

## RESIDENT CAMP PACKET 2019

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Here is a packet that will help you prepare for your Girl Scouts' overnight camp experience! If you still have questions, please contact us at the contact information above or email [info@gswestok.org](mailto:info@gswestok.org).

### CAMP PAYMENTS

All payments for camp must be paid in full two weeks prior to the start of the camper's session. We cannot accept payment on the check-in days. Complete your payment through registration or by calling the council office at 405-528-GIRL (4475) or (800) 698-0022.

### DROP OFF & PICK UP

- Campers must arrive and depart promptly on their session dates. Campers will not be allowed to leave camp with anyone except those listed on the Health History form. If you wish to add another adult to the list of people who can pick up your camper, you must call in to provide a full legal name and phone number for the individual to be added.
- **Parent drop off at camp:** Sunday's 2-4pm
- When dropping off your camper, you will go through a check-in process to check for lice, meet the healthcare staff, and finally on to her counselors to unpack and get settled. All parents/guardians must go through this process with their camper.
- If a camper is absent after 6 p.m. on the first day of the session she is registered for, the camp director will call parents/guardians to follow up.
- **Parent pick up at camp:** Friday's 1-2pm **unless** the camp runs June 30<sup>th</sup>-July 3<sup>rd</sup> (see below). See a staff member prior to picking up your camper. All adults taking responsibility of camper must show photo ID.
  - **Camps that run June 30<sup>th</sup>-July 3<sup>rd</sup> will have their pick up day as Wednesday, July 3<sup>rd</sup> between 1-2pm.**
- If you are going to be dropping off or picking up your camper outside the designated time frame due to unforeseen circumstances, please call the Camp Director at 1-405-706-2024 as soon as possible.

### CAMP POLICIES

- **Animals/Pets:** Campers may not bring animals or pets to camp.
- **Alcohol, Drugs & Cigarettes:** Camp is a drug and alcohol-free environment. Campers may not use or possess drugs, alcohol, e-cigarettes or cigarettes while attending camp. Violation will result in being sent home immediately. Possession, misuse or self-administration of medication will also result in being sent home.
- **Cell Phones:** Campers may not bring cell phones to camp. Cell phones will be collected and returned at the end of the session.
- **Electronics:** Electronics, including digital music players, CD players and video games are not allowed at camp. These items will be collected and returned at the end of the session.
- **Clothing:** Campers and staff may not wear revealing clothing, low-cut, halter, or backless shirts, low-riding pants, string bikinis, or clothes with messages promoting drugs, sex, alcohol, violence, hate or discrimination.
- **Close-toed shoes are required** – Keens or any other sandal with a covered toe and back strap may be worn. Flip-flops or sandals may only be worn at the pool, lake or in the showers.
- **Firearms & Weapons:** Firearms, weapons, or anything else used as a weapon is prohibited on site. Possession of a weapon will result in being sent home immediately.
- **Vehicles:** When driving in camp, you must follow the 10 mph speed limit on the road and park only in designated areas.
- **Personal Sports Equipment:** All personal equipment must be checked in with the Camp Director for inspection and instructions for storage, and must be pre-approved prior to the camper's session. Please call for approval.



## FORMS & PHYSICALS

- **The Health History Form must be completed online two weeks prior to the camper's session.** If you do not fill out a form at least two weeks prior to your campers' session, we cannot guarantee our ability to support and manage your campers' allergy, dietary, medical, or behavioral needs. If you show up to check-in without having filled out the form online, you will be required to fill it out at camp before leaving your camper with us.
- A physical is not required to participate at resident camp, but is strongly encouraged.

## LICE

Girl Scouts Western Oklahoma follows the [Oklahoma City Public School's "No Nit" policy](#).

- At check-in, your camper will be checked for lice.
- If lice are found and you would still like to attend camp, you must complete the following: (1) get your camper medically treated, (2) doctor's note must be turned in on arrival to attend that same session, and (3) all laundry must be treated. You can choose to attend another session that is the same price as your original session if space permits.
- If you choose not to attend camp, a refund will not be issued.
- How to check for lice: [You Tube - Checking for Lice](#)
- How to treat for lice: [CDC - Lice Treatment](#)

## HEALTH CARE

Camp E-Ko-Wah's top priority is the health and well-being of all campers and staff. All camp staff is trained in First Aid and CPR. E-Ko-Wah also provides trained staff to manage camper medication and provide routine and emergency first aid as needed.

- Complete all sections of the Health History form, and give as much detail as you can.
- Staff will discuss your child's specific needs during check-in.
- Camp staff will notify you as soon as possible if your child has an injury that requires medical treatment outside of camp.
- If you have questions about health care prior to camp, contact the Outdoor Leadership Specialist at 405-528-4475 or 800-698-0022. During camp, the health care staff may be reached at 405-706-2024.

## MEDICATION

All medications brought to camp must be checked in upon arrival and administered only through the health center – this includes medications classified as over-the-counter. Camp also has a supply of common over-the-counter medications that may be administered as authorized by parents on the Health History form.

**Please do not take your children off of their normal prescribed medications for the camp session.**

All medication must have:

- Original pharmacy or manufacturer container (pill sorters or other containers are not accepted)
- The child's own name if prescribed (medications belonging to a sibling or anyone else are not accepted)
- Current date (expired medications are not accepted)
- Physician's instructions (prescription medications can only be administered according to doctor's written instructions, such as the instructions printed on the original pharmacy container)

## FOOD SERVICE

- Meals are served family-style all together with plenty of options, with a cookout meal once during the week. Shorter sessions may not have a cookout meal during their stay.
- Food options are available for vegetarian, lactose intolerant, gluten-free, or other food allergies.
- Please let us know about all special dietary needs on your child's Health History form. Camp may not be able to accommodate Kosher, vegan, or other strict diets.

## MAIL & CONTACTING YOUR CAMPER

- Mail delivery at camp is usually very reliable and prompt; allow a few days for delivery.
- If you want, you can save time and postage by dropping off letters and packages at the bus stop or during the check-in process to be distributed.
- If you are sending or dropping off a package, please do not send food, drinks, or gum. Any packages that contain food will be held in the camp office until pick up day. Food attracts critters to the girls' cabins.



▪ **Camp E-Ko-Wah's Mailing Address Example:**

Camper Name  
Session Name  
Camp E-Ko-Wah E1660 Rd  
Marlow OK 73055

- Guardian/family visitation is not acceptable while your camper is at E-Ko-Wah. Phone calls are typically not allowed from parents/guardian to campers and vice versa.
- At the guardians' request, campers may call home and in extenuating circumstances such as extreme homesickness, a camper may call home.
- If given advanced notice, campers may be released to an authorized guardian during the week for extenuating circumstances (sports event, trainings, funeral, etc.).

### TRADING POST (camp store)

- The Trading Post will be open during check-in, check-out, and periodically during each week.
- During check-in and check-out, cash, credit cards, and Girl Scout reward cards will be accepted. Girls may not use cash at the Trading Post during the week – cash is only accepted from adults at check-in and check-out.
- Before camp, money can be added to a trading post card on the registration form.
- Any trading post money not spent will be given back at the end of camp.
- Possible items in the trading post include; t-shirts, postcards, water bottles, sunglasses, stuffed-animals, bandana's, hats and much more.

### CARE PACKAGE

- If you would like to purchase a care package, you can log into to where you registered for camp.
- You must purchase a camper care package 1 week prior to your session.
- The Voyager (resident camp only) package is \$40 and includes: Backpack, Aluminum Water Bottle, 5 in 1 Survival Aid, LED flashlight/lantern, Journal and Pen, Light Up Wristband, and Lip Balm

### LOST & FOUND

- Lost and found items are stored at camp until the end of the session and then transported to the council office until September 1. Any items left will be donated.
- **We do not keep socks, underwear, ripped or torn clothing/towels, toiletries, and inexpensive water bottles.**
- If you are missing any items, call the council office at 800-698-0022.
- ***The camp is not responsible for lost or stolen property.***

### WHAT TO EXPECT

All campers will be sharing the camp experience of:

- No air conditioning in sleeping quarters (there are fans in most buildings and we will adjust schedules for indoor activities if heat is extreme). The lodge and activity building are air-conditioned.
- Walking from activity to activity (short to medium distances)
- Twin wood/metal bed or bunk bed (single mattress, bring a sleeping bag or sheets and blanket)
- Sharing cabins with other campers based on age and session. For our younger campers, 2 staff stay in cabin overnight with them.

### FIRST DAY – Please Read/Share with you Camper

After check in, you'll meet your counselor and cabin-mates, start to get to know each other and decide what you want to do during the session in addition to the program you signed up for. Our camp is all about what you want to do – start thinking now about what you're most looking forward to!

On the first day, you'll also take a tour of the camp and learn where the bathrooms, program room, dining hall and camp nurse are located. You'll meet the other staff and campers in your unit, and learn some songs and games. Once your whole group has arrived, around 4 pm you will get an afternoon snack. Then, you will spend some time playing get to know you games until dinner, at 6 pm. After dinner, everyone will meet at the Fire Circle for Opening Campfire, the traditional first-night campfire to sing songs and learn about camp traditions.



## HOMESICKNESS

- Most campers, including first-time campers and those who have been going to camp for years, experience homesickness at one time or another.
- It is normal, especially for young children away from home for the first time, to be homesick at first.
- Preparing for camp ahead of time can greatly reduce homesickness.
- Here is a great resource from the [American Camp Association](#).
- Staff is trained on how to help campers work through missing home and building a sense of independence and confidence.
- We will call if your camper is struggling past the second day.

## CAMP ACTIVITIES

Here are some examples of camp activities at Camp E-Ko-Wah. Resident Camp is the perfect opportunity for girls to try new things and challenge their abilities! **\*Please note that weather can cancel some activities. Campers will not be able to do all activities or may be limited because of age requirements.**

Archery	Campfires	Flag	Singing Songs	Swimming
Arts & Crafts	Camping Outside	Games	Sling-shots	Team Building
Astronomy	Challenge Course	Horseback riding	Skits	
Boating	Cookouts	Outdoor skills	STEM activities	

## **AND SO MUCH MORE!**

## PACKING LIST

- Please mark everything with the camper's first and last name to avoid losing items.
- Girl Scouts Western Oklahoma is not responsible for lost or stolen items.
- Avoid bringing new clothes to camp. Everything gets dirty in the outdoors!
- Campers should be a part of the packing process. It will help her to know what to look for when she packs up at the end of her camp session.

## **GENERAL**

- Bedding: sleeping bag or twin sheet & light blanket. Camp will typically be warm at night.
- Pillow (put pillow and bedding in plastic white or clear bags with the name on it)
- Sturdy closed-toed shoes (tennis shoes and hiking boots are fine)
- Lake shoes - Old tennis shoes, water shoes, or strapped sandals
- Hat, bandana or visor
- Laundry Bag – pillowcase works well
- Mess kit (cup, plate, bowl, spoon, fork, knife, and mesh dunk bag) **REQUIRED**
- Water bottle or canteen **REQUIRED**
- Flashlight with extra batteries
- Insect repellent, non-aerosol
- Sunscreen (SPF 15 or higher)
- Swimsuit
- Towels for swimming and showering
- Small daypack/backpack
- Waterproof Poncho or Rain Jacket

## **TOILETRIES**

- Towel for shower
- Shower shoes (flip flops are ok)
- Shampoo/Conditioner/Body Soap
- Deodorant
- Toothbrush and toothpaste
- Hairbrush or comb, hairbands
- Sanitary products, if needed



## CLOTHES

- Shorts, for each day
- Shirts for each day (tank tops with wide strap ok)
- Underwear, one pair every day (plus one extra)
- Socks, one pair per day (plus one extra)
- Pajamas - lightweight & cool
- Sweatshirt or Light Jacket
- Long pants, at least one pair
- Something to tie-dye, can purchase a shirt in the Trading Post

## OPTIONAL

- Camera – know that it may get damaged at camp!
- Postcards and stamps (please address and affix stamps on envelopes or postcards)
- Pen or pencil
- Book (for use during rest time)
- Goggles for swimming
- Fan (must be battery operated)
- Favorite stuffed animal
- Sunglasses
- Clothes or props for their session if the theme lends to it (i.e. “wizarding”)

**Leave these items at home!** *These items will be collected and returned at the end of camp.*

- Electronic equipment. This includes iPods, radios, flat irons and cell phones.
- Gum, candy and snacks attract mice, ants, and bugs to your sleeping area.
- Please, no halter necks, tube tops; unprotected areas can easily sunburn and encourage ticks.
- Jewelry can be lost easily. If it's precious to you, leave it at home.
- Smelly lotions, lip balms, etc. – also attract mice, ants, and bugs.

Need more advice on how to pack for camp? Check out this website for another great [camp packing resource](#).

