

WEEKEND CAMP PACKET 2019

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

CAMP PAYMENTS

All payments for camp must be paid in full two weeks prior to the start of the weekend 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.

CHECK-IN & CHECK-OUT

- Check-in for Horsin' Around, Family Camp and Troop Camp: Friday's 7-8pm
- Check-in for Camp Samoa: 6pm-7pm
- When checking in, all participants (including adults) will go through a check-in process to get lice checked, sign up for housing, sign up for limited activities, and kapers.
- Check-out by 11am on Sunday for all weekend camps.
- If you are going to be arriving or leaving 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:** Participants may not bring animals or pets to camp.
- **Alcohol, Drugs & Cigarettes:** Camp is a drug and alcohol-free environment. Participants 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:** Youth campers are asked not to bring cell phones to camp. Adult participants are welcome to have their cell phones, though we encourage you to unplug and enjoy the weekend with your camper(s) at E-Ko-Wah!
- **Electronics:** Electronics, including digital music players, CD players and video games are not allowed at camp.
- **Clothing:** Participants 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 for all participants two weeks prior to your session.** If you do not fill out and submit a form at least two weeks prior to your session, we cannot guarantee our ability to support you or 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 at that time before proceeding to your lodgings.
- A physical is not required to participate at weekend 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 with plenty of options. Food options are available for vegetarian, lactose intolerant, gluten-free, or other food allergies if we are given advanced notice.
- Any special dietary accommodations can only be guaranteed if the Outdoor Leadership Specialist is notified 2 weeks prior to the start of the weekend. Camp may not be able to accommodate Kosher, vegan, or other strict diets.

TRADING POST (camp store)

- 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.
- 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 participants 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)
- Walking from activity to activity (short to medium distances)
- Buffet Meals in the dining hall
- Twin wood/metal bed or bunk bed (single mattress, bring a sleeping bag, or sheets and blanket)
- Sharing cabins with other participants based on appropriate gender. Males will have designated housing and showering facilities during Troop Camp Weekends.

WEEKEND CAMPS– Please Read/Share with all participants

- On Friday at 8pm, an activity will start in the Storm Shelter.
- At 8:30pm, an adult meeting will occur in the Dining Hall. At least 1 adult from each family/troop must attend.
- To swim in the deep end of the pool, ALL participants must take a deep-water test.

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
Arts & Crafts
Astronomy
Boating

Campfires
Camping Outside
Challenge Course
Cookouts

Flag
Games
Horseback riding
Outdoor skills

Singing Songs
Sling-shots
Skits
STEM activities

Swimming
Team Building

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 and expensive clothes and items 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
- 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 = wide strap)
- 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
- 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 them lends to it (i.e. “wizarding”)

Leave these items at home!

- Electronic equipment, jewelry, smelly lotions, make up, etc.
- Sugary Drinks and Food should be kept in the Dining Hall in a container you brought.

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

