



2023

**Camp Libbey and
Camp Whip Poor Will
Camper Information Packet**



888.350.5090 | gswo.org
customercare@gswo.org



In Partnership With:



Table of Contents

Page 1

- Welcome to Summer Overnight Camp at Camp Libbey & Camp Whip Poor Will
- Girls' Safety is our Priority
- American Camp Association Accredited

Page 2

- Camp Culture: What to Expect
- Who will be at Camp?

Page 3

- 2023 Check-in Times
- Check-in Procedures

Page 4

- 2023 Check-out Times
- Early Check-out
- Check-out Procedures

Page 5

- Check-out Procedures (cont.)
- Running Late
- Absentee Policy
- Payment Information
- Campers Transported by Bus or Camp Van

Page 6

- CampDoc
- New CampDoc Feature
- Returning CampDoc Users
- New CampDoc Users

Page 7

- Health Screening
- Camp Physicals

Page 8

- Medications
- Epi-pens, Inhalers, & Insulin
- Over the Counter Medications
- Medication Pick Up

Page 9

- The Camp Staff
- Privacy at Camp
 - ♦ Bathrooms and Showers
 - ♦ Bunks

Page 10

- Packing for Camp
- What to Wear
- Lost and Found

Page 11

- What Not to Bring
- "No Cell Phone" Policy

Page 12

- Packing List

Page 13

- Packing List (cont.)
- Money

Page 14

- Mail, Email, Phone Calls and Visitors

Page 15

- Missing Home
- Preventing Homesickness
- Book Recommendations

Page 16

- Camp Life
- Girl Led
- Mini-Session Sample Schedule
- Challenge By Choice
- Week-Long Session Sample Schedule
- Me Time

Page 17

- Camp Food
 - ♦ Special Diet & Allergy Accommodations

Table of Contents

Page 18

- Camp Food (cont.)
- Camp Kaper
- Camp Traditions
- Camp T-Shirt, Photo, and Patch

Page 19

- Badges and Recognitions
- Adventure Challenge and Archery
- Aquatics and Swim Test
- Medical Services
- Menstruation

Page 20

- Counselor-in-Training I (CIT 1)
- Counselor-in-Training II (CIT 2)

Page 21

- Junior Counselor
- Volunteer Opportunity for Adults

Page 22

- Adventure Out Trips

Page 23

- Adventure Out Trips FAQ

Page 24

- Smoky Mountain Llama Trek
 - ◆ Our Provider
 - ◆ Schedule
 - ◆ Lodging
 - ◆ Additional Packing Items

Page 25

- Into the Woods: Manistee National Forest
 - ◆ Our Provider
 - ◆ Schedule
 - ◆ Lodging
 - ◆ Additional Packing Items

Page 26

- Cliff Hangers: Red River Gorge
 - ◆ Our Provider
 - ◆ Schedule
 - ◆ Lodging
 - ◆ Additional Packing Items

Page 27

- Haunted Happenings
 - ◆ Our Provider
 - ◆ Schedule
 - ◆ Lodging
 - ◆ Additional Packing Items

Page 28

- Road Trip: Michigan
 - ◆ Our Provider
 - ◆ Schedule
 - ◆ Lodging
 - ◆ Additional Packing Items

Page 29

- Whitewater Adventures: Upper New River
 - ◆ Our Provider
 - ◆ Schedule
 - ◆ Lodging
 - ◆ Additional Packing Items

Page 30

- Let's Explore: Mammoth Cave National Park
 - ◆ Our Provider
 - ◆ Schedule
 - ◆ Lodging
 - ◆ Additional Packing Items

Welcome to Summer Overnight Camp at Camp Libbey & Camp Whip Poor Will

Summer camp is a wonderful and exciting adventure filled with fun, friends, and camp magic! We are excited to meet your camper and share our love of camping with them. We strive to provide a positive, safe, and supportive environment for all of our campers. To do this, we need your help. In this packet you will find everything you need to know to prepare your camper for her time at camp. Please read this packet carefully, as our procedures evolve from year to year. It includes important information such as check-in/check-out procedures, packing lists, information on homesickness, etc. If you have any questions please contact the Camp Director at mariecordes@gswow.org or 419.887.9454.

Girls' Safety is our Priority

Girl Scouts of Western Ohio is committed to providing girls with safe places to learn new skills, try new things, meet new people, and serve their communities—while complying with local and state health guidelines. The safety of our girls and staff is our top priority and their health and wellness remains top of mind in every decision we make as we plan summer camp each year. To ensure girls' safety, our plans encompass multiple contingencies for adapting to a range of local conditions.

For more information on current steps we are taking, please visit camp.gswow.org.

American Camp Association Accredited

The American Camp Association (ACA) is an independent national agency which imposes the highest standards of health, safety, program quality and staffing for camps across the country. Camps are periodically visited and must maintain high marks to display the ACA logo. We are proud that all council-owned properties providing summer opportunities by paid staff are accredited and meet or exceed ACA standards.

ACA collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to assure that current practices at the camp reflect the most up-to-date, research-based standards in camp operation.

Camp Culture: What to Expect

Camp is a girl-focused environment that gives campers new opportunities to explore and grow in their friendships, their adventures and in their appreciation for the natural world. It is a place where every camper feels like they belong and are valued for their individual strengths and potential.

Camp is a community. The community of camp is unique; it is shaped by the physical, outdoor space of camp, the teambuilding nature of our activities, and the welcoming environment that we strive to create. This means that camp has its own distinct culture. Your camper should expect to be immersed in an environment that:

- Encourages personal responsibility: campers take care of themselves, camp, and one another.
- Takes place in nature: campers learn environmental stewardship and share space with bugs and critters.
- Is "unplugged" and focused on being present: campers will not have access to electronics.
- Encourages self-exploration: campers try new things, explore their identity, and gain confidence.
- Relies on teamwork: campers work together as part of a team.
- Is respectful and inclusive: campers and staff strive to create a safe space and respect the individual cultures and identities reflected in our campers.

Who will be at Camp?

Girl Scout Camp is open all girls who are registered members of the organization. Girl Scouts welcomes all girls, regardless of race, ethnicity, background, cognitive or physical abilities, family structure, religious beliefs, sexual orientation, and socioeconomic status.

Girl Scouts is a program that honors and celebrates the evidence-based girl-only environment. These spaces provide safety, care, confidence-building opportunities and a break from dominant culture. We are proud to offer brave spaces for Girl Scouts to shine!

We respect the right of families and girls to make decisions about the way that their child's gender is reflected in Girl Scouts. If a child lives as a girl in her daily life, she is welcome in Girl Scouts. We will also honor and use the gender pronouns that best reflect the Girl Scout. We are loyal to the children and families who participate in our programs and are evolving our inclusive practices all the time.

2023 Check-In Times

- The check-in times for resident camp sessions are:

| | | |
|--------------------------------|-----------|---|
| Sunday–Tuesday Mini-sessions | Sunday | 2:00–3:00 p.m. |
| Wednesday–Friday Mini-sessions | Wednesday | 2:00–3:00 p.m. |
| Sunday–Friday 6-Day Sessions | Sunday | D/B/J: 2:00–3:00 p.m. C/S/A: 3:00–3:45p.m. |

- Camp activities begin promptly after check-in. If you are going to be later than 4:00 p.m. for check-in, please call the camp office.
- Junior Counselors check-in at 12:00 p.m. for their internship week.
- Girls going into grades 1-5 (D/B/J) check in between 2:00-3:00 p.m. Girls going into grades 6-12 (C/S/A) check in between 3:00-3:45 p.m.
- Please refer to camp.gsw.org for any updates regarding check-in procedures related to COVID.**

Please allow up to one hour for check-in. During peak times we may get backed up. We ask for your assistance by being patient as we ensure that your camper is properly checked in.

Check-In Procedures

- Families need to bring the following items to be turned in during check-in:
 - Medications (over-the-counter, prescriptions, inhalers, and Epi-pens) in original container
 - Mail - Pre-dated letters with camper's name and program title and which day to be delivered
- Camp gates will remain locked until 2:00 p.m. Staff are not ready to check-in campers until this time.
- Campers should arrive at camp dressed and ready for outdoor fun. Please ensure your camper has closed toe shoes on her feet, not in her bag. Keep her daypack separate from her luggage. All campers are required to carry the 'Fab Five' at all times in their daypack. Please include the additional items for check-in to ensure your check-in goes smoothly. **Do not pack any medications in your camper's luggage including over the counters and vitamins.**

FAB FIVE

- Sunscreen
- Bug Spray
- Flashlight
- A full water bottle
- Raincoat or Poncho

ADDITIONAL ITEMS FOR CHECK-IN

- Medication
- Wear closed-toe shoes

- Parents/caregivers will be greeted by staff upon arrival in the parking lot. Staff will give parents directions for unloading baggage and checking in campers at this time.
 - Campers of driving age are not allowed to drive themselves or leave a vehicle on the property. All campers must be checked in by a responsible adult.
- During the check-in process, you will be directed where to unload your camper's luggage, complete their health screening, and drop off any medication (if needed).

2023 Check-Out Times

| | | |
|--------------------------------|---------|----------------|
| Sunday–Tuesday Mini-sessions | Tuesday | 4:00-5:00 p.m. |
| Wednesday–Friday Mini-sessions | Friday | 4:00-5:00 p.m. |
| Sunday–Friday 6-Day Sessions | Friday | 4:00-5:00 p.m. |

Early Check-Out

- If a camper has to leave camp for any reason during the session, please arrange a pick-up time on check-in day with your Unit Leader.
- Early departures must be picked up prior to 3:00 p.m. on the last day of the session. After this, the front gates are locked so camp staff can begin preparations for check-out.
- Early check-out campers are removed from activities 15 minutes prior to your scheduled pick-up time to ensure she receives the most from her experience. If you arrive before your scheduled pick-up time you will need to wait for your camper.
- If you need to change your early check-out time, please call customer care at 888.350.5090 and ask to speak to the camp.

Check-Out Procedures

Adults picking up campers must have a photo I.D.

1. On check-out day, adults picking up campers will be greeted at the front gate by camp staff. They will direct you to the pickup area.
2. **Camp gates remain locked until 3:45 p.m. Adults arriving before this time will not be given entry to the camp and will be expected to wait at the gate/entrance.** Unless early pick-up has been prearranged, your camper will still be participating in activities until this time.
3. Adults picking up a camper must have a picture I.D. that will be checked against the Transportation Release section of CampDoc.
 - If circumstances change and you need to send someone other than those listed in the transportation release to pick up your camper, you will need to call ahead of time so we can update our records.
 - If a person not listed arrives to pick up a camper, we will call the caregiver for consent. The camper will not be released until consent is granted—this is strictly enforced and is for the protection of your camper.
4. Once the adult's I.D. has been checked and confirmed, they will be given the signed Transportation Release Card (located in CampDoc) to turn into their camper's counselor.
5. Adults will be given a packet that will include camp patch, camp photo, a letter from your camper's counselors and your camper's unit award.

6. Prescription medications must be picked up from the nurse, who will be located in the pick-up area. Any forgotten medication will be held until Labor Day and then be discarded.
7. Don't forget to check our lost and found area to look for anything familiar.
8. Please double check that you only have your camper's luggage prior to departure. If you find something that does not belong to your camper—that's ok! Give camp a call, another family is probably looking for it.

Running Late

Please let us know if you are running late for check-in or check-out so we can be prepared for your arrival and let your camper know so they do not worry.

Again this year, we will be utilizing our Customer Care line to best respond to incoming calls for camp. During normal business hours (Monday—Friday, 8:30 a.m.—5:30 p.m.) please call 888.350.5090 where you will be able to speak to a Customer Care staff member.

If you're calling outside of business hours (Sunday check-in) please call the customer care line and input extension 621 to be connected to camp staff.

Absentee Policy

Campers who are registered for camp sessions are expected to arrive at the designated time for drop-off and pick-up. Campers must be checked in and out by individuals listed on the Transportation Release. Parents are asked to notify the camp if a child is ill or will not be attending as expected. Camp personnel are responsible for campers once they complete the check-in process.

Payment Information

The balance of your camper's camp fee, is due by:

Friday, May 12, 2023, for all camps

You will receive an electronic reminder of your balance. If fees have not been received by this date, we will assume she is not attending and will give her space to someone on the waiting list.

Remember, the \$50 deposit is non-refundable. If you registered through activities, final payments can be made by logging into MYGS. If you registered by filling out a form, you can also pay your balance by accessing your MYGS account. All final payments are due on

Friday, May 12, 2023.

Campers Transported by Bus or Camp Van

All adults that travel with passengers on a bus will be trained on their role and the following procedures:

- Check in/out procedures
 - Bus Transportation Tote
 - Supervision
 - Staff Location on Bus
 - Passenger Orientation
 - Loading/unloading the bus
 - Contacting Camp/Caregivers in case of delay
 - Emergency Procedures
- Bus orientation before leaving the morning pick up location:
- Listen to directions from camp staff and bus driver
 - Keep hands, legs, and objects to yourself
 - Keep conversations to a normal speaking level
 - Obey the camper code of conduct
 - Remain seated when bus is moving

CampDoc

We are continuing our use of CampDoc.com for online form submission. CampDoc.com is an electronic record system used to consolidate and integrated camper health information, permission forms, and releases in one centralized and secure location.

CampDoc gives our healthcare staff instant access to your camper's health information and eliminates any worries about forms left at home on check-in day. Additionally, camper information will automatically be transferred to the roster of any council-sponsored camp program offered at Camp Butterworth, Camp Libbey, Camp Stonybrook and Camp Whip Poor Will. And if your camper returns to camp next year, all you'll have to do is review and update the information!

Confidentiality and privacy of camper information is a high priority for us. Only the camp healthcare staff and administrators for your camper's site will have access to their information. The CampDoc.com system is secure, encrypted, and password protected.

CampDoc Texting Feature

We are asking camp families to opt into receiving text message alerts from camp. Text message alerts will be used to communicate important information in a timely manner. Examples of text message usage:

- Update on camp's status after severe weather
- Changes or emergencies that affect pick up or drop off time or location

Caregivers will receive an email from CampDoc asking for you to opt in.

Returning CampDoc Users

Log on to app.campdoc.com and update any information on your camper's profile. Your 2023 camp sessions should show in CampDoc during the month of April. At that point you can go in and update your camper's information for 2023.

Any additional waivers will appear in your profile after you camp session is confirmed in CampDoc.

New CampDoc Users

You will receive a welcome email from CampDoc.com during the month of April. This email will allow you to access the CampDoc website to complete your camper's information profile.

- Click the link in the email. You will set up a password for your CampDoc account
- Follow the instructions to complete the required information and forms for your camper.
- Return to CampDoc at any time to make changes or updates to your camper's profile.

Camper profiles must be completed by Friday, May 26, 2023.

Camper profiles will be locked to changes on the Monday prior to their first session. Any changes after that date, you will need to call the appropriate camp office.

Health Screening

Our number one priority is the health and welfare of everyone attending resident camp. Campers must pass all sections of a health screening at check-in. The following is a description of what we look for during the health screening, as well as the health reasons campers may be sent home. A camper not accepted will not receive a refund or adjustment to their camp fee.

1. **Head Check**—All campers will be screened for head lice/nits. Girl Scout camp has a no nit policy.
 - Any camper found with nits or lice will be sent home and must be treated by the parents. The camper will not be allowed to return for the duration of that camping session.
 - If your child had lice before camp, they must be clear of all nits before they are allowed to stay on property.
2. **Temperature Check**—All campers will have their temperature taken.
 - Any camper found to have a temperature above 100°F will be sent home. An elevated temperature may be a symptom of an oncoming illness.
 - Campers sent home for this reason can re-check into camp on Tuesday evening after 6:00 p.m. They will have to pass the health screening at that time to be allowed to stay.
3. **Observable Injury**—Campers with cuts, stitches or broken bones fall into this category.
 - Campers with an observable injury will need to have a **physician's release to attend camp**.
 - All campers with an observable injury must visit the nurse to discuss care for the camper.
4. **Illness or Vomiting**—This includes any child who has been under a physician's care for a period of time or has been to a physician/emergency room and is taking prescription medication for an illness.
 - Campers with a severe illness will need to have a physician's release to attend camp. Campers without a release will not be allowed to stay.
 - Children taking a prescription medication for an illness must have been taking this medication for 48 hours prior to check-in.
 - A child who is sent home for an illness or vomiting can re-check into camp on Tuesday after 6:00 p.m. They will have to pass the health screening at that time to be allowed to stay.
 - **Camp Health Form Review**—Health forms are reviewed on CampDoc the week prior to your camper starting camp. If there are any questions or concerns, the camp health staff will discuss those with you at check-in.

For up to date COVID related information, visit camp.gsw.org.

Camp Physicals

Camp physicals will need to be printed off, taken to a physician for completion and uploaded to the CampDoc system.

All campers attending overnight camp must have a physical completed within the past 12 months. Campers who arrive without a documented physical will not be allowed to stay at camp.

Medications

All medications brought to camp must:

- Be listed on the medication section of your camper's CampDoc profile.
- Arrive at camp in original containers with the original pharmaceutical label. **Medications not brought in their original bottle will not be accepted.** This is per Ohio State Law.
- Be given to camp nurse at check-in. This includes MiraLAX (or similar) and other over the counter medications.

Important: Our health staff can only administer medications based on the instructions listed on the pharmaceutical label. Please ensure you send medications in a bottle with the most up to date instructions.

Epi-pens, inhalers, and insulin

If your camper requires a self-injection, such as an Epi-Pen or insulin, they must be prepared with the proper injector kit and be trained to use it.

Camper emergency medication will be kept with their counselor in their first aid kit. The first aid kit goes wherever the campers go, so the emergency medication is always with your camper if needed.

Over the Counter Medication

The camp health center is stocked with basic over-the-counter medications such as stomach medicines, ibuprofen, acetaminophen, calamine lotion, etc. Unless your camper takes an over the counter medication daily, please do not send any of these. A complete list of medications we stock can be found in CampDoc.

We will only administer these medicines if you have authorized us to do so through CampDoc. Please make sure to click yes or no for each medication. We will only administer medications based on the directions listed on each medication's label for your camper's age or weight.

If your camper needs to take a higher dose than recommended; this will need to be prescribed by a doctor and listed on the physical form.

Medication Pick Up

Medications should be picked up from the camp health staff on check-out day. You must sign for your camper's medication.

Emergency medications, epi-pens and inhalers, will be with the camp staff member waiting with your camper. Please make sure to ask for them when you turn in your transportation release.

If you forget your camper's medication at camp:

- You can call camp Friday evening to arrange pick-up.
- Medications can be picked up at camp property or be sent to your closest Girl Scout Service Center for pick-up. **We cannot mail forgotten medications.**
- It can take up to two weeks for medications to be delivered to a service center. Please call customer care at 888.350.5090 to ensure your camper's meds have arrived.
- **Medications not picked up by September 1 will be turned over to appropriate organizations to be destroyed.**

The Camp Staff

Our staff are carefully screened to find the best and most qualified candidates to promote a safe and positive camp environment. Each candidate submits an application and three references, goes through an interview with the Camp Director, and a state and national criminal background check. Many have grown up at GSWO summer camps, are life long Girl Scouts, and understand camp from a girl's perspective. Staff are often college students studying child development in preparation for careers as teachers, recreational leaders, and child psychologists.

Some campers' experiences are enhanced through interaction with the talented and experienced staff that will be joining us from other countries. We've had staff from England, Germany, Australia, and many other countries. International staff are selected from applications provided by an international staffing agency that is regulated by the US government. International staff go through a screening process similar to the U.S. staff. Girl Scouts of Western Ohio is an equal opportunity employer. Male staff members (paid and volunteer) are a valued part of all aspects of Girl Scouting, including Girl Scout camping. Male staff are provided separate sleeping quarters in their own area of camp, away from the camper sleeping areas.

All staff participate in a mandatory two week training designed to prepare the staff to create a positive camp experience based on information by the camping industry's leading experts. All staff are trained in first aid and CPR, child development, the Girl Scout Leadership Experience, safety procedures, camp skills, etc. Staff that will be leading specialized program areas participate in additional trainings to receiving nationally recognized certifications; those areas include canoeing, lifeguarding, archery, and the high and low challenge courses.

Privacy at Camp

What about bathrooms and showers?

Privacy is an essential and fundamental right to everyone at camp. This includes toilets, changing areas, and showers. Showers and bathroom stalls are single use. Staff members have separate spaces to shower and use the restroom that they do not share with campers. At no point are bathrooms occupied by staff and campers at the same time. Campers and staff members can also utilize lockable bathroom stalls as private changing spaces.

What about bunks?

There is only one body per bed at camp. Beds are considered private spaces that are not shared with others. Campers have separate sleeping spaces from staff members. If a camper needs the attention of a staff member during the night, they will have access to the staff member cabin/ sleeping area.

Packing for Camp

Helpful hints for caregivers:

- We encourage campers to pack in plastic totes with lids. Campers can decorate their tote with stickers, duct tape or paint to match their own unique style! Please make sure your camper's name is on the lid or side in large legible letters for easy identification.
- **Have your child pack with you.** We get more lost and found items when a child does not know what their parents packed for them. Children will not claim a lost and found item if they do not know they brought it to camp.
- **Pack items you don't care if they get muddy, dirty, paint on them, don't come home, etc.**
- Pack an outfit for each day (top, bottoms, underwear, socks, etc.) into gallon ziplock bags. This is a great way to keep younger campers organized and make campers' outfits waterproof just in case.
- Put your child's name, first and last, on her items and in her clothing. It helps us return items to the correct person.
- We recommend buying a **cheap nylon stuff sack that the sleeping bag and pillow fit into.** Younger campers struggle to roll their sleeping bags at the end of the week. With stuff sacks, girls don't have to worry about rolling it to fit in the bag, they just 'stuff' it in and close it.
- Make sure all bedding that doesn't fit in her plastic tote, is in a large trash bag or similar for waterproofing. We try our hardest to keep tarps over luggage during check-in and check-out but having her bedding in a plastic bag will help. Make sure to mark the bag with her name. If using a garbage bag, send a second with her name written on it for check-out.
- Send toiletries in a shower caddy or ditty bag so camper can transport them to and from the shower house with ease.
- Girl Scouts of Western Ohio is not responsible for lost or stolen articles.

What to Wear

Camp dress code requires closed-toed shoes with a secure heel be worn at all times. Campers need shoes that are supportive for active outdoor play: running, hiking, and other fast paced adventures. If she can kick it off or not run at full speed while wearing them, they should be left at home. Campers can only wear sandals at the pool and shower house.

Additionally—creek hiking is always a favorite camp activity among campers. Make sure she brings a second pair of shoes, like water shoes, that she can get wet and muddy. Campers don't want to miss out on activities and will often not tell their counselors they only have one pair of shoes before jumping into the creek.

Campers spend the majority of their time at camp outdoors which increases their risk for sunburn. We strongly recommend shirts that cover shoulders and one-piece swimsuits. This provides additional protection from the sun.

Lost and Found

Please write your camper's full name on everything of importance!

Campers lose things at camp. Having your camper's name on their gear will help us return it to you. Please help us by checking the Lost and Found clothesline at check-out before you leave.

Please remind your camper it is her responsibility to keep track of her belongings.

If an item with a name is found after check-out, camp staff will contact you by phone or email the following week. You may also call the camp office to check if your camper's item is there. If your item is found, your item will be sent to the Girl Scout of Western Ohio Service Center of your choice for pick-up.

Alternatively, parents can arrange for a Fed Ex or UPS mailing label to cover the cost of shipping found items home.

Please note that camp staff move to Camp Whip Poor Will on July 1. Please call the Camp Whip Poor Will office number after this date for Camp Libbey Lost and Found inquiries.

After August 4, 2023, please contact GSWO customer care at 888.350.5090 for inquiries about Lost and Found.

Girl Scouts of Western Ohio is not responsible for lost property. All unclaimed Lost and Found will be donated to local charities by September 1.

What Not to Bring

Any item on this list will be confiscated and returned at check-out!

- Sandals or shoes that are open in the front or back
- Halter or tube tops
- Electronic devices including: cell phones, MP3 players, electronic games, iPads, and tablets
- Personal sports equipment
- Hair dryers/curling irons
- Bottles/glass containers/aerosol cans
- Plug in Fans
- Food/gum/candy
- Valuables
- Tobacco products, including cigarettes and lighters
- Any weapon (including all knives)
- Pets (this includes during check-in/out)

“No Cell Phone” Policy

Camp Libbey and Camp Whip Poor Will will continue our tradition of having a **“no cell phone” policy** for campers. We strongly believe that it is important for campers to disconnect and experience camp without any additional distractions. This is a time for your camper to experience a world beyond home; allowing them the opportunity to develop autonomy, independence, and a stronger sense of self.

We take the safety and well-being of our campers very seriously. We understand the great amount of trust you place in us by sending your camper to camp. We aim to do everything we can to earn and keep your trust. Our staff spend two full weeks in training learning how to help your camper adjust to camp life and overcome the normal fears and uncertainties campers experience. Sending a cell phone to camp prevents us from getting to the problems that may arise and addressing them quickly.

Often cell phones are sent to help combat homesickness. Homesickness is normal. It is our experience that using a cell phone to call home does not cure homesickness, in fact it often makes it worse and the camper ends up going home. Campers who talk with camp staff are usually able to overcome their homesickness and have an enjoyable camp experience. If your camper's homesickness was to become extreme, the director or assistant director will call you and work with you to make a plan that best meets your camper's needs.

We find that allowing your camper to disconnect from the digital world while at camp has a positive benefit to their development:

- Enables them to make new friends and bond with their tent mates
- Ensures your camper is not exposed to age-inappropriate material
- Enables your camper to build trust in other caring adults
- Gain a greater appreciation for the outdoors
- Helps them develop problem solving skills and responsibility

We agree to tell you if your camper experiences a challenge in their adjustment to camp. You can help by talking with your camper and letting them know there is always someone they can reach out to on the camp staff.

If your camper is found with a cell phone, it will be confiscated and returned to you at check-out.

Packing List

Mark everything with camper's first and last name!

Dress and pack for the weather. Although it is summertime, Ohio weather can be unpredictable and your camper will spend her time at camp outdoors. We have seen temperatures as low as the 40's and as high as the low 100's. For this reason we recommend you send your camper with a sleeping bag rated for comfort down to 40 degrees or provide a blanket. Also, please ensure your camper has at least one sweater or sweatshirt, one pair of pants, and both warm and cool pajamas. Comfortable campers are happy campers!

Sun exposure—We do everything in our power to prevent campers from getting sunburned, but it still can happen. This is why we prohibit tops that expose campers' shoulders. Please ensure any tank tops have wide straps. For this reason we also recommend waterproof sunscreen with at least a SPF of 15 to 30. Please talk to your camper prior to camp about the importance of reapplying sunscreen regularly and frequently.

Don't forget your reusable water bottle!

| <i>Equipment and Clothing List</i> <i>(Use this list a guide)</i> | <i>Packed for</i> <i>Camp</i> | <i>Packed for</i> <i>Home</i> |
|--|--|--|
| Warm sleeping bag and warm blankets if bag is light | | |
| Pillow | | |
| Twin bed sheet, prevents sleeping bag from slipping off mattress | | |
| Refillable water bottle, with strap, to be used daily | | |
| Day pack/Backpack to carry bug spray, sunscreen, etc. around camp | | |
| Mess kit or unbreakable cup, plate, and eating utensils | | |
| Flashlight with extra batteries | | |
| Laundry bag | | |
| One bath towel | | |
| One beach towel | | |
| One wash cloth | | |
| Toiletries: soap for showers, toothbrush and toothpaste, shampoo and conditioner (in plastic container), lip balm | | |
| Hairbrush or comb & hair ties, must be able to tie hair back for cookout | | |
| Insect repellent, non-aerosol is recommended (i.e.: Deep Woods Off) | | |
| Sunscreen, non-aerosol waterproof is recommended | | |
| Clothing: Bring durable and inexpensive type. Used items are better than new, especially shoes. Clothes and shoes will get dirty. | | |
| Two pairs tennis/gym shoes, one pair for day wear and one to get muddy | | |
| One pair shower shoes, cheap flip flops recommended | | |

| <i>Equipment and Clothing List (Continued)</i> | <i>Packed for Camp</i> | <i>Packed for Home</i> |
|---|-------------------------------|-------------------------------|
| Two pairs of long pants, mandatory for horse camps | | |
| Shorts, one per day plus one extra | | |
| Tops/T-shirts, one per day plus one extra | | |
| One to two sweatshirts or sweaters, mornings and evenings can be cool | | |
| One pair pajamas | | |
| Socks, one per day plus two extra | | |
| Underwear, one per day plus two extra | | |
| Swimsuit | | |
| Raincoat or poncho | | |
| One hat or bandana | | |
| | | |
| Optional: | | |
| Camera, cheap disposable is recommended | | |
| Book, to read during ‘Me Time’ | | |
| Favorite stuffed animal | | |
| Battery Operated Fan (with extra batteries) | | |
| Stationary, stamps, pre-addressed envelopes, and pen/pencil | | |

Money

Camp Libbey and Camp Whip Poor Will have no camp store. Therefore campers should not bring money to camp. Campers going on offsite trips will have all their food and beverages supplied by the camp. Some campers will be going on trips where they may wish to purchase a souvenir. It is our belief that camp is not a time for shopping but leave it up to individual families to decide if their camper may purchase souvenirs. Campers attending the following programs may bring a small amount of money on their adventures. We recommend no more than \$25. Please note sending money is at your own risk.

- Smoky Mountain Llama Trek
- Road Trip: Kentucky
- Whitewater Adventures: Youghiogheny River
- Haunted Happenings
- Let's Explore: Hocking Hills State Park
- Cliff Hangers: Red River Gorge

1. Money must be turned in at check-in to your camper's unit leader. You and the unit leader will both count the money and place it in a sealed envelope.
2. Money will be kept in the camp safe until campers leave for their trip.
3. Once money is returned to campers, GSWO is not responsible for lost or stolen money.
4. If your camper purchases souvenirs, GSWO is not responsible for lost or stolen souvenirs.

Mail, Email, Phone Calls and Visitors

Sending Mail to Camp

- Campers look forward to lots of cheerful mail from home. Please avoid sharing stories about activities she is missing or that you miss her terribly. These things have been known to upset campers and trigger homesickness. Remember, a camper should read her mail, smile happily and go to her next activity.
- There will be a designated mail box area where parents can leave pre-written letters for their campers on check-in day. Mark camper's name, session and day to be delivered on the envelope.
- Mail is delivered during 'Me Time' everyday. **Any mail received after 10:30 a.m. will not be delivered until the following day.**
- We strongly suggest pre-writing letters and dropping them off on check-in day. Letters sent through traditional USPS frequently arrive the week after your camper leaves.

Sending Emails to Camp

Camp Libbey

Camper Name
Name of Session, Housing Unit
Day to be delivered to camper

Camp Whip Poor Will

Camper Name
Name of Session, Housing Unit
Day to be delivered to camper

- We have one-way email available for parents/caregivers to keep in touch with campers during the week.
- Emails that arrive should be marked with the following subject line: CAMPER NAME/SESSION NAME
- **Emails will be printed each day between 10:00–11:00 a.m. and delivered at lunch time. Any emails arriving after 10:30 a.m. will not be delivered until the following day.**
- **Emails will only be delivered Monday–Thursday.** Please do not send emails for Sunday delivery, as they will not be delivered until lunch on Monday. **We do not deliver email on Fridays.**
Camp Libbey Email: campermail@gsw.org,
Camp Whip Poor Will Email: campermail@gsw.org

Mail for Campers on Off Site Overnights

- Campers that spend multiple days away from camp will not receive emails or postmarked mail until they return.
- We recommend you pre-write letters for each day and drop them off at check-in.

Receiving Mail from your Camper

- It may be that mail from your camper is not so cheerful. Remember that girls sometimes write home during homesick moments, or that the act of writing triggers homesickness.
- In most instances, by the time you receive the letter, your camper is well-adjusted to camp and having a wonderful time.
- If you are concerned about a letter you receive from your camper while she is at camp, please call the camp and ask to speak with the assistant camp director or camp director.

Phone Calls

- Campers do not have access to the phone. Please do not tell your daughter that she can call home since it may trigger homesickness.
- If an emergency arises at home, please contact Customer Care at 888.350.5090. If after business hours dial extension 621 to be connected to a camp leadership team member.

Visitors

- There are no scheduled days for visitation during the week. Visits are exceptionally disruptive for all campers.

Missing Home

Being away from home can be a large adjustment for campers. It is possible that your camper will miss home while she is at camp. We want to assure you that some homesickness is normal, and working through those feelings will help your camper become more independent. To help minimize the potential of this happening, our staff members have been trained to help campers become adjusted to camp life quickly.

Here are some steps we take to help campers feel included and get excited about their week at camp:

- Upon arrival, camp staff will encourage your camper to get to know the other campers in her program. The staff will play ‘get to know you’ games with the group to help foster relationships.
- Campers will get to vote on exciting activities they want to participate in while at camp.
- Camp staff are trained to identify signs that a camper is missing home and address those feelings and concerns.

Most cases of homesickness resolve after the first couple days. If your camper continues to struggle and does not seem to be adjusting to camp, the camp director or assistant director will contact you to discuss the situation.

Preventing Homesickness

Parents can help prevent homesickness by doing some simple things prior to their camper’s stay at camp.

1. **Involve campers in the decision:** Campers who feel they have no control or were “forced” to go to camp will often experience homesickness. Emphasize that your child is “going” to camp, rather than, you are “sending” them to camp.
2. **Encourage practice time away:** The more experience your camper has away from home, the easier a transition to camp life will be for them. Do some practice time away from parents at a friend’s or relative’s house.
3. **Process any recent stressful events:** Recent deaths of people close to campers or parents who are divorcing can cause extreme stress on a camper. Talk to them about it and notify the camp to make the staff aware.
4. **Avoid statements such as,** “If you don’t like camp, you can come home.” Campers who are experiencing difficulties adjusting to camp will compound the problem by not giving it a fair chance. Often they will close their minds to adapting to camp, and focus immediately on going home.
5. **Keep letters short and positive:** Parents should avoid statements like, “I’m going to miss you terribly.” Do not tell them how much you wish they were home, about the death of their favorite pet or about the great trip to Cedar Point the family just enjoyed without them. Camp will be a terrific experience, so be careful not to make them feel badly about going away.
6. **Share your camp experience:** Heighten your camper’s interest by pointing out some of the exciting things you remember about your resident camp experience. Be sure to be positive about how you were able to handle being away from your parents.
7. **Be Realistic:** While painting a bright promising picture of camp, do not forget to mention some of the not so glamorous realities of outdoor living. There should be no surprises when a camper discovers a spider as a cabin mate, or perhaps that a trip to the bathroom might be a bit of a hike.
8. **Talk about homesickness:** Homesickness is natural and certain feelings of missing home, parents, pets or friends is pretty normal. Once this is understood, your child may accept homesick feelings with less anxiety.

Book Recommendations

Like Bug Juice on a Burger

By Julie Sternberg

Like Bug Juice on a Burgers is an easy chapter book for girls in grades 2-4. Talk about Eleanor’s feeling. What helped her? What tips and tricks might your camper learn from Eleanor?

Hello Muddah, Hello Faddah

By Allan Sherman and Lou Busch

Hello Muddah, Hello Faddah is the illustrated lyrics of the classic song about Camp Granada. Talk about his camp experience. Do you think he was telling the truth or a tall tale? Could he have done anything differently to have a better time?

Homesick and Happy

By Michael Thompson

Homesick and happy is an excellent book for parents about how time away from parents can help kids grow.

Camp Life

Upon arrival, campers will move into a living unit with other girls in their program. Living units may be platform tents, cabins, or lodges depending on the camper's chosen program and age-level. There may be anywhere from 8–20 girls per unit with two to three staff members. Each program has their own schedule of activities matching the theme and badge requirements listed in the program description on the camp website. There will also be plenty of time for more traditional camp activities such as swimming, crafts, hikes, archery, cookouts, songs, games, and more. Campers will also have the opportunity to participate in special all-camp events held during the week like large group games and opening and closing campfires.

Girl Led

Girl Scouts has been girl-led since its beginning. Girl-led simply means letting girls shape the experiences they have by asking questions, offering ideas, and using their imaginations. We continue this tradition at summer camp.

At camp girls take the lead by:

- Voting for at least 1 hour of activities each day.
- Choosing their cook out menu
- Setting their own goals for team challenges & Adventure Challenge activities
- Adding a new spin on traditional camp activities
- Cooperatively creating a skit for campfire

Decisions are made by a democratic vote in the group. Staff are trained to ensure every girls' voice is heard.

Mini-Session Sample Schedule

| | Check-In Day | Full Day of Camp | Check- Out Day |
|------------|--------------------------------|---|----------------------------------|
| 7:15 a.m. | | Polar Bear Swim (optional) | |
| 8:30 a.m. | | Breakfast | Breakfast |
| 9:30 a.m. | | Themed Activities (based on program & badges) | Packing and Kapers (Camp Chores) |
| 10:00 a.m. | | | Themed Activity |
| 11:00 a.m. | | Lunch | Lunch |
| 12:30 p.m. | | Me Time | Me Time |
| 1:30 p.m. | | Swimming | Swimming |
| 2:00 p.m. | Camper Check-In | Arts & Crafts | Themed Activity |
| 3:00 p.m. | | Nature | Evaluations & Awards |
| 4:00 p.m. | Camper Orientation & Swim test | Cookout Dinner | Camper Check- Out |
| 5:00 p.m. | | | |
| 6:00 p.m. | Dinner | | |
| 7:00 p.m. | Flag | | |
| 7:30 p.m. | Evening Activity | Evening Activity | |
| 9:00 p.m. | Get Ready for Bed | Get Ready for Bed | |
| 10:00 p.m. | Lights Out | Lights Out | |

Challenge By Choice

Inspired by Girl-led, we practice challenge by choice at camp. This means that your camper decides if she wants to try an activity.

Staff will encourage campers to try something new, set goals, and achieve those goals. This could include asking her to try one more step on the climbing wall or try a new game she is nervous about. Our staff will support her and praise her for her achievements.

We will not force your camper to do something she truly doesn't want to do.

Week-Long Session Sample Schedule

| | Sample Day 1 | Sample Day 2 | Check-Out Day |
|------------|--------------------------------------|----------------------------|---------------------------------------|
| 7:15 a.m. | | Polar Bear Swim (Optional) | |
| 8:30 a.m. | Breakfast | Breakfast | |
| 9:30 a.m. | Climbing Wall | Kaper (Camp Chore) | Sleep In Break- |
| 10:30 a.m. | Arts & Crafts | Themed Activities | Packing Bags and Kapers (Camp Chores) |
| 11:30 a.m. | Swimming | | |
| 12:30 p.m. | Lunch | Lunch | |
| 1:30 p.m. | Me Time | Me Time | Picnic Lunch |
| 2:30 p.m. | Themed Activities (Based on Program) | Swimming | Evaluations & Awards |
| 3:30 p.m. | | Nature | All Camp Swim |
| 4:30 p.m. | | Cook Out Dinner | Games & Camper Check-Out |
| 5:30 p.m. | Kaper (Camp Chore) | | |
| 6:00 p.m. | Dinner | | |
| 7:30 p.m. | All Camp Game | Archery | |
| 8:30 p.m. | Showers | Night Swim | |
| 9:30 p.m. | Night Hike | Showers | |
| 10:00 p.m. | Lights Out | Lights Out | |

Me Time

Everyday, a one-hour period in the afternoon is set aside for rest hour. This is a time for campers to nap in their bunks, write home, read a book, journal, or talk quietly with a friend.

Some sessions may not get Me Time each day because they are off site or their program activities take more time.

Severe Weather Procedures

Thunderstorms and Tornadoes

- We are constantly monitoring the weather.
- If thunder or lightning is observed, certain program activities are shut down until the threat has passed. These include but are not limited to swimming, canoeing, climbing wall, and high/low challenge course.
- If there is potential for camp to come under a Severe Thunderstorm Warning or higher, campers will sleep in the designated emergency shelter for the night.
- If there is imminent danger of a tornado, all campers are moved to the designated emergency shelter for safety.
- **During severe weather, we will not be answering the telephone! Our first concern is the campers and their safety.**
- If you call and do not get an answer, please do not get into your car and drive to camp. Do not put yourself at risk. Leave a message and we will call back as soon as we can.

Camp Food

Meals are served family style in the dining hall with staff and campers at each table. Wholesome, nutritious meals are served in ample quantities. Cookouts and snacks will be planned and prepared during the week by each unit. A salad bar (or salad) is available as an option at most lunches and dinner. If campers do not like the meal option, we also have Wow butter (peanut butter substitute) and jelly or another substitute available to them. Campers can burn a lot of energy during the day, so if campers become hungry between meals, fruit is always available in the dining hall.

If the camper has medical, religious, or personal food preferences (vegetarian/vegan), make sure this is noted on the camper's CampDoc.com profile, Camper Information/All About Me form and notify the appropriate camp office at least two weeks prior to arrival. If your camper has a specific dietary restriction and you would prefer to send their food for the session, please contact the camp office two weeks prior to your camper's session.

Please note we are unable to ensure a dye-free diet or avoid cross contamination in the kitchen for those with very severe food allergies.

| Special Diets & Allergy Accommodations | What We Do at Camp | What Parents Can Do |
|--|---|---|
| Gluten Free This is for medical needs such as wheat allergy and/or celiac disease. | We provide a gluten free option for each meal if there is a camper with this need during a session. Campers will be instructed by their table counselor about what is wheat or gluten free. Campers will have an opportunity to access additional food for all campers and staff with special diet needs. | Identify if your camper has an allergy or intolerance. Sometimes campers have foods they trust most or are comfort foods to them. (Example: cereal, snack treats, breads, etc.) Although we will have gluten free options available, we suggest that you pack a small bag of food that will be available to them in the dining hall. Nothing larger than a regular grocery sack is necessary. You can turn this in at check in on the first day. Food will not stay with camper in their area. |
| Lactose Free This is for milk allergy and lactose intolerance. | We provide a lactose free option for each meal if there is a camper with this need during a session. Campers will be instructed by their table counselor about what is milk or lactose free. Campers will have an opportunity to access additional food for all campers and staff with special diet needs. We provide soy milk as an alternative to milk lactose. Lactose intolerance can be managed completely by camp, no additional food needs to be sent. | Identify if your camper has a milk allergy or lactose intolerance. If your camper has a milk allergy, and there are specific brands they are most comfortable using for milk substitutes, we suggest that you pack a small bag of food that will be available to them in the dining hall. Nothing larger than a regular grocery sack is necessary. You can turn this in at check in on the first day. Food will not stay with camper in their area. |

| | | |
|---------------------------------------|--|--|
| Peanut and/or Tree Nut Allergy | We minimize the amount of peanuts or tree nuts used at camp, however, we are not completely nut free. We only serve Wow Butter at camp, which is a peanut/nut free peanut butter substitute. Some of our snacks and items are labeled that they may be processed in with items containing nuts. These items are restricted from campers with allergies, and we make adjustments depending on the severity of the allergies in camp on a session by session basis. We practice methods to avoid cross contact any time items with nuts are used in camp | Identify the type of allergy your camper has and provide information on managing an allergic reaction. |
| Other Food Allergies | In most cases, we can make accommodations for other food allergies. | Identify the type of allergy your camper has and provide information on managing an allergic reaction. |

Camp Kaper

Each staff member will model and teach campers the proper way to care for their environment and their camp surroundings. Each unit is responsible for the upkeep and cleaning of their unit, as well as additional camp responsibilities as assigned. This may include cleaning the dining hall, grounds, bathhouses, bathrooms, latrines, and the other areas. Girls are closely monitored to make sure established health and safety procedures are used in completing cleaning tasks.

Camp Traditions

Camp Libbey and Camp Whip Poor Will have many traditions that add to the magic of camp.

Counselors with special nicknames—It has been a long standing tradition at Girl Scout camps that counselors select a ‘camp name’ that they go by while at camp. So when your camper comes home talking about ‘Zazu’ and ‘Hoot’ don’t be alarmed, they’re just sharing stories about their favorite staff members.

Campfire Ash Ceremony—Taking ashes from one campfire to another is a ceremony conducted by Girl Scouts and Girl Guides around the world. The ceremony symbolizes the connection between scouts around the world. Every camper will receive ashes from the final campfire. Campers are welcome to bring ashes from last summer, troop campfires, or service unit camp outs to add at opening campfire.

Tajar—Is something of a camp mascot and part of a campfire story told at opening campfire

Opening and Closing Campfire—Campfires celebrate the opening and closing of camp and involve fun songs, skits, and more!

Camp T-Shirt, Photo, and Patch

As a reminder of the camp experience, all campers will receive a commemorative t-shirt, patch, and photo of their camp unit. Patches and t-shirts are different each year, so campers can collect them all as they continue to return to camp each summer. The cost is included in the camp fee. T-shirts will be handed out on the first day so campers can get their picture taken wearing them. Patches and photos will be in the packet you will receive at check-out.

Due to our printing method, Mini-Session unit photos may need to be mailed out after the session.

Badges and Recognitions

- Most camp program opportunities are based on a number of Girl Scout badges and Journey activities.
- The camp program uses these recognition requirements as a basis for planning, but it is not solely driven by these requirements.
- You will receive a list of the steps your camper completed for badges in your check-out packet.

Adventure Challenge and Archery

Camp Libbey and Whip Poor Will offer low and high adventure challenge activities. These courses are designed to build teamwork, cooperation and self-confidence as campers participate. The challenge course is supervised by a certified instructor and led by trained adults.

A certified archery instructor is on staff to oversee this target sport. Archery activities are led by either the archery instructor or a certified adult.

Aquatics and the Swim Test

All campers have the opportunity to participate in free swim each day. All aquatic activities at the pool, lake or river are supervised by a certified lifeguard. In addition, all campers will be evaluated on their swimming skills before freely swimming at camp. Campers (or staff) may not swim in an aquatic area without a lifeguard present.

Campers are evaluated on their swimming by the following: swimming a certain length, treading water for a length of time, and jumping into the pool with their head going under the water. Campers who pass the swim test can swim in any part of the pool; those who choose not to take the test or do not pass must stay in the designated shallow end.

Medical Services

The camp nurse works under the supervision of the camp director.

Campers at Camp Libbey needing additional medical attention or treatment are taken to the Defiance Clinic or Defiance Hospital.

Campers at Camp Whip Poor Will needing additional medical attention or treatment are taken to Bethesda Medical Center at Arrow Springs or Bethesda North Hospital.

Parents/caregivers will be notified by the camp any time a camper becomes ill or needs medical attention. If parents cannot be reached, the emergency contact will be notified.

Menstruation

If your camper has started her menstrual cycle, please send enough supplies to last the duration of her cycle. Sometimes, young women start their cycle at camp. It is good planning to discuss matters of hygiene with your camper prior to camp. Sanitary supplies (pads only, we do not distribute tampons) will be available from the nurse. Campers are not allowed to borrow or lend sanitary supplies.

Counselor-in-Training I (CIT 1)

For girls entering grades 10-12

This one-week opportunity is for girls who are ready to begin exploring the pathway to camp leadership.

Topics covered in training include:

- Introduction to the Girl Scout Leadership Experience
- Age and social characteristics of younger campers
- Essential skills needed to be a great counselor
- How to lead songs and games

CIT I's will spend nights in their own unit and receive ongoing supervision and leadership guidance from the CIT Director, while building teamwork skills, and observing unit staff. Girls will work towards their CIT pin.

CIT I at Camp Libbey: June 25—30

CIT I at Camp Whip Poor Will: July 23—28

Please refer to pages 2 and 3 for check in and check out times.

Counselor-in-Training II (CIT 2)

For girls entering grades 11-12

This two-week opportunity is for the aspiring camp counselor. CIT II participants will spend nights in their own unit and receive ongoing supervision and leadership guidance from the CIT Director while learning the skills needed to be an outstanding camp counselor during the day.

CIT II's will experience the challenges and rewards of working with younger girls through training that includes:

- application of the Girl Scout Leadership Experience,
- exploring the various leadership styles,
- learning positive behavior techniques,
- age and social characteristics, and
- overnight camp skills.

Participants will have an opportunity to observe unit and program staff, evaluate experiences, and receive guidance from the CIT Director as they assist in units, building up to spending an entire day with their assigned unit.

Prerequisite: CIT I. Girls will earn their CIT II pin. The CIT II program is application based. Please visit camp website for more information.

Girls will go home on the weekend between their two weeks.

CIT II at Camp Libbey: June 11—23
(Girls will go home the weekend of June 16)

CIT II at Camp Whip Poor Will: July 9—21
(Girls will go home the weekend of July 14)

Please refer to pages 2 and 3 for check in and check out times.

Junior Counselor

For girls entering grade 12.

Girls who have completed both CIT I and II programs can apply to be a Junior Counselor. This is an internship opportunity for girls to receive direct mentorship from the camp staff and can opt to shadow program specialists.

Girls must participate in an application and interview process and be selected for the position.

Junior Counselors will attend a three-day **pre-camp training June 2-4, 2023 at Camp Libbey**. Junior counselors must intern a minimum of 2 weeks, one at Camp Whip Poor Will and one at Camp Libbey but may then choose additional weeks if invited to return for more weeks..

Junior Counselors check in at 12:00 p.m. on Sundays for their internship weeks.

Participants will **go home over the weekends** between internship weeks.

Prerequisite: CIT 1 and 2, Junior Counselor application, references, and interview. Follow the registration process then contact Marie Cordes at mariecordes@gsw.org or call 419.887.9454 for an application and to set up an interview.

Volunteer Opportunity for Adults

Girl Scouts of Western Ohio believes in the power of volunteers because they are an integral part of the Girl Scout organization. We are always looking for volunteers with a wide range of talents and expertise. There are several opportunities in which your help would be valued. Volunteers must be 18 years or older and complete the following requirements:

1. Submit an application, background check, and three references through the Girl Scouts of Western Ohio website.
2. Interview with the camp director.
3. Review all written materials before camp.
4. Attend mandatory volunteer training.

All volunteers are required to go through this process, including current Girl Scout volunteers.

Incentive Program for Camp Volunteers

- **1–5 hours:** Free camp T-shirt.
- **5+ hours:** One percent off camp fee for every hour volunteered (up to 100 percent not to exceed \$350 per session volunteered), less the \$30 deposit.
- **Full Week:** Free camp registration (up to \$350 per session volunteered), less the \$30 deposit.

| Volunteer Opportunity | Opportunity Description | Time Commitment |
|-----------------------|---|-------------------------------|
| Check-In Volunteer | Assist with camper check-in on Sunday | Three–five hours each session |
| Camp Nurse | Ensure camper/staff health concerns are addressed including record keeping and distribution of medication | One week Sunday–Friday |

Adventure Out Trips

Our Adventure Out trips are a unique opportunity for our older campers to take on more adventure in the outdoors. We understand that sending your camper off on an adventure out of state is a big deal! Over the next few pages you will find additional information to help you and your camper prepare for their next adventure.

As a refresher the following programs are part of our Adventure Out program:

Let's Explore: Hocking Hills State Park – June 18-23: Explore the area in and around Hocking Hills State Park.

Whitewater Adventures: Youghiogheny River - June 25-30: Raft the whitewater rapids of the Youghiogheny River in Pennsylvania!

Cliff Hangers: Red River Gorge –July 9-14: Head to the Red River Gorge and learn knots, how to belay and how to climb and rappel on real rocks!

Smoky Mountain Lama Trek – July 16–21: Backpack in the Great Smoky Mountains with a Llama companion!

Haunted Happenings –July 23-28: Explore the field of paranormal investigation—learn the gear and do some ghost hunting of your own.

Road Trip: Kentucky - July 30– August 4: It's a classic American road trip –plan your own adventure all choices are yours!

Adventure Out Trips FAQ

How will my camper be traveling?

Campers are transported to their destinations in a 12 passenger camp van or suburban. Our camp vans are driven by camp staff members that are 21-years of age or older, have a driving record approved by our insurance company, and take a driving safety course prior to driving.

What special gear will I need to bring?

We provide all the group camping gear, cooking equipment, and specialized activity gear, such as backpacking packs, bicycles, and rock climbing equipment for each planned activity. All you need to bring is your personal gear – clothes, sleeping bag, pillow, water bottles, and mess kits. The basic packing list is the same as what's included on page 8. Campers are also able to use their own backpacking packs if they have one, but there is no need to go out and buy one. Anything specific for your program will be listed on its own page after this.

A few things all of our Adventure Out trip campers should think about:

Sleeping Bags: The smaller the better. We pack the gear of 10 people in each van. Smaller sleeping bags can help save space for things like coolers of food.

Footwear: Sneakers are fine for day wear. For backpacking you'll need sturdy, well-broken-in boots. For other whitewater or canoeing trips, you'll need a secure closed-toe amphibious shoe.

Clothes: Quick-dry clothes are best for all activities. Cotton should be avoided because it stays wet and uncomfortable for a long time.

What happens if I get sick or injured on the trip?

If you get sick or injured, getting you better is our top priority. We'll do everything we can to get you better with as little disruption to the rest of the group as possible. If you are unable to continue for any reason we will contact your parent or caregiver to arrange a pickup.

What kind of physical shape do I need to be in to go on a trip?

You should be in good physical shape, but you don't need to be a top-notch athlete. If you can run a mile without stopping (no time limit), then you're in good shape for Adventure Out.

Smoky Mountain Llama Trek

Explore the beauty of Great Smoky Mountains National Park, the most visited national park in America. Spend the week away from Camp Whip Poor Will camping in Tennessee where you will visit some of the most iconic sites the Smokies have to offer. The highlight of the trip will be your Llama trekking experience! You'll spend two days with your new llama friends! Girls will work toward their Ultimate Recreation Challenge, Adventurer, or Trailblazing badge.

Our Provider

We use Smoky Mountain Llama Treks as our provider. Smoky Mountain Llama Treks meets GSUSA and American Camp Association standards.

<http://smokymountainllamatreks.com>

Please remember to direct any questions about our Adventure Out trip to the camp director: Marie Cordes at mariecordes@gsw.org or 567.225.3524.

Schedule

Adventure Out Trip schedules are subject to change based on provider availability, weather, and of course Girl-Led decisions. Below you will find a basic outline so you can get a feel of your camper's experience.

| | Sunday | Monday | Tuesday | Wednesday | Thursday |
|-----------|--|--------------------------------------|---|--|---|
| Morning | | Breakfast Grocery Shop | Breakfast Arrive at Llama Farm | Breakfast Pack Up Camp Arrive at Llama Pick Up | Breakfast Pack Up Camp Explore National Park |
| | | | | | |
| | | | | | |
| Afternoon | Check In Menu Planning Pack Van | Lunch Travel | Begin Llama Trek Lunch on Trail | Return to Campground Lunch | Lunch Travel Back to Camp |
| | | | | | |
| | | | | | |
| Evening | Diner Opening Campfire Smores | Travel Set up Camp Cook Dinner | Arrive at Camp Site Set Up Camp Explore Area | Explore National Park Night Activity voted on by Girls | Dinner on the road Arrive at camp by 8:00 p.m. |
| | | | | | |
| | | | | | |

Lodging

Campers will be tent camping.. When not on the Llama trek they will be staying at a campground in the area. Previous years we have used Triple Creek Campground.

Additional Packing Items

- Long pants
- Sturdy hiking boots
- Campers may bring money

Let's Explore: Hocking Hills State Park

Take an adventure to Hocking Hills State Park. You'll spend your week camping out and exploring all that the area has to offer. You will get to choose where the adventure takes you! Will you decide to hike to Old man's Cave or Rock House, or find one of the many other adventures that await you? Girls will work toward the Ultimate Recreation Challenge or Adventurer badge.

Our Provider

We will be exploring Hocking Hills State Park for our adventure this year. This provider meets GSUSA and American Camp Association standards..

<https://www.nps.gov/mac/index.htm>

Please remember to direct any questions about our Adventure Out trips to the camp director: Marie Cordes at mariecordes@gsw.org or 567.225.3524.

Schedule

Adventure Out Trip schedules are subject to change based on provider availability, weather, and of course Girl-Led decisions. Below you will find a basic outline so you can get a feel of your campers experience.

| | Sunday | Monday | Tuesday | Wednesday | Thursday |
|-----------|---|---|--|---|---|
| Morning | | Breakfast Grocery Shop | Breakfast Cave Tour | Breakfast Canoe Trip down the River | Breakfast Travel/ Activities |
| | | | | | |
| | | | | | |
| Afternoon | Check In Itinerary Planning | Lunch Travel/ Activities | Lunch Travel/ Activities | Lunch Canoe Trip con't | Lunch Travel Back to Camp |
| | | | | | |
| | | | | | |
| Evening | Diner Opening Campfire S'mores | Travel/ Activities Set up Camp Cook Dinner | Cave Tour Set up Camp Cook Dinner Star Gaze | Travel/ Activities Set up Camp Cook Dinner | Dinner on the road Arrive at camp by 8:00 p.m. |
| | | | | | |
| | | | | | |

Lodging

Campers will be tent camping at a State Park or Forest campground or reputable KOA campgrounds.

Additional Packing Items

- Campers may bring money

Cliff Hangers: Red River Gorge

You've climbed the wall. You've conquered the high ropes course. Now it's time to try the real thing! Head down to the Red River Gorge where you will meet with certified climbing guides and spend a day learning your knots, how to belay, and how to climb on real rocks. Then spend a second day in a harness learning how to rappel. You'll still have plenty of time to hike and check out all that Red River Gorge has to offer. Girls will work towards their Climbing Adventure, Adventurer or Ultimate Recreation Challenge badges.

Our Provider

We will be using Southeast Mountain Guides for our cliff hangers adventure. This provider meets GSUSA and American Camp Association standards for climbing activity.

<https://www.southeastmountainguides.com/>

Please remember to direct any questions about our Adventure Out trip to the camp director: Marie Cordes at mariecordes@gsw.org or 567.225.3524.

Schedule

Adventure Out Trip schedules are subject to change based on provider availability, weather, and of course Girl-Led decisions. Below you will find a basic outline so you can get a feel of your camper's experience.

| | Sunday | Monday | Tuesday | Wednesday | Thursday |
|-----------|--|--------------------------------------|--|--|---|
| Morning | | Breakfast Grocery Shop | Breakfast Guided Climbing session | Breakfast Guided Rappelling session | Breakfast Pack Up Camp Explore Area |
| | | | | | |
| | | | | | |
| Afternoon | Check In Menu Planning Pack Van | Lunch Travel | Late Lunch | Late Lunch | Lunch Travel Back to Camp |
| | | | | | |
| | | | | | |
| Evening | Diner Opening Campfire Smores | Travel Set up Camp Cook Dinner | Dinner Explore Area | Dinner Night Activity voted on by Girls | Dinner on the road Arrive at camp by 8:00 p.m. |
| | | | | | |
| | | | | | |

Lodging

Campers will be tent camping at a National Parks or Forest campground, or reputable KOA campgrounds.

Additional Packing Items

- Closed-toe shoe for climbing
- Campers may bring money
- Longer shorts or leggings that will be comfortable while wearing a harness

Haunted Happenings

Learn the ins and outs of Ghost hunting from real paranormal investigators. You'll learn about equipment and the best way to conduct an investigation. Then hit the road and visit some famous haunted locations. Learn the legends and tales associated with the haunts and maybe with some luck you'll spot something yourself! Before the week ends you'll conduct your own paranormal investigation!

Our Provider

There is no true provider for this program. We will be utilizing local volunteer groups familiar with paranormal investigation.

Please remember to direct any questions about our Adventure Out trip to the camp director: Marie Cordes at mariecordes@gswow.org or 567.225.3524.

Schedule

Adventure Out Trip schedules are subject to change based on provider availability, weather, and of course Girl-Led decisions.

Haunted Happenings will be mostly based out of Camp Whip Poor Will with travel to various 'haunted' sites for exploration and investigation. Final confirmations with locations are still being negotiated.

| | Sunday | Monday | Tuesday | Wednesday | Thursday |
|-----------|--|-------------------------------------|---|--|---|
| Morning | | Breakfast | Breakfast Pack Up Off site visit/ tour | Breakfast Research and learning | Breakfast Travel to day trip visit/tour |
| | | | | | |
| | | | | | |
| Afternoon | Check In Planning | Background and learning Lunch | Lunch on Road | Lunch | Lunch on road |
| | | | | | |
| | | | | | |
| Evening | Diner Opening Campfire Smores | Dinner | Travel back to camp Dinner | Dinner Evening off site visit/tour | Dinner on the road Arrive at camp by 8:00 p.m. |
| | | | | | |
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Lodging

If off-site over night accommodations are necessary we will use KOAs or Girl Scout Camp properties.

Additional Packing Items

No additional packing items are necessary.

Road Trip: Kentucky

Embark on the ultimate American summer pastime -- a week long road trip! Create a playlist, pack up the camp van, and prepare to explore all that Kentucky has to offer. The best part? You and your new friends get to make the plan! Spend Sunday night finding all the best places to go; crawl through Mammoth Cave and sleep in a Wigwam Motel, see a moonbow over Cumberland Falls, or even visit an art museum or zoo. The choices are endless and completely up to you! Girls will work toward the Ultimate Recreation Challenge or Traveler badge.

Our Provider

The unique aspect of this camp is that campers have complete control over their itinerary and their budget. That means campers will pick their providers on Sunday during their group planning meeting. Once we have a list of activities they have voted on we will send a list of providers to caregivers.

Because we do not know providers ahead of time, we may need you to sign activity waivers through email. We will contact all caregivers if this is needed. The unit leader will confirm any activities caregivers do not want their camper participating in at check-in and steer the group away from those options.

Schedule

Adventure Out Trip schedules are subject to change based on provider availability, weather, and of course Girl-Led decisions. Below you will find a basic outline so you can get a feel of your camper's experience.

Because campers will be choosing their own adventure, we do not have a very good itinerary for you right now. Caregivers will receive the detailed itinerary on Monday morning.

| | Sunday | Monday | Tuesday | Wednesday | Thursday |
|-----------|---|---|---|---|---|
| Morning | | Breakfast Grocery Shop | Breakfast Travel/ Activities | Breakfast Travel/ Activities | Breakfast Travel/ Activities |
| | | | | | |
| | | | | | |
| Afternoon | Check In Itinerary Planning | Lunch Travel/ Activities | Lunch Travel/ Activities | Lunch Travel/ Activities | Lunch Travel Back to Camp |
| | | | | | |
| | | | | | |
| Evening | Diner Opening Campfire S'mores | Travel/ Activities Set up Camp Cook Dinner | Travel/ Activities Set up Camp Cook Dinner | Travel/ Activities Set up Camp Cook Dinner | Dinner on the road Arrive at camp by 8:00 p.m. |
| | | | | | |
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Lodging

Campers will be encouraged to tent camp at National Parks or Forest campground or reputable KOA campgrounds. We have had groups choose to do one night in a hotel in previous years, but because this takes up a lot of their budget this is discouraged.

Additional Packing Items

- Campers may bring money

Whitewater Adventures: Youghiogheny River

It's time to grab a paddle and hold on as you set out to conquer the rapids on the Youghiogheny River in Pennsylvania! You and your team will camp out under the stars and prepare your own meals, explore the rapids, and learn to work together. When you're not on the river, you'll experience the beautiful sites of the Laurel Highlands and even check out one of our nation's Top Ten Natural Waterslides! Girls will work toward their Ultimate Recreation Challenge or Adventurer badge.

Our Provider

We will be using Ohiopyle Trading Post and River Tours for our whitewater adventure this year. This provider meets GSUSA and American Camp Association standards for whitewater activity.

<https://adventuresonthegorge.com/>

Please remember to direct any questions about our Adventure Out trip to the camp director: Marie Cordes at mariecordes@gsw.org or 567.225.3524.

Schedule

Adventure Out Trip schedules are subject to change based on provider availability, weather, and of course Girl-Led decisions. Below you will find a basic outline so you can get a feel of your campers experience.

River conditions will dictate which day campers will have their whitewater experience. If rafting the chosen river is not possible because of river conditions the week campers are there, we will work with the provider to select one of their other trips. Please view their website to see additional options.

| | Sunday | Monday | Tuesday | Wednesday | Thursday |
|-----------|--|--------------------------------------|---|---|---|
| Morning | | Breakfast Grocery Shop | Breakfast Arrive at Whitewater Pick Up | Breakfast Activity —Girl Voted | Breakfast Pack Up Camp Explore |
| | | | | | |
| | | | | | |
| Afternoon | Check In Menu Planning Pack Van | Lunch Travel | Whitewater Trip Late Lunch | Lunch | Lunch Travel Back to Camp |
| | | | | | |
| Evening | Diner Opening Campfire Smores | Travel Set up Camp Cook Dinner | Arrive at Camp Site Set Up Camp Explore Area | Explore Night Activity voted on by Girls | Dinner on the road Arrive at camp by 8:00 p.m. |
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Lodging

Campers will be tent camping at a National Parks or Forest campground or reputable KOA campgrounds.

Additional Packing Items

- Closed-toe amphibious shoe
- Campers may bring money





