



girl scouts

arizona cactus-pine



# SHADOW RIM RANCH 2018

SUMMER CAMP CONFIRMATION PACKET

TROOP & FAMILY 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 UltraCamp.

# WELCOME TO THE GIRL SCOUT CAMPING ADVENTURE

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## 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 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 ways to prepare for camp at [www.campparents.org](http://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

## WHAT ARE TROOP CAMPS?

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Troop Camps at Shadow Rim Ranch are 3-day camping extravaganzas for your whole troop! Participate in all camp has to offer as a group—from archery and cookouts, to canoeing and climbing. Your troop will have an entire cabin unit, enjoy scheduled activities with your counselors, and take an adventure together. All meals and programming provided. Girls younger than 9 will not participate in archery or zipline.

This year's Troop Camp opportunities are:

- » **Breathe Journey for Cadettes** – June 15-17
- » **Berry Fun Troop Weekend** – July 20-22

## WHAT IS FAMILY CAMP?

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Family Camp is an opportunity for families to enjoy a summer camp adventure together at Shadow Rim Ranch. Activities will include archery, climbing, arts and crafts, hiking, games, songs, and more!

Each family or group will be housed in their own rustic cabin, with shared bathhouses.

- » **Family Camp** – June 29-July 1

# HEALTH PROCEDURES

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

Campers receive a health screening upon arrival at camp. The Health Supervisor looks for illness, injury or communicable disease, and verifies health information. 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.
- » The Health Supervisor has a question in regarding information supplied on your camper's Health History Form (medications, chronic health conditions, etc.).

## Medication can only be left at camp if:

1. In the original container.
2. Prescribed by a physician.
3. It has the detailed instructions for administering the dosages.

**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.*

## HEAD LICE

If head lice are found during the health screening, the camper will need to return home for treatment.

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:

- » There are many web resources on checking for lice, such as [www.cdc.gov/parasites/lice/head/diagnosis.html](http://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 bedding, pillows, hats, stuffed animals, bike helmets, sleeping bags, brushes, combs—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](http://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. Everyone needs to drink at least three water bottles a day. A water bottle with a strap for carrying is recommended. At camp, we all drink two glasses of water at meals before other beverages.

## 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 such occurrences. When these events occur, please do not call camp. You will be contacted by the Council office with information regarding next steps.

## SHOWERS AT CAMP

We have hot & cold running showers available at camp. We generally recommend not showering at camp during weekend programs because they are so short, and it makes your cleaning easier when you are preparing to depart. However, you may shower if you wish. Please keep 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.

## PROGRAM SESSION INFORMATION

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

Age eligibility requirements for specific activities at Shadow Rim Ranch:

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

## TYPICAL DAILY SCHEDULE

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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 grade 4 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

## MEALS AT SUMMER CAMP

Our meals at camp are prepared by experienced, professional cooking staff. We serve kid-friendly, healthy meals. Breakfast will usually consist of a hot choice (pancakes, eggs, bacon, hash browns) as well as a self-serve buffet with cereal, fresh fruit, yogurt and a variety of options. For lunch we may have pizza, hot dogs, sandwiches, soup, or tacos. Dinner options often include spaghetti, chicken, or stroganoff. Dinner always includes a salad bar and a vegetarian option. These are just examples—different meals may be served while your camper is at camp. Milk is available at every meal and campers are encouraged to drink at least two glasses of water at each meal, before other beverages.

## SNACKS & BRINGING FOOD

Friday night and Saturday afternoon we will serve a snack. We discourage families from bringing any food or beverages with you to camp. **We strive to be a nut-free camp. Do not bring any snacks that contain nuts.** Any food items you bring must be secured in the lodge. Food, including its wrappers and crumbs, will attract wildlife.

## SPECIAL ACCOMMODATIONS

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 a safe and fulfilling camp experience. To be successful at camp, campers need to be independent with self-care (shower, dressing, using the restroom), and comfortable with an 8:1 camper to staff ratio.

Our cooks at Shadow Rim take pride in their ability to accommodate special dietary needs. However, some 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 camp. Please contact your Camp Director at least two weeks in advance if your child has any food allergies or special dietary needs.

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.

# ARRIVAL AT CAMP

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## CHECK-IN AT CAMP SITE

Please do not arrive early, as the staff will be preparing the site for campers. The gate opens promptly at check-in time. Please bring all paperwork with you to the check in area. You'll submit all paperwork and visit the Health Supervisor for a health screening.

- » **PARKING** — Staff will direct you to back into a parking spot in the parking lot and show you where to begin check-in. Our camps do not have large parking areas. Please be patient as we try to squeeze the cars in.
- » **HEAD LICE CHECK** — Each camper will be checked for head lice upon arrival at camp. Campers with head lice will not be allowed to remain at camp. Please see the Head Lice section of this confirmation packet for more information.
- » **TRADING POST** — The Trading Post will be open on check-in and check-out days to set up accounts and purchase items.

## CHECK-OUT AT CAMP SITE

- » **KAPERS/CLEAN-UP** — In the Girl Scout spirit of leaving things as clean or cleaner than we found them, all campers will be asked to clean their sleeping areas and bathhouses before check-out.
- » **LUGGAGE PICK-UP** — Camper luggage will be sorted by cabin unit. Please take time to find ALL your luggage including laundry bag, sleeping bag, pillow, stuffed animal, etc. Check the luggage pile thoroughly. It's much easier to take it all home from the camp than tracking down lost & found items later.
- » **EARLY CHECK-OUT** — If early check-out is necessary, please notify the Camp Director upon check-in.
- » **MEDICATIONS** — Remember to pick up your campers' medication from the Health Supervisor.

## CHECK-IN AND CHECK-OUT TIMES

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### FAMILY CAMP AND TROOP WEEKENDS

- » Check-in (Friday): 6:00-7:00p.m. *Please arrive having eaten dinner. A light snack will be provided. Please submit all forms and medications to check-in desk.*
- » Check out (Sunday): 10:00-11:00a.m.

## CONTACT INFORMATION

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You will find a map and driving directions located in this packet. Please enter the camp address into MapQuest before you depart for camp. There is limited cell service once you leave the main highways. If you need directions please contact the camp office at 928-474-2438.

*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](mailto:cnewell@girlscoutsaz.org)

## LOST & FOUND

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All "lost & found" items will be held for two weeks at the Council office after close of each camp session. All items not claimed within two weeks of session closing will be donated to local charities.

# PACKING LIST

Campers are responsible for all items brought to camp. Label everything – especially sleeping bags and luggage! We recommend that you leave any items you consider to be irreplaceable or valuable at home. Girl Scouts–Arizona Cactus-Pine Council (GSACPC) is not responsible for lost, damaged, or stolen items.

## 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
- pajamas
- long pants – one pair
- hat or visor
- sweater, sweatshirt OR jacket
- nametag (FOR RETURNING CAMPERS)

## PERSONAL CARE

- 2 washcloths
- 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 3-4 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. **NO GLASS.**
- water bottle with a shoulder strap
- sunglasses
- daypack / backpack

## NICE TO HAVE

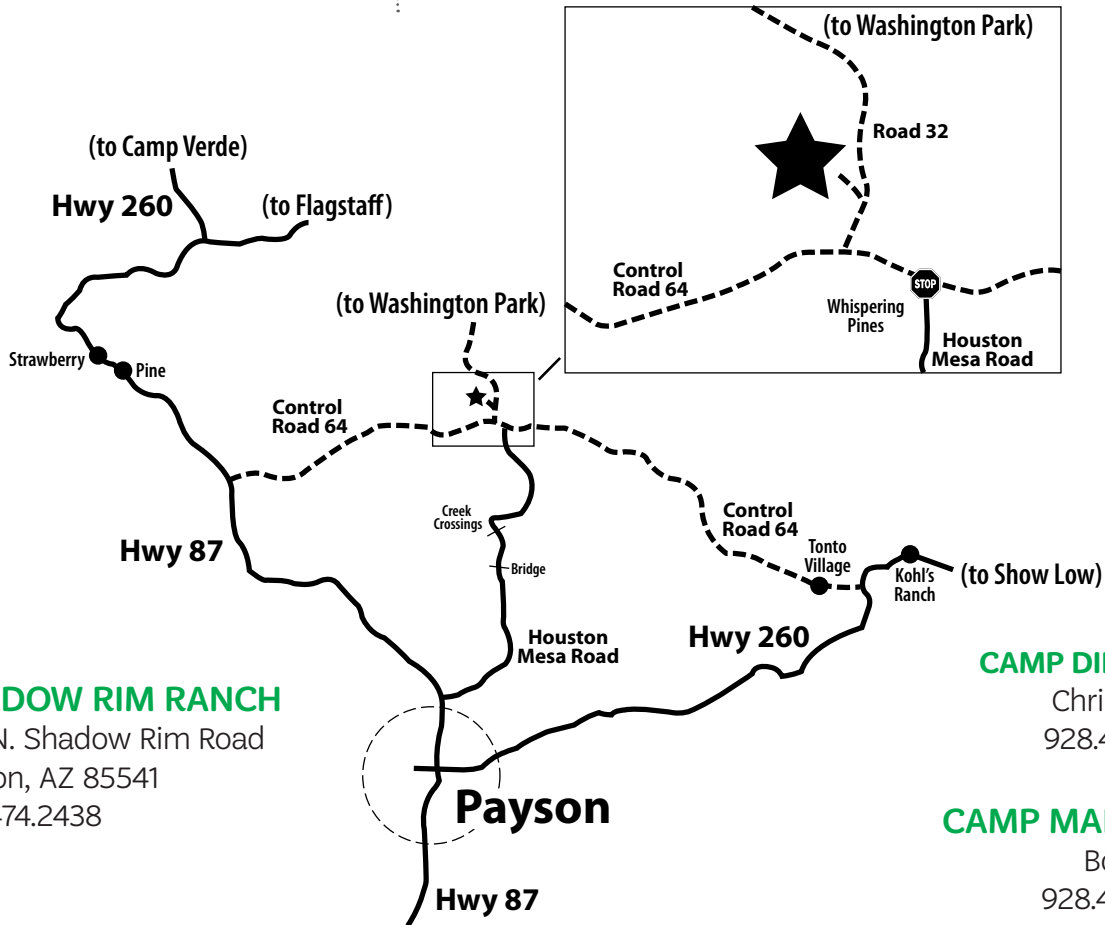
- camera, film (PHONES NOT ALLOWED)
- stuffed animal
- book
- bandana (REQUIRED AT MARIPAI)
- stationery, pen, stamps
- address book
- theme week dress up items

## 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.