE PICK UP** — Camper luggage will be sorted by session. Please take time to find ALL your camper's luggage including laundry bag, sleeping bag, pillow, stuffed animal, etc. Your camper's luggage may have expanded while at camp. Check the luggage pile thoroughly. It's much easier to take the time now than pick-up lost & found items later.
- » **MEETING COUNSELORS** — Feel free to take a few minutes and meet the staff who worked with your camper. They'll be happy to meet and discuss your child's stay.
- » **EARLY PICK UP** — If early pick up on check-out day is necessary, please plan to pick your camper up by 11am. Pickup between 11AM and 2PM on check-out date is not possible. Simply indicate the time and date during the registration process and notify the camp staff at check-in.
- » **LATE PICK UP** — It is NOT possible to make arrangements for someone to stay with your camper beyond the pick up time at camp. She will be excited to see you and share her camp experience. This is also the beginning of staff meetings and preparation for the next group of campers.
- » **MEDICATIONS** — Remember to pick up your campers' medication from the Health Supervisor.
- » **TRADING POST** — The Trading Post will be open on check-out day to purchase items.

LATE ARRIVALS AND EARLY DEPARTURES

If your camper will be arriving late, you will need to contact the camp office prior to arrival. Please report to the camp office upon arrival.

If your camper will need to leave early for any reason during the week, 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

You will find a map and driving directions located in this packet. Please enter the camp address into MapQuest before you leave home. There is no cell service once you leave the main highways. If you need directions please contact the Council office at 602-452-7000.

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

SHADOW RIM RANCH

Chris “Roadrunner” Newell, *Camp Director*
928-474-2438
cnewell@girlscoutsaz.org

MAILING INFORMATION

(PLEASE DO NOT SEND FOOD OR CANDY)

Shadow Rim Ranch
530 N. Shadow Rim Rd.
Payson, AZ 85541

DRESSING UP FOR "THEME WEEKS" @ CAMP

All of our camps share the same “theme week.” The theme is relevant to the camper’s experience through all-camp and my-choice activities. Campers may choose to bring dress up items relating to the theme for the week they are attending camp. **No need to purchase items – it is not required that campers dress up.**

See below for the themes and ideas of what campers might wear/bring for dressing up.

WEEK	THEME	IDEAS	
1	June 3-8	Nights & Dragons	Medieval clothing - princess gown, knight outfit, jester, etc.
2	June 10-15	Outta this World	Astronaut suit, anti-gravity boots, antennae, outer space theme clothing, etc.
3	June 17-22	World of Girls	Your own culture’s dress or dress from a culture you admire
4	June 24-29	Wonderland	Alice in Wonderland theme - Mad Hatter, bright clothing, small hat, polka dots, rabbit, etc.
6	July 8-13	Camp Carnival	Bright baggy clothing, clown nose, any clothing item related to a circus/carnival
7	July 15-20	The Mighty Jungle	Animal tail or mask or clothing

LOST & FOUND

All “lost & found” items will be sent to the Council offices on the departing bus and after close of the camp session. All items not claimed within two weeks of session closing will be donated to local charities.

PACKING LIST

RESIDENTIAL / OVERNIGHT CAMPS 1-3 WEEK SESSIONS

Campers are responsible for all items brought to camp. Label everything – especially sleeping bags and luggage! Please do not attach loose items to luggage (ex. tying shoes to suitcase). This will help us get her gear to her unit. We recommend that you leave at home any items you consider to be irreplaceable or valuable. GSACPC is not responsible for lost, damaged or stolen items. **The list below is based on a 1 week session; if your camper is at camp for a 2 or 3 week session, plan accordingly per day listed below.**

CLOTHING

- t-shirts – one per day
- shorts – one per day
- socks – one pair per day
- underwear – one per day
- shoes – tennis shoes (CLOSED TOES & HEELS)
- shower shoes – flip-flops
- rain coat or poncho (REQUIRED IN JULY)
- pajamas
- long pants – one pair
- hat or visor
- sweater, sweatshirt OR jacket
- nametag (FOR RETURNING CAMPERS)

PERSONAL CARE

- 1 washcloth
- 1 bath towel
- sunscreen AND lip balm – SPF 15 or higher
- shampoo, conditioner
- brush OR comb
- soap and deodorant (NO SPRAY CANS)
- toothpaste, toothbrush
- sanitary items (IF APPROPRIATE)
- plastic bag/bucket to take items to showers
- sleeping bag OR sheets and 2-3 blankets
- fitted twin sheet
- pillow
- laundry bag with name on it
- flashlight and extra batteries
- mess kit OR plastic cup, plate and silverware for outdoor cooking. (DOES NOT HAVE TO BE A MESS KIT) NO GLASS.
- water bottle with a shoulder strap
- sunglasses

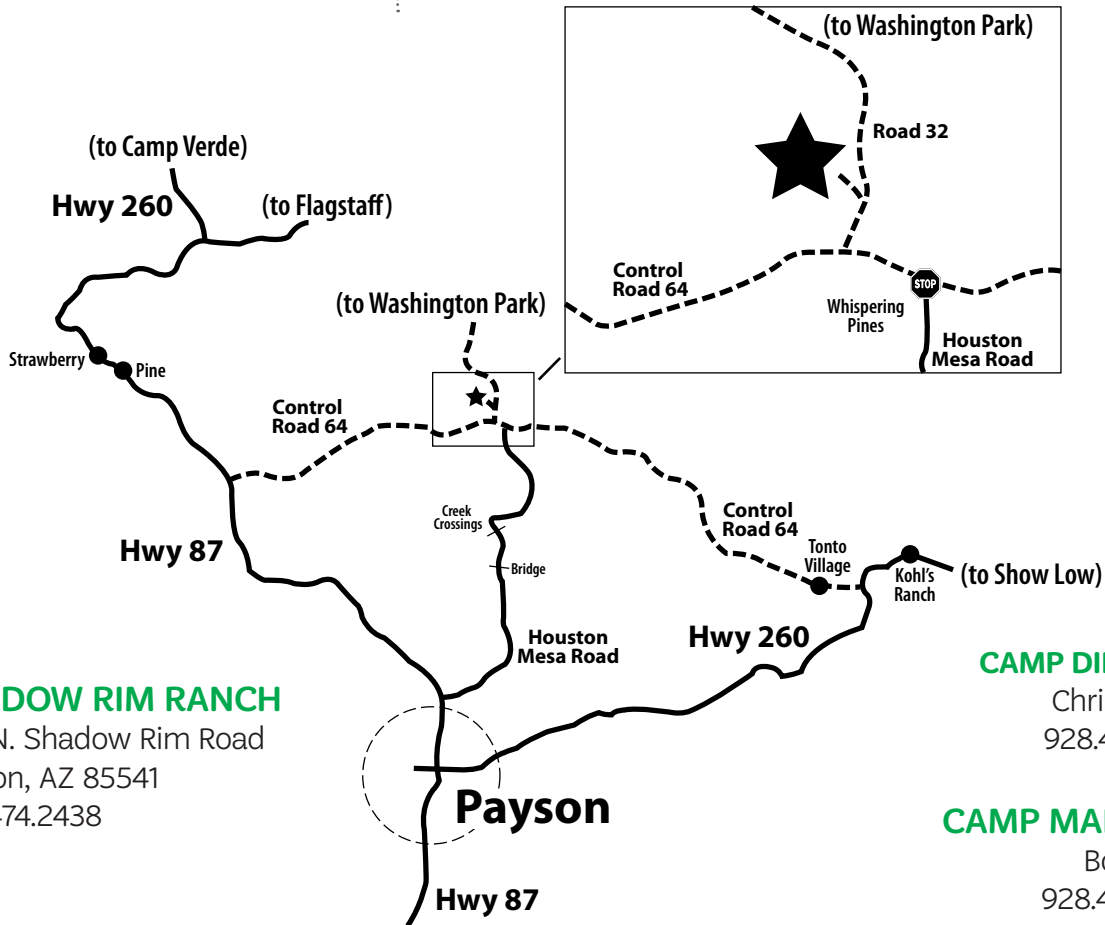
NICE TO HAVE

- camera, film (PHONES NOT ALLOWED)
- book
- address book
- stuffed animal
- bandana
- theme week dress up items
- stationery, pen, stamps

DO NOT SEND

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

SHADOW RIM RANCH ROAD MAP & DIRECTIONS



SHADOW RIM RANCH

530 N. Shadow Rim Road
Payson, AZ 85541
928.474.2438

CAMP DIRECTOR

Chris Newell
928.474.2438

CAMP MANAGER

Bob Hoffa
928.474.2480

FROM METRO PHOENIX AREA: Take Hwy 87 North through Payson to Houston Mesa Road, turn right (Rd # 199). Go approximately 10 miles. Turn left onto Control Road 64 at the stop sign in Whispering Pines. (Road becomes dirt at this point). Take Control Road 64 approximately ½ mile and turn right on FS Road # 32 (Washington Park Road). Continue on Road 32 for 1.3 miles. You will see a sign that says “Shadow Rim Ranch 1 Mile”. Take a left onto Shadow Rim Road (FS 437). Follow Shadow Rim Road ½ mile to the gate.

FROM THE WHITE MOUNTAINS AREA: Take highway 260 west to Control Road 64. (Tonto Village turn off –road becomes dirt at this point). Go approximately 13 miles. At Whispering Pines stop sign, continue west on Control Road 64. Approximately ½ mile after Whispering Pines, turn right on FS Road # 32 (Washington Park Road). Continue on Road 32 for 1.3 miles. You will see a sign that says “Shadow Rim Ranch 1 Mile”. Take a left onto Shadow Rim Road (FS 437). Follow Shadow Rim Road ½ mile to the gate.

FROM CAMP VERDE/NORTHERN AZ: Take Hwy 87 toward Payson. Approximately 3 miles after Pine, turn left onto Control Road 64. (Road becomes dirt at this point). Take Control Road 64 for 9½ miles to FS Road #32 (Washington Park Road). Turn left at the sign that says, “Washington Park” and “Shadow Rim Ranch” and proceed for 1.3 miles. You will see a sign that says “Shadow Rim Ranch 1 Mile”. Take a left onto Shadow Rim Road (FS 437). Follow Shadow Rim Road ½ mile to the gate.

Once you leave the main highways, cellular service is intermittent (at best). Please program the address (530 N. Shadow Rim Road, Payson, AZ 85541) into your phone/navigation system before departing.