

Camp Guide 2026



Why Camp?

From the moment one steps onto the grounds of camp, there's a sense of something special in the air. The songs sung around the fire, the focus and fun of aiming at the archery range and the laughter shared late into the night with fellow campers all contribute to the experience. But beyond the fun and games, camp teaches important life skills—like building friendships, fostering independence and embracing one's true self. Camp is a safe space to be playful, take risks, confront fears and even fail without judgment. Many who have attended camp find that the bonds they formed with fellow campers last a lifetime, and the lessons learned continue to shape who they become. As the Girl Scout mission states, "Girl Scouting builds girls of courage, confidence and character," and for many, the Girl Scout Camp experience is a powerful catalyst in developing all three qualities.

- GSWESTOK Camp Staff

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Our Campers and Parents Say It Best!

“This made my summer vacation the best summer I have had.” - Jessie, 6th grade

“I was sad to go, and I can’t wait to return as soon as possible. I want to be a CIT (Counselor-in-Training) someday!” - Kaylee, 5th grade



“Going to camp has encouraged my daughter to try hard things, and she has started to believe that she CAN do them. Thank you!”

- Revae, Parent



“The counselors were fantastic and really helped my first-time camper make it through the week!” - Jessica, Parent

“Fun, crazy and all around great time!” - Braylea, 10th grade

“Camp Ekowah is one in a million and a thousand thumbs up!” - Ridley, 2nd grade

“The staff consistently make my daughter feel important and appreciated, and I can always tell she has more confidence in herself when she gets home.” - Laura, Parent

“She did not want to come home and wished she could go back. Even the air conditioning at home wasn’t worth leaving camp for! She can’t wait to go again next year.” - Lu, Parent



Girls leave camp with...

STRONG SENSE OF SELF

Building confidence in each girl, allowing them to express their identity and understand their capability.

Seeing all she can be!

Program Elements:

- Girl-Led Culture
- Camper's Choice Activities
- Internal Reflection Time
- Guided Mindfulness
- Strong Role Models in Staff and Volunteers

Did you know that one week of camp is worth 4-5 months of therapy? - The Alliance for Camp Health

HEALTHY RELATIONSHIPS

Building community, friendships, engaging with mentors and establishing a sense of belonging.

Program Elements:

- Communal Living (Ekowah)
- Family-Style Meals (Ekowah)
- Culture of Welcomeness and Accommodation
- Social/Emotional Development (name games & group dynamics)
- Small Group Model

CHALLENGE SEEKING ATTITUDE

Trying new things, learning new skills, displaying grit and resilience.

Program Elements:

- Staff Guidance through Adversity
- Ropes Course (Ekowah)
- Rock Climbing Wall (Trivera)
- Zipline (Trivera)
- Off Site Adventures (Ekowah)
- Outdoor Skills
- Lakefront Activities
- Campfire Cooking and Open Air Cabins (Ekowah)
- Program Progression
- Culture that Celebrates Getting Out of One's Comfort Zone



Camp Programs

Girl Scouts Western Oklahoma hosts council-run summer camp programs at two locations: Camp Ekowah and Camp Trivera. Each of our locations offers essential camp activities like team-building, campfires, outdoor cooking, archery, lake/pool time and more. Beyond these, each site offers its own unique adventures, such as the low ropes course at Camp Ekowah and the indoor rock wall at Camp Trivera. Campers have the opportunity to experience a diverse range of traditional camp fun and exclusive programming available only during our summer camp sessions. Both facilities are also equipped with severe weather shelters to ensure camper safety.

Camp Ekowah



Marlow, OK

- Archery & Target Sports
- Arts & Crafts
- Counselor-in-Training Program
- Hammock & Tent Camping Options
- Low Ropes Course
- Nature Exploration
- Private Access to Lake Fuqua
- Basketball and Tennis Courts
- Swimming Pool
- Storm Shelter for Severe Weather

Camp Trivera



Oklahoma City, OK

- Archery
- Arts & Crafts
- Private Access to Zoo Lake
- Program Aide Training Program
- Basketball Court
- STEAM Lab
- Indoor Rock Wall
- Swimming Pool
- Zipline
- Storm Shelter for Severe Weather

Summer Camp Schedules

Camp Ekowah • Resident Camp

	Grades 2-3	Grades 4-5	Grades 6-8	Grades 9-12	Leadership
Classic Camp: Week 1	June 10-12	June 7-12	June 7-12	June 7-12	CIT II: Part 1 June 7-12
Themed Week: Holiday Havoc: Week 2	June 17-19	June 14-19	June 14-19	June 14-19	CIT II: Part 2 CIT I: Part 1 June 14-19
Classic Camp: Week 3	June 24-26	June 21-26	June 21-26	June 21-26	CIT I: Part 2 (June 21-26)

Camp Trivera • Day Camp

Grades K-5	Leadership (Grades 6-8)
Week 1: Imagination Station (July 6-10) <small>Optional - A Taste of Resident Camp</small>	Program Aide Training (July 6-10) <small>Optional - A Taste of Resident Camp</small>
Week 2: K Pop : Everything Music (July 13-17) <small>Optional - A Taste of Resident Camp</small>	Program Aide (July 13-17) <small>Optional - A Taste of Resident Camp</small>
Week 3: All Day Holidayz (July 20-24) <small>Optional - A Taste of Resident Camp</small>	Program Aide (July 20-24) <small>Optional - A Taste of Resident Camp</small>
Week 4: Camp Sugar Rush (July 27-31) <small>Optional - A Taste of Resident Camp</small>	Program Aide (July 27-31) <small>Optional - A Taste of Resident Camp</small>

Aftercare is available from 4 - 6 p.m. each day for \$60

Wednesday - Thursday Overnight: A Taste of Resident Camp, is optional and can be added to your day camper's experience for \$100 (Available for grades 3-8)



Nestled among tall trees and serene nature, Camp Ekowah offers the perfect summer escape for girls to explore the outdoors, create lasting memories, build new friendships and engage in a variety of exciting activities. Campers can tackle the low ropes course, uncover the wonders of the forest, hone their skills at the archery range or enjoy time on the lake. With countless opportunities for adventure, Camp Ekowah provides a supportive and safe environment where girls can grow, learn and thrive.

Camp Dates

Resident Camp

June 7 - 26



Camp Ekowah Programs

Classic Camp

Come enjoy a classic summer camp experience at Camp Ekowah! Dive into nature, spend time with friends and enjoy s'mores under the night sky with a beautiful lake view. With this program, you will get the classic camp experience: play games, explore the surrounding woods, take a dip in the pool or lake, get creative with crafts and gather around the campfire with friends old and new.

Grades 4-12

- Session 1: June 7-12
- Session 2: June 14-19
- Session 3: June 21-26



Mini Camp

Second and third grade campers at Camp Ekowah get to sample all the most popular camp activities, including swimming and boating, arts and crafts, games and songs, archery, low ropes and of course, that classic campfire! Think of this program as a stepping stone from day camp to overnight camp. Mini Camp is just enough time to get to know Camp Ekowah, and after a visit or two, you'll be ready for a full week of classic camp. Mini Camp sessions run from Wednesday through Friday and are offered in June.

Grades 2-3

- Session 1: June 10-12
- Session 2: June 17-19
- Session 3: June 24-26

Leadership Camp

If you're looking forward to being a counselor, leading the lifeguard team or hope to serve as camp nurse someday, CIT Training is the program for you! This program will help you enhance your resume and build skills for the future. Leadership campers will explore developing and delivering camp programming, learn techniques on how to work with kids and make progress towards transitioning from camper to staff member. Leadership camp programs span two weeks (not including weekends) and are offered in June. *Upon completing CIT II, CITs can assist with as many week-long sessions as they choose.

Counselor-in-Training (CIT I)

- Part 1: June 14-19
- Part 2: June 21-26

Counselor-in-Training (CIT II)

- Part 1: June 7-12
- Part 2: June 14-19

Back by popular demand: one week of themed Resident Camp!

Holiday Havoc Camp Grades 4-12

(Mini Camp available for Grades 2-3)

Why celebrate just one holiday when you can celebrate them all? Join us for a week of nonstop fun as we travel through the year's best celebrations — all in five days!

Campers are encouraged to dress up for one day or all five days to get into the festive spirit. Come as you are and what you feel most comfortable with!

Monday - Valentine's Day: Spread the love with heart-shaped crafts, candy-themed games and friendship fun.

Tuesday - St. Patrick's Day: Go green for the day with lucky scavenger hunts, rainbow art and maybe even a visit from a mischievous leprechaun!

Wednesday - 4th of July: It's a red, white and blue bash! Celebrate with outdoor games, patriotic crafts and a star-spangled celebration.

Thursday - Halloween: Dress up for spooky fun with costume contests, pumpkin crafts and thrilling tricks (and treats!).

Friday - Christmas: End the week with a jolly holiday celebration full of festive crafts, giving games and winter wonder.



A Day at Resident Camp!



Established in 2020, Camp Trivera is an urban oasis that provides the wonders of camp right in the heart of Oklahoma City. This world-class, 19-acre property is located in OKC's Adventure District. Our urban STEAM camp combines innovation (and air conditioning) with traditional summer camp activities – perfect for new and seasoned campers. Campers can take a dip in the pool, work on projects in the STEAM lab, climb the indoor rock wall, canoe in the lake or ride on the zipline! No matter what, they will have access to a host of amenities to explore a variety of interests.



Camp Dates

Day Camp
July 6-31



Day Camp Themes: Grades K-5



Week 1: July 6-10

Imagination Station: Art Camp

Get ready to dream big and create even bigger! At Imagination Art Camp, campers will explore their creativity through painting, drawing, sculpting and more. Each day, artists will experiment with different materials and techniques while expressing their unique ideas and imagination.

From colorful masterpieces to collaborative projects, campers will discover that there are no limits to what they can create when they let their imagination lead the way. Whether your camper is a budding beginner or a confident creator, this camp is all about self-expression, creativity and fun!



Week 2: July 13-17

K-Pop Camp: Everything Music

Step into the spotlight and let your inner pop star shine! Inspired by the movie K-Pop: Demon Hunters, this week is all about music, movement and creativity. Campers will explore the exciting world of K-Pop through dance, rhythm and performance — learning how to express themselves with confidence and flair.

Get ready to move and groove to the sound of Golden, a song that celebrates courage, friendship and the power of believing in yourself — just like our campers will this week! From creating catchy beats and choreographing fun routines to designing your own stage style, every day is packed with high-energy activities that celebrate music, teamwork and imagination.

Whether you're a future idol or just love to sing and dance, K-Pop Camp: Everything Music will have you moving to the beat, shining like gold and ready to take center stage!



Day Camp Themes: Grades K-5

Week 3: July 20-24

All Day Holidayz Camp

Why wait all year to celebrate your favorite holidays? Join us for All Day Holidayz, where every day is a brand-new celebration! Campers will dive into festive fun with themed games, crafts and activities that bring the joy of the holidays to life — all in one exciting week!

Monday - Valentine's Day: Spread the love with sweet crafts, friendship games and lots of hearts! Don't forget to wear red, pink or hearts to show the love.

Tuesday - St. Patrick's Day: Go Green for good luck! Enjoy rainbow art, treasure hunts and maybe spot a sneaky leprechaun.

Wednesday - 4th of July: Celebrate with red, white and blue pride! Create patriotic crafts and enjoy all-American games and fun.

Thursday - Halloween: Dress in your favorite costume for a day full of tricks, treats and spooky creativity!

Friday - Christmas: End the week with a jolly celebration of giving, laughter and holiday cheer. Wear your coziest red and green!

Campers are encouraged to dress up for one day or all five days to get into the festive spirit. Come as you are and what you feel most comfortable with!



Week 4: July 27-31

Camp Sugar Rush

Get ready to explore the sweet and savory side of cooking! Camp Sugar Rush is a hands-on, creative cooking camp where campers learn the science behind food, experiment with fun recipes and discover the magic of cooking chemistry.

Campers will also learn important life skills like table etiquette, kitchen safety and how to create delicious dishes with confidence. From interactive experiments to tasty treats, every day is packed with fun, flavor and discovery. Whether you're curious about cooking or just love trying new foods, Camp Sugar Rush is the perfect recipe for a week of culinary adventure!

Wednesday-Thursday Overnight: A Taste of Resident Camp

Join us for an optional overnight stay on Wednesday and Thursday night and experience the excitement of camp after dark! You'll enjoy dinner, fun evening activities, a campfire complete with songs and s'mores and a night together with friends. This is the perfect opportunity to get a taste of what it's like to stay for resident camp while making memories with your friends.

Don't miss out on this one-of-a-kind camp experience!

Day Camp Life

Program Overview

Campers have a variety of program options offered to them each week. Some favorites include archery, canoeing, crafts, swimming, STEAM activities and more! Campers will spend most of their time with a group of 10-20 girls of a similar age, along with at least two counselors. The unit participates in planned activities and works together to make group decisions throughout their time at camp.



Typical Day at Camp

- Arrive at camp, assemble in units
- All Camp Opening Ceremony
- Morning Activity Rotations (STEAM, Rockwall, crafts, etc.)
- Lunch
- Mindful Moment
- Pool Time
- Camp Wide Activity and Snack
- All Camp Closing Ceremony
- Leave for home/aftercare begins

Grownups, join us every Friday at 3:30 p.m. for Camp Trivera's all-camp showcase! Each unit will take the stage to present something they've learned during the week—whether it's a skit, song or special performance. Celebrate your camper's achievements and enjoy the fun!

Tie-Die - Every Thursday at camp is Tie-Dye Day! Send your camper with an item to tie-dye—whether it's a T-shirt, socks, tote bag or pillowcase. Let their creativity shine as they create a colorful keepsake to bring home!

Wednesday-Thursday Overnight: A Taste of Resident Camp

For 3rd to 8th grade girls spending the night, get ready for an unforgettable experience! Campers can look forward to the following adventures:

- Evening Activities (Games, Canoeing, Crafting, etc.)
- Cook-out Dinner (Wednesday and Thursday)
- Camp Fire
- Night Swim
- Sleeping in Trivera Bunks!
- Breakfast Thursday and Friday Morning

Girl Readiness Quiz

Don't know where your camper would fit best?
Take our quiz with your girl to find out!

Do you enjoy staying overnight at a friend's house?

1 - NO 2 - Maybe 3 - Yes!

Have you ever camped before?

1 - NO 2 - Maybe 3 - Yes!

Can you go without TV, video games, a computer or cell phone?

1 - NO 2 - Maybe 3 - Yes!

Are you ready to sleep in a cabin with other campers?

1 - NO 2 - Maybe 3 - Yes!

Are you willing to try new foods that you haven't before?

1 - NO 2 - Maybe 3 - Yes!

Can you make your own bed and keep track of things?

1 - NO 2 - Maybe 3 - Yes!

Do you like to meet new people and interact with others, not just your best friends?

1 - NO 2 - Maybe 3 - Yes!

Can you take care of personal needs, like using the bathroom, showering and getting dressed?

1 - NO 2 - Maybe 3 - Yes!

Do you enjoy outdoor activities like hiking and sleeping without air conditioning?

1 - NO 2 - Maybe 3 - Yes!

Adults need to be prepared for their Girl's time at camp too!

Take our Adult Readiness Quiz to ensure you're as ready as your camper is.



Score 9-15

Consider trying a week of Day Camp, Mini Camp or Wednesday-Thursday: A Taste of Resident Camp.

Score 20-27

You are ready! You will thrive at Overnight Camp! Consider trying Camp Ekowah's sessions.

2026 Camp Fees

Early Bird Pricing: Nov. 28, 2025 - Jan. 1, 2026

Standard Pricing: Jan. 2 - June 2026

Camp Ekowah		
Classic Camp	Early Bird \$550	Standard \$600
Holiday Havoc (June 14-19)	Early Bird \$550	Standard \$600
Mini Camp	Early Bird \$200	Standard \$250
CIT Price includes both CIT sessions	Early Bird \$600	Standard \$650

Camp Trivera		
Day Camp	Early Bird \$325	Standard \$350
Program Aide Mon. - Fri.	Early Bird \$150	Standard \$175
Additional Fees (Optional)		
Wednesday - Thursday Overnight: A Taste of Resident Camp	\$100	
Aftercare Mon. - Thurs., 4-6 p.m.	\$60	

Registration

Early Bird Registration opens on **Nov. 28, 2025**, and closes on **Jan. 1, 2026**. Regular registration with a \$25 or \$50 increase will run from January 2 to June/July, 2026.

Transportation

Transportation from our council office (OKC) to Camp Ekowah (Marlow) prior to session on Sunday and back to our council office on Friday are included in the registration fee above. The only exception is there won't be a bus to Mini Camp on Wednesdays; however GSWESTOK can transport Mini Campers home on Friday. This added amenity is reflected in this year's price for camp.

Transportation Schedule (Council Offices – 6100 North Robinson Avenue, OKC, OK 73118)

Sunday Drop Off

- 12–1 p.m.
- Buses leave promptly at 1:30 p.m.

Friday Pick Up

- 12–12:30 p.m.
- Buses arrive at 12 p.m. every Friday.

Fees

As a non-profit organization, our fees are a direct reflection of the operational cost to run camp. The rising costs of food, vendors and most significantly, staffing, are reflected in the 2026 Camp Fees. Variance in session fees represents amenities offered at each site, such as food service, included transportation, session programming, etc.

The full balance of the camp fees is due for all sessions two weeks prior to the start of camp.

Financial Aid

Any youth member living in our service area is eligible to receive financial aid! Our Financial Aid program is robust, flexible and we will happily consider any information you'd like to share in order to determine eligibility. Applicants will not be automatically excluded based on income guidelines alone.

We enthusiastically welcome all campers to apply! Our commitment to accessibility ensures that nearly every applicant receives some form of financial aid, with the application seamlessly integrated into the camp registration process. Families will encounter the option to complete the financial aid form during their online registration.

Learn More

For additional information regarding deposits, financial aid, confirmation of registration, payment of fees, cancellations, our refund policy, camper needs & accessibility, food allergies or any additional questions, please visit our FAQs, or contact our Member Services department (Monday - Friday, 9 a.m. - 5 p.m.)

☎ 405-528-GIRL (4475)

✉ info@gswestok.org



Click [HERE](#) or Scan QR to Register



What age group does my camper fall into?

- Before Jan. 1, 2026 (Early Bird): Register using your child's current grade.
- After Jan. 1, 2026: Register using the grade they will enter in fall 2026.
 - Daisy: Kindergarten-1st grade
 - Junior: 4th-5th grade
 - Ambassador: 9th-12th grade
 - Brownie: 2nd-3rd grade
 - Cadette: 6th-8th grade



Where do campers sleep at Camp Ekowah?

- Campers sleep-in open-air cabins with two counselors and up to 10 campers in their same age group level.

What medical support is offered at camp?

- Our camps have a certified first aider onsite at all times. Additionally, all GSWESTOK staff are American Red Cross First Aid CPR Certified.



Can my camper bring their cell phone?

- No, in order to allow campers and staff to fully enjoy and benefit from camp, we do not allow campers to have cell phones. The exclusion of phones from our camp program is intentional, backed by research and is considered an industry best practice by the American Camp Association.

How are campers supervised?

- Campers will live (Ekowah) and move about with at least two counselors at all times. Counselors serve as the primary caregivers for campers. All staff are required to attend a two-week training program to ensure they're prepared to care for the safety, wellbeing and rewarding experiences of all campers. Additionally, all camp staff undergo thorough background checks, ensuring a secure and reliable environment.

Do I have to be a Girl Scout to attend camp?

- Our camps are open to every camper who identifies with the girl experience —no matter their race, ethnicity, religion or ability.

Can my Girl Scout use Cookie Rewards to pay for camp?

- Yes, they can!

Is there transportation?

- Transportation will be available to and from Camp Ekowah for each full week of camp. The bus will depart from the council office at 6100 N Western, OKC, OK 73118, on Sunday and return on Friday. Please note that transportation will not be provided to camp for Mini Camps starting on Wednesday, but return transportation to the council office will be available on Friday.
- Transportation Schedule (Council Offices – 6100 North Robinson Avenue, OKC, OK 73118)
 - Sunday Drop Off
 - 12–1 p.m.
 - Buses leave promptly at 1:30 p.m.
 - Friday Pick Up
 - 12–12:30 p.m.
 - Buses arrive at 12 p.m. every Friday.
- You may opt out of transportation during registration if you prefer to drop off your camper.

How will I know how to prepare my child for camp?

- Families will be provided with a robust camper guide ahead of the camp season. The Camper Packet will include all of the essential information needed to prepare for your camper's session. It includes things like packing lists, pick-up instructions, camp rules, policies and a wealth of additional essential information.

What is the cancellation policy?

- **GSWESTOK EVENT REFUND POLICY:** Girl Scouts Western Oklahoma reserves the right to cancel an event due to circumstances which would make the event non-viable. If GSWESTOK cancels an event, registrants will be notified and offered a full refund. Should circumstances arise that result in the postponement of an event, GSWESTOK has the right to either issue a full refund or transfer registration to the same event at the new, future date. Registration cancellations must be initiated by participants two weeks prior to the event date. Cancellations will be accepted in writing only and must be received by the stated cancellation deadline. Cancellations received after the stated deadline will not be eligible for a refund. If you are canceling due to a medical emergency, the deadline is 48 hours before the event start date. A doctor's note will be required for any refunds after the cancellation deadline. Camp deposits are non-refundable. All camp refunds must be approved by the Camp Director. Refunds will not be available for registrants who choose not to attend an event. All refund requests must be made by the attendee or credit card holder. All refunds will be made by the same method of payment (rewards card, credit card, check, gift card). Cash will be refunded via check. Refund requests must include the name of the attendee and/or receipt.

