

2020



# OVERNIGHT CAMP CONFIRMATION PACKET



WELCOME TO GSOSW OVERNIGHT CAMP!



Please read through this entire packet.

## Table of Contents

Welcome to the Girl Scout Camping Experience .....	3
Options for Visiting Camp.....	3
First Time Campers .....	3
Returning Campers .....	5
Our Counselors .....	6
Health Procedures .....	6
Meals at Summer Camp .....	7
Additional Special Needs.....	8
Program Session Information .....	9
Typical Daily Schedule.....	9
Correspondence – Snail mail, email, and packages .....	10
Telephones and Cell Phones.....	11
Payment.....	11
Cancellations .....	11
Trading Post.....	12
Refund Policy .....	12
Modifications and Changes.....	12
Camp with a Friend .....	13
Sleeping Unit Placement.....	13
Camp Check-In Process .....	13
Camp Check-Out Process .....	14
Check-In and Check-Out Times.....	14
General Packing List.....	15
Items Not Permitted .....	16
Camp Session Specific Items.....	16
Directions to Camp Arrowhead.....	17
Directions to Camp Cleawox.....	17
Directions to Camp Whispering Winds.....	18



## Welcome to the Girl Scout Camping Experience

We are excited to have your camper join us for her summer adventure!

Please read through this entire packet as it contains essential information for you and your camper. Use the information to start conversations with your camper about her camp experience. What is she looking forward to? What does she feel she needs to do to get ready for camp? What are her concerns? This is also a great opportunity to answer these questions for you as a parent. The sooner those conversations start the more comfortable you and your camper will feel as her time at camp gets closer.

Our Girl Scout overnight camps are the perfect place for your girl to develop new skills and build self-confidence in a safe, fun environment. Many girls come to overnight camp because they want to have fun, but they leave with so much more! Your girl will come home with new friends, bolstered confidence, leadership and outdoor skills, and a lifetime of memories that you made possible - all by giving her the gift of camp.

If you or your camper has any questions, please do not hesitate to contact us via email at [activities@girlscoutsosw.org](mailto:activities@girlscoutsosw.org) or give us a call at (800) 338-5248 ext. 6850.

## Options for Visiting Camp

### Open House

We invite you to visit camp during an open house so you can get to know our staff and facilities. We especially encourage first time campers and their families to attend. Bring the whole family and tour the camp, meet the staff, and get your questions answered!

**Camp Arrowhead:** June 28 • 1-4 p.m.

**Camp Cleawox:** June 28 • 1-4 p.m.

**Camp Whispering Winds:** June 27 • 1-4 p.m.

## First Time Campers

We want your camper to have the best camp experience possible! The best thing you can do to prepare your camper is to use positive language and an excited, upbeat tone when talking about camp. Here are some tips to make her first experience the best it can be.

### Preparation and practice for campers:

- Have your girl live out of a suitcase for a few days.
- Practice “going to camp” by having your girl spend a weekend at a friend’s or relative’s house to practice taking care of herself.
- Have her take showers instead of baths.
- Have your camper practice washing her hair on her own.
- Go over the packing list and have your camper help so she knows what is in her suitcase.
- Encourage her to drink water with meals.
- Talk about living and working with others. At camp we practice living the Girl Scout Promise and Law in our actions. The camp community is like a big family and we expect girls to respect themselves, others and the environment.



## First Time Campers continued...

- Talk with her about what to do if something is wrong. Encourage her to talk to a counselor when she has conflicts with a friend, if she is hungry or homesick, lost her toothbrush, etc. Counselors can help if they know what the problem is!

**We want you to be prepared for questions your girl might ask.** Below are some of the most common questions and responses for you to consider.

### **What if I wet the bed?**

No big deal. Just tell a counselor and they will take care of it discreetly and wash the bedding and clothes.

### **What if no one likes me?**

There will be a variety of girls in the unit and many girls who don't know anyone else. Counselors will start the week off with games to help you get to know one another as well as check in during daily community circles.

### **What if I get sick?**

Your cabin mates and counselors can help you and will take you to see our health supervisor. They'll be able to fix you up in no time!

### **What if I really miss home?**

That's ok. I will miss you too, but you'll be having a great time with your new friends! Your counselors are there to give you the support you need and I'll see you when I come to pick you up! I can't wait for you to tell me all about your week.

### **What if I'm scared of bugs?**

There are bugs at camp, but they won't hurt you if you don't mess with them. Your cabin mates and counselors can help you if you get too scared.





---

## First Time Campers continued...

### Missing Home

Most campers experience “homesickness” or missing home to some degree. We tell our staff that homesickness is not so much about missing home as it is about making sure this new place is safe. This adjustment period usually takes about 48 hours. So by Wednesday, when you have just received your first “please come get me” letter, she is feeling better and having fun.

### At this point, you have two choices:

- Call the camp director to see how she is doing.
- Wait a day or two for the next letter.

If your camper has not adjusted within 48 hours, the camp director may call you to discuss the next steps.

As your family prepares for camp you may be tempted to tell your camper, “If you really miss home then I will come and get you.” What you are really saying is, “I expect you to get homesick.” Instead try, “Being at camp is going to be different. You may even be nervous sometimes, and that’s ok, but I know you will have great new experiences. Your counselors will be there to help you.”

## Returning Campers

Even though your camper has been to camp before, here are a few tips to keep things going smoothly.

Returning campers can also experience “homesickness.” This may be due to changes at home: marriage, divorce, a new sibling, death of a loved one, etc. If your daughter is in any of these situations, talk about it before she comes to camp. This will help her process the changes so she won’t have to worry at camp. You may choose to share this information with the camp staff so they can be aware and sensitive to your camper’s situation.

Sometimes returning campers have to adjust to the fact that camp is different than it was last summer. Talk with your camper about how things change and that camp will be different and might just be better! Campers who are returnees are often “the experts” at camp. We encourage girls who are returning to be compassionate to new girls and show other campers how exciting camp can be.

### **This is hands-on leadership development!**

Last year, girls received a necklace with beads on it indicating how many years they have been at camp. Be sure to bring this back – it is another way for other campers and counselors to know who those “experts” are!





## Our Counselors

Our camp counselors are primarily college students who are studying fields such as education, recreation, sociology, and psychology and want the experience of working with children. All GSOSW camp staff complete a thorough application process which includes a written application, employment history, three reference checks, verification of skills and certifications, a personal interview, and a background check. Hired staff are required to complete a 10 day long training program prior to working with campers. Training includes CPR/First Aid certification and emergency preparedness, child development, group management, how to help with homesickness and much more. Staff at each camp are trained in safety and facilitation practices for the program activities at their site (e.g., archery, horses, lifeguarding, rock climbing).

## Health Procedures

Each camp is staffed by a qualified Wilderness First Aider known as the health supervisor.

### Health History

In order for your camper to attend camp and receive the best care in the event of an accident or illness, all campers must submit a current *Camper Health History/Release* form found in your online profile. **This form must be completed during registration.** Please provide us with all relevant information regarding your camper. If your camper has any special needs, our knowledge of these will only further her camp experience. This information is securely stored and only shared with staff working with your camper. If you have questions, please contact us at [activities@girlscoutsosw.org](mailto:activities@girlscoutsosw.org), (503) 977-6850 or (800) 338-5248 ext. 6850.

### Health Screenings

Girls will receive health screenings when checking in at camp. The screening must be completed before the adult dropping the girl off is able to leave. Each camper's current physical condition must be checked. This will include a check of her temperature, questions about her recent health and a head check for lice.

### Head Lice

Head lice are common in girls and adults so please check your camper before you bring her to camp. We will be unable to allow any girl to attend camp if there are any nits or lice in her hair.

Some signs of head lice are:

- An itchy scalp and a great deal of head scratching.
- Nits in the hair. Unlike dandruff, nits attach themselves to the hair shaft and cannot be "flicked" off of the hair.

If, during the health screening, nits or lice are found, you can treat your camper on our camp property. We have installed salon-style sinks and an over-the-counter remedy to get rid of the lice. We will launder your personal items including sleeping bags, pillows, clothing, and bags. Once the camper and her gear are treated and confirmed to be nit free, she is allowed to join her group. If you prefer, you can return home and do the treatment there. Refunds will not be provided if your camper has lice and decides not to attend camp.



## Health Procedures continued...

### Parents/guardians will be contacted if the following situations occur:

- If your camper spends the night in the health center.
- If your camper needs to see a doctor or visit the emergency room.

### Parents/guardians may be contacted in the following situations:

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

### Medications, Vitamins, Non-Prescription Drugs, Etc.

All medications, vitamins, herbal supplements, etc. must be handed in when campers check in at camp. **Please make sure not to pack these items in your camper's gear.**

If your camper requires a rescue inhaler, epi-pen or other rescue medication, they will be carried by the counselors with your camper at all times. For safety of the camp community, no camper (including adult participants) will be allowed to keep medication on their person or in their belongings.

Please note the following as you are packing your camper's medications:

- All medicines, vitamins, non-prescription drugs, etc. must come to camp in the **original containers**.
- Prescription drugs must be in the name of the camper and have the instructions from a physician as to dosage, use, etc. accompanying the container. Please check carefully to insure **inhalers** or other boxed medications and **prescription samples** either have the box with the prescription label or a note from your physician indicating the campers name, dosage, and any other instructions.
- Vitamins, non-prescription drugs, herbal supplements, etc. require a **written signed note** from the parent/guardian indicating dosage and frequency.

### Emergency Procedures

Parents will be contacted if there is an emergency that affects the camp community. Examples of emergencies include wildfire evacuation, tsunami evacuation or other such occurrences. If these events occur, please do not call camp. You will be contacted by Girl Scout staff with information regarding next steps.

## Meals at Summer Camp

Campers will enjoy family style meals served twice daily in the dining hall, and a third meal packed up and eaten at a location chosen by the cabin group. Meals are carefully planned to ensure generous amounts of healthy and nutritious options. Girls' appetites, likes and dislikes are taken into account when planning meals. Nutritional value and inclusion of the food groups are also considered when putting together menus for the summer. Breakfast will usually consist of a hot choice (pancakes, eggs, bacon) as well as a self-serve buffet with cereal, yogurt and other options. For lunch we may have burritos, sandwiches, or soup. Dinner options often include spaghetti, chicken, or stroganoff.



## Meals at Summer Camp Continued...

Food is readily available all day for any camper who wants a snack, as we know how much energy is spent having fun!

### Special Dietary Needs and Food Allergies

Most dietary needs can be accommodated (vegetarian, lactose-intolerant, gluten free, etc.). 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 peanut free environment, we can ensure that a camper's meal is peanut free.



**If your camper has any specific dietary restrictions or needs, please put them on the *Camper Health History/ Release* form.**

## Additional Special Needs

Please contact the outdoor program manager for campers requiring special health care or with mobility limitations. Together, you and the outdoor program manager can 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 accommodation for your camper to have a safe, fulfilling camp experience. To be successful at camp, your girl needs to be independent with self-care (shower, dressing, using the restroom). Your camper needs to feel comfortable in the following camper to counselor ratios:

- Grades K and 1 – 6:1
- Grades 2 and 3 – 12:1
- Grades 4 and above – 16:1

We are dedicated to serving ALL girls in our council, and accommodation can be made in many cases. Please contact the outdoor program manager at [overnightcamp@girlscoutsosw.org](mailto:overnightcamp@girlscoutsosw.org) or (800) 338-5245 ext. 6823 if you would like to speak about accommodation.







## Program Session Information

Your camper is registered for a particular camp session for the grade level she will be entering in the fall. The following are examples of activities that your camper will participate in at each of our camps, regardless of which program session she has registered for (please see grade level eligibility below):

- Swimming
- Campfires
- Outdoor cooking
- Paddling on the lake
- Hiking
- Games
- Crafts
- Singing
- Archery
- Rock climbing (Camp Arrowhead only)

### Listed below are age eligibility requirements for specific activities at GSOSW camps:

Girls must be entering the grades below (or a higher grade) in fall 2019 to be eligible.

- Canoeing – grade 1
- Horseback riding – grade 4
- Archery – grade 4
- Kayaking – grade 4
- Rock Climbing – grade 4
- Paddle Boarding – grade 6
- Sand Boarding – grade 6
- Windsurfing – grade 6

## Typical Daily Schedule

Depending on the session your camper is attending (classic camp, a specialty camp, or horse camp) the activities will vary by camp and may include archery, swimming, boating, mountain biking, rock climbing, etc. *All activities are weather permitting.*

- 7 a.m. Wake-up
- 7:15 a.m. Morning activities
- 7:45 a.m. Flag Ceremony
- 8 a.m. Breakfast
- 9 a.m. Activities
- 12:30 p.m. Lunch
- 1:30 p.m. Me time (downtime for campers to rest, write letters or play games)
- 2:30 p.m. Activities
- 5:45 p.m. Flag Ceremony
- 6 p.m. Dinner
- 7 p.m. Evening program
- 9 p.m. Back in units getting ready for bed
- 9:30 p.m. Lights out (time will vary depending on age and daily activities)



## Correspondence – Snail mail, email, and packages

Happy mail from home is always a welcome addition to the camp experience. To ensure that your camper receives a letter each day, we recommend writing letters ahead of time and giving them to staff at camper drop-off. Staff will hand deliver them to your girl throughout the week. If you use the U.S. Postal Service, allow three or more days for mail to arrive. Consider sending letters before she leaves for camp and we will store those until your camper's session.

Make sure your mail is cheerful and positive. Ask questions about what she is doing at camp, but please do not tell her about all the great things she is missing or how much you miss her. This can lead to homesickness. Mail with unhappy news (a pet passed away, a favorite relative is moving out of the area, etc.), while important, is sometimes better left until a camper returns home and can be with supportive friends and family.

When sending mail, please use the following addresses and format:

Arrowhead	Cleawox	Whispering Winds
[Camper's Name] [Session Name] Camp Arrowhead 101 Arrowhead Road Stevenson, WA 98648	[Camper's Name] [Session Name] Camp Cleawox 04595 Mitchell Loop Road Florence, OR 97439	[Camper's Name] [Session Name] Camp Whispering Winds 23111 Burgett Creek Road Philomath, OR 97370

To encourage mail to you *from* camp, you might consider including pre-addressed, pre-stamped envelopes and postcards in your camper's gear. Please send all stamps and envelopes in waterproof ziplock bags to withstand the humidity at camp.

You may email your camper at camp. Please put her name and session name (ex. 4-6 Classic Camp, Ride the Coast, 7-12 Horses, etc.) in the subject line. A staff member will check the email address once a day and distribute the emails with the snail mail to the girls. Due to the limited number of computers at camp **your camper will not be able to email you back**. Be aware that attachments and e-cards cannot be opened or printed.

Camp email addresses are as follows:

Camp Arrowhead • [arrowheadletters@girlscoutsosw.org](mailto:arrowheadletters@girlscoutsosw.org)

Camp Cleawox • [cleawoxletters@girlscoutsosw.org](mailto:cleawoxletters@girlscoutsosw.org)

Camp Whispering Winds • [whisperingwindsletters@girlscoutsosw.org](mailto:whisperingwindsletters@girlscoutsosw.org)

If you want to send a care package, we recommend sending books, puzzles, comics, pens or a small toy. Please do not send care packages that contain candy, food, or soda. These attract ants, mice, raccoons, and larger animals to your camper's sleeping area. Food sent in packages will be put away and returned to your camper at departure. All mail that arrive after a camper has left will be returned when a return address is present.

## Telephones and Cell Phones



Campers are not generally 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. If in an emergency arises at home and you must contact the camp by phone, our summer phone numbers are:

Camp Arrowhead • (509) 427-5229  
Camp Cleawox • (541) 997-5386  
Camp Whispering Winds • (541) 929-2342

Please ask to speak to the camp director or assistant camp director. If they are not available, leave a message and they will return your call as quickly as possible. To be connected with a Girl Scout staff member in the case of an emergency, please call (800) 626-6543.

Campers are not allowed to have a cell phone for any reason. Camera phones can create privacy and legal concerns. Camp is purposefully a place where girls can “unplug,” allowing them to better connect with each other and their environment.

Adult participants in programs such as She and Me and Me and My Guy may bring a cell phone to camp, but are discouraged from using them around the group.

Any cell phone brought to camp by a girl will be secured in the camp office until the camper is ready to leave for home. GSOSW is not responsible for lost, stolen, broken, or damaged property.

## Payment

GSOSW uses tiered pricing to keep camp affordable for girls and their families while also expressing the true cost of overnight camp. Tier one reflects the actual cost of camp including staffing, program supplies, food and maintenance costs. Tier two is partially subsidized fee, and tier three is our fully subsidized fee. Regardless of what tier your family is able to pay, all girls will enjoy the same high quality camp experience.

The balance of **the camp fee is due three (3) weeks before the opening day of the camp session** you have chosen. Any balances not paid three weeks before this date will incur a \$25 late fee. Additionally, your camper may lose her place in a camp session if payment is not received by the due date.

## Cancellations

To cancel a camp registration, send an email to [activities@girlscoutsosw.org](mailto:activities@girlscoutsosw.org) **at least three (3) weeks prior to the first day of the camp session** for which the cancellation is being made. Cancellation must be made by this time in order to receive a refund of the registration fees paid, less the \$50 non-refundable deposit.





## Trading Post

There is a trading post (camp store) at all three of our overnight camps. Care packages, camp gear, and hooded camp sweatshirts will be available for pre-order, and must be ordered and paid for at least three weeks before your camper's session. Trading posts will also be open for campers to purchase fun camp-specific clothing and memorabilia as well as camping accessories to enhance their visit. There are two ways to add money to your camper's account: during your camp registration or the day following the start date of your girl's camp session. The average amount added to Trading Post is \$30. We accept all forms of payment, including Cookie/Nut Credit!

Deposits made to Trading Post that result in a leftover balance of \$5 or more after your camper's session will be provided as refunds by October 1, 2020.

## Refund Policy

Partial refund: The camp fee, less the \$50 non-refundable deposit, will be refunded only if:

- The camper does not attend due to illness or injury. A letter from a physician must accompany a refund request.
- The camper is sent home from camp due to illness or injury occurring at camp. Refunds are prorated in such cases and will not be made if the camper attends more than half of the camp session. This refund will only be made at the written request of the parent/guardian within 30 days of the end of the camp session.
- Family plans change and the camper can no longer attend. In this case, written cancellation must be received three (3) weeks before the opening date of the confirmed session.

Full refund: The total amount paid will be refunded (including the deposit) only if:

- A selected camp session is full and no alternative can be found.
- The financial assistance amount requested is not fully granted and you are unable to pay the remaining balance.

## Modifications and Changes

For a variety of reasons, although rare, Girl Scouts must occasionally cancel a camp session. If this occurs, you can expect the entire camp fee (including the deposit) to be refunded or an alternative camp session to be found.

Other times, certain activities described in the camp brochure must be suspended or changed due to circumstances beyond our control, such as inclement weather or safety considerations. In these situations, we try to adapt by offering equally valuable alternative program. Under circumstances of this type, refunds should not be expected.



## Camp with a Friend

Camping with a friend can be a lot of fun, and is a great way for girls to strengthen friendships while making new ones! If your camper wants to enjoy the adventure of camp with a friend, both girls must:

1. Meet grade requirements and be registered for the same camp program.
2. Be listed as “buddies” on their registrations.
3. Have a current 2019 Girl Scout membership.

Buddies will be placed in the same sleeping unit, and will be encouraged—as all campers are—to try a variety of activities and make new friends!

## Sleeping Unit Placement



The most frequently asked question is “Where will I live during camp?” Unit living placements are finalized only a day or two before the session begins and determined by total camp enrollment and numbers in each particular program. You will receive this information upon arrival.

Sleeping accommodations vary depending on the camp property and sleeping unit. Some examples include cabins, yurts, Adirondacks, and even covered wagons! Campers bunk with girls similar to their age, with adjacent bathroom facilities in a separate building.

Mattresses and bunk beds are provided in all living units. You must provide your own bedding, including sleeping bag, pillow, and blankets.

In a sleeping unit, staff members live in cabins adjacent to the girls in order to give both staff and campers privacy and allow girls to work together and learn cooperative living skills.

## Camp Check-In Process

Please do not plan to arrive early, as the camp staff will be preparing the site for campers. Gates open promptly at drop-off time. Please bring any medication with you to the check-in table. You and your camper will check in and then visit the health supervisor for the health screening. Luggage should remain in your car during this step.

- **Parking:** Staff will direct you to back in and show you where to begin the check-in process. Parking lots vary in size, so please be patient as we work to accommodate everyone’s car.
- **Getting settled:** After completing the health screening and check-in process you are invited to walk your camper to her sleeping unit to see where she will be sleeping, help her get settled, and meet her counselors.





## Camp Check-Out Process

The person picking up the camper is required to show photo identification.

There are no exceptions to this policy – even parents and guardians must show ID. This is for your safety as well as your child’s protection.

- **Luggage pick-up:** Camper luggage will be sorted by sleeping unit. Please take time to find ALL of your camper’s luggage including laundry bag, sleeping bag, pillow, stuffed animal, etc. Due to the camp store and a week of living out of a suitcase, your camper’s luggage may have expanded since she left.
- **Lost and Found Items:** Lost and found items at camp are kept in a box in the lodge. Items are displayed for claiming on the last day of camp. Unclaimed items will be held for two (2) weeks after the last day of the camp session. Any items that have not been claimed will be donated or discarded. Claimed items can be picked up from the camp, or your nearest Girl Scout service center. As our camps are remotely located, please allow up to one month for the lost and found items to arrive at the service center. Girl Scouts of Oregon and Southwest Washington is not responsible for lost, damaged or stolen items.
- **Meeting counselors:** At pick-up time, feel free to take a few minutes to meet the staff who worked with your camper during her week. They’ll be happy to meet you and speak with you about your camper.
- **Early pick-up:** If early pick-up on check-out day is necessary, please plan to pick your camper up by 11 a.m. Please notify your camper’s counselor of early pick-up during the check-in process.
- **New this year! Late pick-up:** If late pick-up on check-out day is necessary, please call ahead to the camp. If you pick up your camper after 5 p.m. without prior communication, you are subject to a late pick up fee of up to \$100. This is due to the cost of provided staffing support for the camper.
- **Medications:** Remember to pick up your camper’s medication from the health supervisor.
- **Camp tour:** On pick-up day, your camper will become your tour guide and show you all her favorite parts of camp. If you would like to take advantage of this opportunity, please arrive as close to check-out time as possible.

## Check-In and Check-Out Times

The following check-in and check-out times apply for Camp Arrowhead, Camp Clewox, and Camp Whispering Winds. The first and last day of your girl’s camp session can be found on your invoice. Only those listed on the *Camper Health History/ Release* form may pick up the camper. Please bring photo ID. Gates will open at the times listed below.

Camp	Check-in time	Check-out time
Classic camp Specialty camps (e.g., Ride the Coast, Waterfall Wonders) Leadership programs	Between 2:30 p.m. and 3:30 p.m. Please be aware that the check-in process takes an average of one hour.	Between 2:30 p.m. and 3:30 p.m.



## General Packing List

Campers are responsible for all items brought to camp. **Label everything** – especially sleeping bags and luggage! Have your camper play a part in her own packing so she will know where things are located and what she has available at camp. Your camper must be able to carry her personal gear on a short walk to her unit from the parking lot or drop-off spot. Have her practice carrying her camp gear to ensure she will be comfortable doing so at camp.



Please bring a **day pack** – a small backpack for carrying things needed during the day. **On the first day, pack your day pack with any medications you are bringing, water bottle and a swim suit and towel.**

The weather varies at all of our camps. Please plan ahead, and check out the forecast near camp! Nights can be cold even on the hottest days. Please pack enough clothes for your camper's entire stay as our camps' laundry facilities cannot accommodate campers' personal items.

### CLOTHING (required):

- T-shirts or tank tops– at least one per day
- Long pants and shorts
- Socks – pack extra!
- Underwear – pack extra!
- Sturdy, close-toed shoes
- Water socks/shoes that can get wet
- Swimsuit
- Rain coat or poncho
- Pajamas (we recommend sweats or flannel)
- Hats – at least one for warmth at night and one for sun during the day
- Sweater, sweatshirt or jacket (Cleawox should pack an additional sweatshirt)

### PERSONAL CARE (required):

- Medications
- 2 washcloths
- 2 bath towels
- 1 swim towel
- Sunscreen AND chap stick – SPF 15 or higher
- Shampoo, conditioner
- Brush, comb
- Soap and deodorant
- Toothpaste, toothbrush
- Sanitary items (if appropriate)
- Warm sleeping bag, plus blanket
- Pillow
- Bag for dirty and wet clothes
- Flashlight and extra batteries; glow sticks are great for campers that want a night light
- Plastic cup, plate and silverware for cook-out, can be a mess kit, but not necessary – no glass
- Water bottle – no glass
- Sunglasses – especially important for all water programs
- Small backpack/day pack
- Insect repellent

### NICE TO HAVE ITEMS (optional):

- Camera (not a cell phone!)
- Stuffed animal
- Book
- Stationary (pre-addressed and stamped envelopes recommended)
- Swim shirts or warm swim wear
- Wool, fleece or polypropylene layers of clothing (stays warm when wet)
- Shower shoes – flip flops for showering
- Bead necklace (returning campers)



## Items Not Permitted:

- |  |  |
|--|--|
| <input type="checkbox"/> Radios, iPods, or MP3 Players   | <input type="checkbox"/> Tobacco, illegal drugs, alcohol               |
| <input type="checkbox"/> Cell phones                     | <input type="checkbox"/> Weapons including guns and knives – even toys |
| <input type="checkbox"/> Video games or video cameras    | <input type="checkbox"/> Expensive name-brand articles                 |
| <input type="checkbox"/> Gum, candy or other food items  | <input type="checkbox"/> Irreplaceable items                           |
| <input type="checkbox"/> Laptops or portable DVD players |  |

## Camp Session Specific Items



These items should be included in addition to any general packing list items.

### H2OUTDOORS, CANOE CREW, and RIDE THE COAST:

- At least one, one piece swimsuit
- Wet suit or surfer skins to keep warm (optional)
- Extra towels
- Wool or polypropylene layers of clothing (stays warm when wet – cotton/denim loses warmth when wet)

### LLAMA LADIES:

- A second water bottle
- Day pack large enough for a change of clothes, water bottles, mess kit and flashlight
- Warm compact sleeping bag that can be attached or stuffed in to a backpack/dry bag
- Lightweight hiking boots or trail shoes that are broken in before camp and with appropriate socks

### ALL HORSE PROGRAMS:

- Full length pants (2-3 pair)
- Smooth soled shoes or boots with ½ inch heel. Not required – camp has boots to borrow.
- Boot length socks (2-4 pair)

**Note: Please do not send your camper with her own riding helmet. All girls are required to wear helmets that meet our strict safety requirements.**

### ALLTRAVELING PROGRAMS:

- Oregon and Washington State Law requires children under 4 foot 9 inches to use a booster seat while in a vehicle. If your camper is under 4 foot 9 inches and is participating in a program that travels off of camp property, please provide a booster seat.



## Directions to Camp Arrowhead

Please do not rely solely on Google Maps/Apple Maps or GPS as they can be inaccurate.

Camp Office: (509) 427-5229 (only in operation Mid-June through August)

Camp Address: 631 Arrowhead Road, Stevenson, WA 98648

### From Portland:

- Travel east on I-84. Cross the Bridge of the Gods toll bridge (\$2 toll charge. Subject to change) at Cascade Locks.
- At the stop sign from the bridge turn right and continue east on Washington E-14.
- Pass through Stevenson and Home Valley. It is 11 miles (1/4 mile past milepost 52) from Bridge of the Gods to Bergen Road.
- **Turn left on Bergen Road. Do not turn at Berge Road or Wind Mountain Road.**
- At the fork in the road, stay left on Girl Scout Road and proceed to the end of the road.
- Entrance to the camp is about one (1) mile beyond the fork. Turn right at the entrance to the camp.

### From Vancouver:

- Go east on Hwy 14. Pass through Stevenson and Home Valley.
- It is 11 miles (1/4 mile past milepost 52) from Bridge of the Gods to Bergen Road.
- **Turn left on Bergen Road. Do not turn at Berge Road or Wind Mountain Road.**
- At the fork in the road, stay left on Girl Scout Road and proceed to the end of the road.
- Entrance to the camp is about one (1) mile beyond the fork. Turn right at the entrance to the camp.

## Directions to Camp Cleawox

**Please do not rely solely on Google Maps/Apple Maps or GPS as they can be inaccurate.**

Camp Office: (541) 997-5386 (only in operation Mid-June through August)

Camp Address: 04595 Mitchell Loop Road, Florence, OR 97439

### From Florence:

- Go south on Hwy. 101.
- Turn right (west) after one (1) mile onto Mitchell Loop Road (as the highway narrows from 4 to 2 lanes). **Please note the speed limit of 20 MPH. Please respect our camp neighbors by following the speed limit.**
- Follow this road approximately one (1) mile into the camp parking lot.

### From Reedsport:

- Go north on Hwy. 101.
- Turn left (west) about ½ miles north of Honeyman State park, onto Mitchell Loop Road (as the highway expands from 2 to 4 lanes). **Please note the speed limit of 20 MPH. Please respect our camp neighbors by following the speed limit.**
- Follow this road approximately one (1) mile into the camp parking lot.



## Directions to Camp Whispering Winds

**Please do not rely solely on Google Maps/Apple Maps or GPS as they can be inaccurate.**

Camp Office: (541) 929-2342 (only in operation Mid-June through August)

Camp Address: 23111 Burgett Creek Road, Philomath, OR 97370

### From I-5:

- Take exit 228 toward Corvallis.
- Drive approximately 10 miles, then turn left onto Corvallis-Newport Hwy.
- Continue onto Hwy 20.
- Follow Hwy 20/Philomath Blvd through Philomath.
- At Wren, turn right onto Hwy 223 toward Kings Valley.
- Drive approximately four miles, then turn left onto Alexander Road. **Please note the speed limit of 20 MPH. Please respect our camp neighbors by following the speed limit.**
- Turn left onto Burgett Creek Road.
- Camp will be on your right (approximately ½ mile).



### Have questions or need assistance?

Contact us at  
[activities@girlscoutsosw.org](mailto:activities@girlscoutsosw.org) or  
(800) 338-5248 ext. 6850.

