ALL TOGETHER NOW!



Summer Camp Guide

girl scouts
western oklahoma

Building girls of...



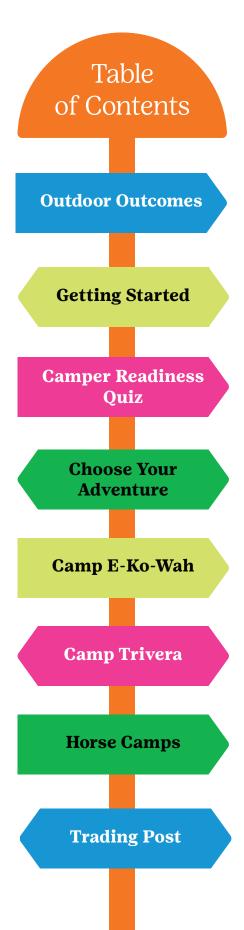
Courage

Confidence





Character



Dear Girl Scout Families and Supporters,

Welcome to an Adventure of a Lifetime! I am thrilled to introduce the 2024 Camp Guide, your passport to a world of excitement, growth, and exploration. As the CEO of Girl Scouts Western Oklahoma, I am deeply proud of our commitment to providing girls with the opportunities they need to build courage, confidence, and character.

Camp is a place where lifelong memories are made. Nestled in the heart of rural and urban nature, Camp E-Ko-Wah and Camp Trivera offer sanctuaries for Girl Scouts to discover, learn, and thrive. In the pages of this guide, you will find a treasure trove of experiences that inspire leadership, environmental stewardship, and lifelong friendships.

We believe in the power of the Girl Scout Promise and Law, and how these values shape the girls we serve. At both Camp E-Ko-Wah and Camp Trivera, our aim is to provide a safe and inclusive space for Girl Scouts of all backgrounds to embrace their potential and develop skills that will serve them throughout life. We encourage them to step out of their comfort zones, to embrace new challenges, and to become the leaders of tomorrow.

I invite you to explore this Camp Guide with your girl, and together, choose the adventure that best suits her interests and aspirations. Whether she's a first-time camper or a seasoned outdoor enthusiast, there's a program that will capture her heart and ignite her spirit.

On behalf of the entire GSWESTOK team, I thank you for entrusting us with the privilege of nurturing your girl's growth. As we embark on this incredible journey together, let us celebrate the Girl Scout sisterhood and the bonds that will be forged at camp. Here's to a summer filled with laughter, learning, and lifelong friendships.

Yours in Girl Scouting,

Chief Executive Officer



For more than 110 years,

Girl Scouts have discovered, explored, and strengthened their outdoor skills and commitment to environmental stewardship through Girl Scouting. Guided by supportive adults and peers, Girl Scouts discover the wonders of nature, experience the thrill of adventure, and challenge themselves and one another to reach new heights!

Our outdoor programming features a variety of fun, challenging, and experiential activities that empower Girl Scouts as they develop attitudes, skills, and behaviors essential to effective leadership in the outdoors:

Outdoor Interest: Girl Scouts have a love of nature and an interest in the natural world.

Outdoor Confidence: Girl Scouts have confidence in their outdoor abilities and are willing to try new and challenging outdoor activities.

Outdoor Competence: Girl Scouts engage safely and responsibly in a range of outdoor activities (e.g., practicing Leave No Trace and knowing what to bring to be prepared for the outdoors).

Environmental Stewardship: Girl Scouts understand how their behaviors impact the environment and what they can do to protect the natural world.



Getting Started

Registration

Summer Camp registration is now open. Visit Our Website to sign-up today! Registrations are processed on a first-come, first-served basis. If you have questions regarding the registration process, please contact our Customer Care team at info@gswestok.org or 405-528-4475.

Don't Delay. Register Right Away!

Whether you're using Cookie Rewards, financial assistance, paying in full, or some combination of the three, you need to make the initial camp deposit of \$50 immediately in order to reserve a space for your camper. Sessions fill quickly and campers rarely get moved from the waitlist into a spot at camp.

Not A Girl Scout Yet? No Problem!

You don't have to be in a troop or participate in Girl Scouts during the school year to go to camp! Invite your friends, classmates, and family members! All you'll need to do is become a Girl Scout member while registering for camp. Memberships are \$25 and available online.

Balances Due

All camp fees must be paid in full 14 days prior to the start of each camp session. It is the responsibility of the camper's parent or guardian to ensure camp fees are paid by the deadline, regardless of whether an invoice has been received. Balances may be checked and paid online. If a registration is submitted after balances are due, payment in full is required.

Financial Assistance

We're here to help make every Girl Scout's camp dreams a reality. Financial assistance is available. A deposit is all you need to hold your camper's spot at camp!



Camp is for all Girl Scouts!

Girl Scouts can expect the opportunity to live, play, and grow alongside campers and staff who are unique from one another. We're proud to unite people from all walks of life who all have at least one thing in common – their love of camp!

Technology & Camp

Campers are not allowed to bring phones, tablets, smartwatches, or similar devices to camp. We know, it's tough. We try to limit distractions that the outside world can cause, so please be sure to prepare your camper to be without technology during their time at camp. Letters are not only accepted but encouraged!

Camp Open Houses

Be sure to sign up for a free Camp Open House! Visit the registration pages for more details.

- February 29th @ Camp Trivera from 6-8 pm
- March 30th @ Silver Wind Stables from 2-4 pm
- April 17th @ Camp Trivera from 6-8 pm



Camper Readiness Quiz

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

> Do you enjoy staying overnight at a friend's house? 1 - Yes! 2 - Maybe! 3 - No Way!

> > Have you ever camped before? 1 - Yes! 2 - Maybe! 3 - No Way!

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

1 - Yes! 2 - Maybe! 3 - No Way!

Are you ready to sleep in a cabin with other campers? 1 - Yes! 2 - Maybe! 3 - No Way!

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

1 - Yes! 2 - Maybe! 3 - No Way!

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

1 - Yes! 2 - Maybe! 3 - No Way!

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

1 - Yes! 2 - Maybe! 3 - No Way!

Are you willing to try new foods that you haven't before? 1 - Yes! 2 - Maybe! 3 - No Way!

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

1 - Yes! 2 - Maybe! 3 - No Way!

Mostly No Way!

Consider trying a Weekend Camp with family or your troop first.

Mostly Maybe!

You may want to try a Weekend Camp, mini Overnight Camp or a week at Day Camp.

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

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



Mostly Yes!

You are an experienced camper who will thrive at Overnight Camp! Consider checking out Camp E-Ko-Wah's sessions.





Choose Your Adventure

Whether your Girl Scout is a new or experienced camper, we offer a variety of summer camp options to suit your needs. All of our camps are special places where every Girl Scout can practice independence, make friends, learn new skills, and have fun in a girl-led environment!

Day Camps:

Day Camps at Camp Trivera are more than just a place to be – they're a place to learn, grow, experiment, and engage. Camp Trivera Day Camps introduce Girl Scouts to the outdoors with a perfect combination of indoor and outdoor activities, including STEAM programming, swimming, archery, and rock-climbing. GSWESTOK Day Camps are an excellent option for first-time campers.

Overnight Camps:

Overnight camps at Camp E-Ko-Wah feature primitive facilities that provide for amazing nature-based experiences and true outdoor exploration where Girl Scouts learn teamwork, perseverance, and self-discovery. Options range from 3 day, 2 night sessions to 12 day, 10 night sessions.

Weekend Camps:

Want to camp with your Troop or family member? Troops, Service Units, and parents can select from exciting themed weekend camp sessions that include all the traditional camp activities Girl Scouts know and love. Weekend camps are hosted at both Camp Trivera and Camp E-Ko-Wah.

Leadership Camps:

Looking to take your camp experience to the next level? Girl Scout Seniors and Ambassadors have the opportunity to earn their CIT I award while enjoying all the fun things Overnight Camp has to offer. Cadettes can also build their leadership skills at Day Camp by earning their Program Aide award.

Horse Camps:

Campers looking to spend their summer honing their horsemanship skills will love our horse camps. Both beginners and more experienced riders will have the ability to try their hand at English or Western style riding. These are travel camps based at Camp Trivera. Want to turn up the fun even more? Girl Scouts have the option to turn their Day Camp into an Overnight Camp for an additional fee.



Overnight & Weekend Camps

There is nothing like Overnight Camp
– friendships forged around a roaring
campfire after a day of new experiences
and incredible adventures. Each of our
camp sessions allows Girl Scouts to focus
their time on the things they love. Campers
will enjoy a primitive camp experience

Camp E-Ko-Wah is ACA Accredited

We're proud to announce that Camp E-Ko-Wah is accredited by the American Camp Association (ACA) and meets safety standards set forth by Girl Scouts of the USA. Accreditation means that your camper's summer camp cares enough to undergo a thorough peer review of its operation – from staff qualifications and training to emergency management and more.



Sessions at a Glance

Camp E-Ko-Wah • Marlow

Session Dates	Camp Session	Girl Scout Level	Fee Per Person
June 2-7, 2024 AND June 9-14, 2024	<u>CIT I</u> (Counselor in Training)	Campers going INTO grades 9-12	\$650
June 2-7, 2024	<u>Cast Iron & Carabiners</u>	Campers going INTO grades 4-12	\$400
June 5-7, 2024	Outdoor Explorers Mini Camp	Campers going INTO grades 2-3	\$200
June 9-14, 2024	<u>I Heart Art</u>	Campers going INTO grades 4-12	\$400
June 12-14, 2024	Crafty Campers Mini Camp	Campers going INTO grades 2-3	\$200
June 16-21, 2024	<u>In My Camp Era</u>	Campers going INTO grades 2-12	\$500
June 23-28, 2024	<u>Goosebumps</u>	Campers going INTO grades 6-12	\$400
June 26-28, 2024	Mermaid Academy Mini Camp	Campers going INTO grades 2-3	\$200
June 28-30, 2024	Friendship & Flashlights Troop & Family Weekend Camp	Campers going INTO grades 2-12	\$100

Week 1

Week 2

Week 4

CIT I (Counselor in Training)

Grades: 9-12 Cost: \$650

Dates: June 2nd - 7th

AND

June 9th - 14th

Ready to take the next step, camper? Camp E-Ko-Wah is looking for the next generation of camp counselors! Level up your leadership experience with this 2-week program to earn your Counselor in Training I award. Spend Week 1 brushing up on your camp skills, observing counselors in action, and training to work at camp. Take a break over the weekend, then jump back into the action during Week 2 where you'll be paired with a unit to help lead daily camp activities! At the end of your 2-week session, you'll be awarded your CIT I pin and celebrated at our closing campfire.

Cast Iron & Carabiners

Grades: 4-12 Cost: \$400

Dates: June 2nd - 7th

Adventure awaits! Explore nature, practice your survival skills, and experience everything Camp E-Ko-Wah has to offer in this session. Try it all – classic camp fun and sun outdoors! From cooking over a campfire, swimming, and archery to hiking, arts and crafts, and teambuilding on the low ropes course, this is the outdoor extravaganza you've been waiting for!

Outdoor Explorers Mini Camp

Grades: 2-3 Cost: \$200

Dates: June 5th - 7th

Are you ready to try a little bit of everything Camp E-Ko-Wah has to offer? This mini camp is designed to give Brownies the ultimate overnight camp experience! You'll try your hand at boating on the lake, hitting a bullseye on the archery range, and roasting s'mores over a campfire!

I Heart Art

Grades: 4-12 Cost: \$400

Dates: June 9th - 14th

Take in the colors, sights, and sounds of camp, and create art with them! Look to nature for inspiration as you paint, sculpt, craft and try out other artistic mediums. Of course, you'll have plenty of time to enjoy your other favorite camp activities like archery and swimming too, but maybe you'll see them through a more creative lens during this session. Show off your art in a campercurated gallery show at the end of the week!

Crafty Campers Mini Camp

Grades: 2-3 Cost: \$200

Dates: June 12th - 14th

Calling all budding artists! Create colorful works of art using natural materials, harness your creativity, and let your imagination soar at this mini camp designed with Brownies in mind! In addition to getting crafty, you'll also have the opportunity to try traditional camp activities like archery and swimming too!

Week 3

In My Camp Era

Grades: 2-12 Cost: \$500

Dates: June 16th - 21st

Pack up your friendship bracelets and tell your friends the old you can't come to the phone right now. Why? Oh... 'Cause you're at camp! Better yet, bring your bestie and get ready to turn the music all the way up. Between classic camp activities like archery, hiking, and lake fun, you'll spend your days singing, dancing, and so much more. Explore your favorite eras (Girl Scout Camp Version) and spend the week with fans just like you!

Goosebumps

Grades: 6-12 Cost: \$400

Dates: June 23rd – 28th
Camper beware... You're in for a
scare! Gather 'round the campfire
and bring your best ghost story!
This session will be packed with
the usual outdoor activities you
know and love at camp, along with
glow-in-the-dark goodness, spooky
science experiments, and other
frightening phenomena. Stay up late
to experience what camp is like after
lights-out, but don't worry, the day's
happenings start later than usual, so
you can sleep in too!

Mermaid Academy Mini Camp

Grades: 2-3 Cost: \$200

Dates: June 26th – 28th
Splish and splash – that's what
little mermaids do best! Escape
the summer heat with a wet week
at camp! Swim daily, go boating,
play water games, and experience a
special mermaid makeover. There will
be no dry days during this session of
Brownie only camp!

Friendship & Flashlights Troop & Family Weekend Camp

Grades: 2-12 Cost: \$100

Dates: June 28th – 30th
Bringing together family units of all kinds, this camp session is a great opportunity to participate in a new way with an immersive outdoor experience. Girl Scouts and adults will play, relax, and create memories with the help of our Camp Staff.
Troops and families can choose to have a camp experience bursting with activities or carve out time to simply spend together in nature reading, swapping stories, or completing badgework.



Top Ten Tips for First-Time Overnight Campers and Their Caregivers

- **1. Mentally prepare your Girl Scout for overnight adventures.** Send them to sleepovers with trusted friends or relatives first.
- **2. Help them visualize camp.** Before Overnight Camp, attend an open house event to get a feel for the property.
- **3.** Let your child take charge. Shop together for supplies and have your Girl Scout pick out practice items that they need, and a few fun small items as well. Then, after your shopping trip, pack everything together.
- **4. Have a pep talk.** As a first-timer staying at Overnight Camp, your child will no doubt feel nervous. Help them understand this is totally natural and that other newbies will feel the same way. Let them know that pushing past their comfort zone will help them to grow and have an adventure of a lifetime.
- **5. Make exciting goals.** Help your Girl Scout brainstorm a few goals for their Overnight Camp experience. For example, make a new friend, learn a new skill, or face a new fear.
- **6. Give them a taste of home.** Overnight Camp is an incredible adventure, but that doesn't mean homesickness won't come into the equation. When you are packing together, make sure to slip in a couple photos or a favorite stuffed animal from home.
- **7. Write positive letters.** Campers love to receive mail from home! However, be cautious about what you write. Avoid telling them that you are lonely without them or communicating any bad news. Instead, be positive and ask lots of questions about their experience.
- **8. Don't spoil their experience.** Do not make promises that will disrupt their time at camp. For example, don't promise to pick them up early if they aren't having a good time or that they can call you anytime they feel homesick.
- **9. Overnight Camp is a break for caregivers too!** Caregivers can use this time to re-charge their batteries and enjoy some self-care.
- **10. Short and sweet goodbyes.** The longer your camper has to think about missing you before you leave camp, the more likely they will be to suffer from homesickness or an emotional goodbye.





Day, Weekend & Overnight Camp

Camp Trivera provides the perfect location to host camp sessions throughout the month of July. Conveniently nestled in the heart of Oklahoma City's Adventure District, our urban STEAM camp combines innovation (and air conditioning) with traditional Girl Scout summer camp activities – perfect for new and seasoned campers alike.

Day camp runs from 8:00am – 4:30pm, Monday through Friday, with aftercare available daily from 4:30pm – 5:30pm for an additional fee. Weekend and Overnight programs will operate on different schedules.

Explore
Play
Grow

Camp Trivera • Oklahoma City

Sessions at a Glance

Session Dates	Camp Session	Girl Scout Level	Fee Per Person
July 8-12, 2024	Camp Rewind	Campers going INTO grades K-8	\$300
July 8-12, 2024	<u>Pony Tails</u>	Campers going INTO grades 2-5	\$450/\$550
July 8-12, 2024	Take the Reins	Campers going INTO grades 6-12	\$450/\$550
July 15-19, 2024	<u>Fear Factor</u>	Campers going INTO grades K-8	\$300
July 15-19, 2024	Pony Tails	Campers going INTO grades 2-5	\$450/\$550
July 15-19, 2024	Take The Reins	Campers going INTO grades 6-12	\$450/\$550
July 22-26, 2024	<u>Unbox Your Dreams</u>	Campers going INTO grades K-8	\$400
July 22-26, 2024	<u>Pony Tails</u>	Campers going INTO grades 2-5	\$450/\$550
July 22-26, 2024	<u>Take the Reins</u>	Campers going INTO grades 6-12	\$450/\$550
July 26-28, 2024	Camp Y'all Troop & Family Weekend Camp	Campers going INTO grades K-12	\$100
July 29-August 2, 2024	<u>Holiday Hoopla</u>	Campers going INTO grades K-5	\$300
July 29-August 2, 2024	<u>Program Aide</u>	Campers going INTO grades 6-8	\$200
July 29-August 2, 2024	Pony Tails	Campers going INTO grades 2-5	\$450/\$550
July 29-August 2, 2024	Take The Reins	Campers going INTO grades 6-12	\$450/\$550

Week 1

Camp Rewind

Grades: K-8 Cost: \$300

Dates: July 8th - 12th

Travel back in time and experience a different decade each day! Campers will rewind from the 1950s to the 1990s, learning about influential women and their accomplishments, how Girl Scouting has changed over the years, and participating in traditional camp activities during this blast from the past session!

Week 2

Fear Factor

Grades: K-8 Cost: \$300

Dates: July 15th - 19th

Is fear a factor for you, Girl Scout? Find out here! Build your bravery and join us for a week of creepy crawlies, team building exercises, and daily challenges that will test your courage! Don't worry, you'll enjoy all of your favorite traditional camp activities like rock climbing, swimming, and arts and crafts too!

Week 3

Unbox Your Dreams

Grades: K-8 Cost: \$400

Dates: July 22nd - 26th

C'mon Girl Scout, let's go party – at camp! Grab your bestie, dress in your most fabulous Barbiecore, and prepare to hit the dance floor! Spend the week unboxing your dreams to be whatever you desire! Learn about Barbie's various careers, plan the ultimate end of week Barbie party, and participate in all of your favorite traditional camp activities!

Camp Y'all Troop & Family Weekend Camp

Grades: K-12 Cost: \$100

Dates: July 26th – 28th
Y'all means all! This inclusive
weekend camp welcomes Girl Scouts
to Camp Trivera with their Troop
Leaders or favorite adult! Together,
you'll lounge by the pool, canoe across
the lake, craft to your heart's content,
and sing around the campfire!
This program is gender inclusive.
Capacity is limited to allow for
appropriate housing and bathroom
accommodations for all. Participants
will be asked for gender at the time
of registration to aid in our logistical
planning.

Week 4

Holiday Hoopla

Grades: K-5 Cost: \$300

Dates: July 29th – August 2nd
Are you ready for a year's worth of
holidays jammed into one week?
From Christmas in July to trick-ortreating to an epic egg hunt around
camp, who knows what you'll get
into each day! Watch the New Year's
Eve ball drop or maybe even catch
a leprechaun? In addition to all the
Holiday Hoopla, campers will also
try their hands at traditional camp
activities like swimming, boating,
rock climbing, and more.

Program Aide

Grades: 6-8 Cost: \$200

Dates: July 29th – August 2nd
This weeklong program is a great
first step for future camp counselors.
You'll receive leadership training as
you learn about Girl Scout programs,
work with younger campers, and
practice your outdoor skills. Campers
enrolled in this session will earn their
PA I award and be recognized during
the closing campfire.



SILVER WIND STABLES

Girl Scouts Western Oklahoma is proud to partner with Silver Wind Stables for our 2024 Summer Horse Camps. Silver Wind is located on 750 acres in Edmond, OK and offers riders the chance to experience multiple riding styles and hosts many different breeds of horses. Additionally, Silver Wind Stables boasts a large indoor arena, multiple outdoor arenas, and beautiful trails throughout the property. Their staff are all experienced instructors comfortable working with Girl Scouts of all ages. Campers will be transported to and from Silver Wind Stables each day during these sessions.







Pony Tails Grades: 2-5

Cost: \$450 as a Day Camp, \$550 as an Overnight Camp

Dates: <u>July 8th - 12th</u>, <u>July 15th - 19th</u>, <u>July 22nd - 26th</u>, and July 29th - August 2nd

Calling all cowgirls! During this session, campers will travel to Silver Wind Stables (Edmond, OK) each day and learn the basics in their choice of English or Western style riding. In addition to daily lessons on proper grooming, nutrition, and anatomy, Girl Scouts will also have the opportunity to play games on horseback and explore the innerworkings of the ranch! This program is designed for riders with little to no experience. **All participants must wear jeans and sturdy boots to camp each day.** If you want to up your experience, turn this Day Camp into an Overnight Camp! See registration for more details.

Take the Reins Grades: 6-12

Cost: \$450 as a Day Camp, \$550 as an Overnight Camp Dates: <u>July 8th - 12th</u>, <u>July 15th - 19th</u>, <u>July 22nd - 26th</u>, and

July 29th - August 2nd

Are you an experienced rider considering taking your horsemanship to the next level? Build on the basics of horse grooming, nutrition, and safety by exploring aspects of competitive English or Western riding. Girls will travel to Silver Wind Stables (Edmond, OK) to enjoy daily ground lessons at the barn, riding instruction and demonstrations in the arena, and adventurous trail rides throughout the week (weather permitting)! **All participants must wear jeans and sturdy boots to camp each day.** If you want to up your experience, turn this Day Camp into an Overnight Camp! See registration for more details.



Trading Posts

Camp Care Kits & Camp Swag

Our Trading Posts are filled with camp apparel, cuddly plushies, jewelry, toys, journals and pens, water bottles, and all the latest in summer fun!

What is the purpose of the Trading Post?

The Trading Post is offered to your camper to enhance her camp experience by providing merchandise to create lasting memories of her time at Girl Scout Camp.

When will my camper visit the Trading Post?

The Trading Post will be open one day per session at Overnight, Day, and Weekend Camps.

What is the average amount spent by a camper at the Trading Post?

Most Girl Scouts spend \$15-\$35 per week. You can add Trading Post funds to your camper's account during registration or by contacting Customer Care at least two weeks prior to the start of your camp session. Don't forget, Cookie Rewards can be used at the Trading Post too!

Are Trading Post funds required?

No, adding Trading Post funds to your camper's registration is not mandatory. However, we find that campers love to purchase a keepsake from the Trading Post to commemorate their time at camp.





Our camp store, called the **Trading Post**, is one of the highlights of camp! Girls look forward to purhcasing keepsake camp items.

Day Camp Trading Post 1

2024 Camp Care Kits

Surprise your camper with a Camp Care Kit while they are at camp. Camp Care Kits are camp-friendly care packages delivered to your camper during their camp session. Each kit will include some fun surprise items to help her treasure her camp experience. Your Happy Camper will enjoy unpacking and exploring the contents

this kit has to offer. It's also a great way to remind your camper you're thinking of them when they are busy making memories at camp. Camp Care Kits can be ordered during the camp registration process and Cookie Rewards can even be used to purchase them. Camp Care Kits are not available for purchase at the Trading Post during camp sessions, so please be sure to order early as quantities are limited!







By selling just 1450 packages, Girl Scouts can fully pay their way to almost any camp of their choosing!

This Girl Scout Cookie Season, let your customers know that you're not just a cookie seller – you're an entrepreneur with big goals you're ready to reach! The Cookie Program can help you explore new adventures and build on previous ones. When a Girl Scout earns Cookie Rewards, she unlocks an additional way to cover the cost of camp. Depending on how many packages she sells, she has the potential to fully pay for her favorite day, overnight, or weekend camp. So, set those cookie goals and get ready to be rewarded with summer fun!

We're Hiring for Summer Camp 2024!









You love the outdoors. You love hiking, boating and campfires. Plus, your friends say you're great with kids. Does this describe you? If so, the perfect job is waiting for you at Girl Scout camp! We offer career skills to build up your resume, leadership experience, training/certifications, and a chance to work with a diverse team.

- Experience 2 camps in 1 summer! Must be willing to work at various camp locations for the entire summer.
- Combination overnight, weekend and day camp experiences; we need you:
 - Camp Staff Training, May 19 24 and May 28 31
 - Camp E-Ko-Wah, June 2 June 30
 - Camp Trivera, July 8 August 7
- Housing and meals provided throughout the summer.

All training and certifications are provided. Some training will be required prior to attending camp staff training.





















All Together Now

Join us in experiencing the outdoors at Girl Scout Camp.



Registration is now open! Visit camp.gswestok.org



