

# 2016 Camper Planning Guide

**Open House Tours (both camps):**

May 15, 1-4 p.m.

**My camper goes to camp:**

Day and time \_\_\_\_\_

Bus stop \_\_\_\_\_

**She comes home:**

Day and time \_\_\_\_\_

Bus stop \_\_\_\_\_

Balance due \_\_\_\_\_

Due date \_\_\_\_\_



1231 Upas Street, San Diego, CA 92103-5199  
(619) 298-8391 [www.sdgirlscouts.org](http://www.sdgirlscouts.org)

# Welcome to Camps Winacka and Whispering Oaks

This planning guide will help you and your camper prepare for her adventure! You and your camper are responsible for all the information in this booklet and her success at camp depends on your preparation.

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## General Camp Information

**Camp Winacka** is located southwest of Julian, in the Pine Hills area. Each group consists of 16-32 girls supervised by well-trained staff. Campers sleep on bunks in rustic open-air structures or cots under the stars. Girls will share bathroom facilities and have a place indoors to store their clothing or to sleep in times of inclement weather. Counselors and campers sleep in separate cabins or areas of the sleeping platform. The girls attending reflect the diversity of the socio-economic, racial, cultural and religious groups in the community.

**Program Questions:** [campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org), (619) 610-0690

**Camp Whispering Oaks** is located southwest of Julian, in the Pine Hills area. Each cabin consists of 10-12 girls supervised by well-trained staff. All campers sleep in modern cabins. Girls will share modern bathroom facilities and have a place indoors to store their clothing. Counselors sleep in cabins with the campers with at least two counselors per cabin. The girls attending reflect the diversity of the socio-economic, racial, cultural and religious groups in the community.

**Program Questions:** [campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org), (619) 610-0818

**Registration questions (both camps):** [camp@sdgirlscouts.org](mailto:camp@sdgirlscouts.org), (619) 298-8391

Camps Winacka and Whispering Oaks are accredited by the American Camp Association, which means that the camps maintain high safety and quality standards in site, program, transportation, administration, personnel and health care. The American Camp Association has additional resources and information for parents on its website at [www.campparents.org](http://www.campparents.org)

### Refund and cancellation policy

Cancellations and requests for transfers or refunds must be submitted in writing.

- **Deposits:** Your deposit is non-refundable and non-transferable. If a camp is already full when you attempt to register, your deposit will be returned.
- **Cancellations:** If you cancel your camper's session, your deposit is non-refundable. Refunds of remaining camp fees are only granted up to three weeks prior to start of session.
- **Transfers:** A transfer between sessions is considered a cancellation of the original registration.

## Parent Checklist



**Immediate Tasks:** *\*If you miss these deadlines your reservation will be canceled.*

- Health History and Release:** This form must be completed by June 1, 2016 or ASAP for any registrants after that date. Please log onto your online account to complete this form.
- Final balance due** as soon as possible, no later than three weeks before start of session.
- Special Needs:** If your camper will require an attendant, interpreter or other assistance call the camp director (see page 1) or email [campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org) *immediately*. We are committed to serving all girls but we need ample time to engage appropriately qualified staff. If you have a suggestion on a possible attendant, please let us know.

### Getting Ready for Camp

- CAMP PACKING LIST:** Use the packing list on page 12 to help your camper pack. Follow the list and instructions carefully. Leave a packing list in your camper's luggage to help her when she is packing to come home from camp.
- SLEEPING BAG:** Pack a sleeping bag, not a slumber bag! Garbage bags do not make good carriers for sleeping bags; pillow cases or laundry bags are much better. Help your camper practice rolling up her sleeping bag. This will help her when she packs to come home.
- MARK** all clothing and equipment with camper's full name!!
- LUGGAGE TAGS:** Luggage tags will be sent out in the weeks prior to camp, and extras will be available at the bus stop. Attach the luggage tags to luggage and sleeping bag. Mark sleeping bag and luggage with the camper's name in case the luggage tags fall off.
- WRITE LETTERS** or notes for your camper. You can pre-mail these so they're waiting for her at camp or bring them to the bus stop. Don't forget to sign up for [www.bunk1.com](http://www.bunk1.com) to see photos of your camper. (See page 5)
- DIRTY CLOTHES:** Discuss with your camper how she might deal with having both dirty and clean clothes. Please let her know that it's fine to mix the two when she packs at the end of camp. Even the clean clothes will need washing! Many parents end up making a trip to the council office to pick up dirty clothes because they did not recognize their camper's innovative dirty clothes bag.
- EXCITEMENT AND EXPECTATIONS:** Talk about camp with your camper. Keep an open dialogue with your camper about how she's feeling as camp draws near. Discuss with her your expectations of her behavior at camp, and make sure she knows that her counselors will be there for her if she needs support.
- BRAINSTORM** with your camper about things she might like to do at camp. The counselors will build her group's schedule on the first day, based on her group's ideas and input.
- HELP US GET TO KNOW YOUR CAMPER:** If you would like to share any additional information with us to make your camper's experience at camp more enjoyable, please email the camp director at [campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org). You can also send a note marked "Confidential" and mail to Girl Scouts San Diego Balboa Campus. Please include your camper's name, session and program in your letter.

### The Morning of Camp

**Bring the following items to the bus stop with all appropriate signatures and information:**

- LUGGAGE:** One sleeping bag, one soft-sided clothes bag and one day pack.
- PAPERWORK:** In the weeks before camp, you will be sent a bus ticket, luggage tags and Pickup Authorization forms via mail. Please remember to bring these items, completed, to the bus stop. If you don't have them, plan for extra time to fill them out.
- MEDICATIONS:** Place all medications (in original container) in a clear ziplock bag, clearly labeled with camper's name, session and program to give to the bus chaperone. Do not pack it in the camper's luggage. See page 6-7 for details on health care and medication at camp.

**BUS STOP:** Know how to get to the bus stop and have a local map with you. (See page 10-11). Arrive at the bus stop at the scheduled time and plan to stay for half an hour for check-in and luggage loading. If you are fifteen minutes late, expect to drive your camper to camp.

**PRIVATE TRANSPORTATION:** Know how to get to camp and have a map with you. Plan to drop your camper off at camp between 11 and 11:30 a.m.

**PEP TALK!** Give your camper a pep talk about being responsible for her own things and being cooperative with the staff and fellow campers. Reassure her that you will be OK without her, and that you are excited to hear all about it when she returns.

## Returning from Camp

**MARK THE DATE!** If you are not picking her up, be sure the person who is meeting her knows the date, time and location and is on time. Know how much time it takes you to drive to the bus stop. It makes campers very nervous when people are late picking them up; please prioritize timeliness.

**DESIGNATED ADULTS:** We will only release your camper to people you designated on the Pickup Authorization form or provided in writing as an update. Please be sure the person picking her up is someone you have designated.

**CHECKING IN:** Plan to arrive at the bus stop according to the schedule on page 9 so you can sign your camper out. No camper will be allowed off the bus until staff has verified your choice of person(s) to take your child. Please be patient. This sign-in system is used to provide maximum safety for your camper. It may take a few extra minutes, but your camper is well worth that time to us. Due to traffic and other unforeseen circumstances return buses may be late returning from camp. Please call the Mountain Information Hotline (see below) after 1:30 p.m. on the day your camper returns home for an update on the time you should arrive at the bus stop. If you do not hear an updated message on your first call, wait a few minutes and try again. This message will let you know if there are any bus delays.

**PRIVATE TRANSPORTATION:** Know how to get to camp and have a map with you. Plan to pick up your camper at camp at 2 p.m.

**DOUBLE CHECK:** Check with your camper "is this everything you brought to camp?" Sometimes pillows, dirty clothes, camp crafts, jackets, etc., don't make it into the luggage.

**LOST AND FOUND:** These items will be at the Balboa Campus resource center until Sept. 15. If you know something is missing call (619) 610-0745. Socks and underwear not claimed at camp will not be sent down to the lost and found. The camp and/or council are not responsible for lost or damaged personal items.

**ASSESSMENT:** Please help us by going online to complete the "Parent's Post-Camp Survey." The link will be emailed to you on the last day of camp. When your camper returns from camp, please talk with her about her camp experience. The input from you and your camper is greatly appreciated and helps us continue to improve the camp experience. If you have any questions about your camper's time at camp, please call us right away (see below) or send an email to [campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org).



## Important Contact Information

**Camp Winacka Director**  
(619) 610-0690  
[campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org)

**Camp Whispering Oaks Director**  
(619) 610-0818  
[campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org)

**Resident Camp Registrar**  
(619) 298-8391  
[camp@sdgirlscouts.org](mailto:camp@sdgirlscouts.org)

### Emergency Contact Numbers (Please use these numbers for emergencies only.)

Camp Winacka (760) 765-0600  
(Typically open 7:30 a.m.-11:30 p.m.)

Camp Whispering Oaks (760) 765-3291  
(Typically open 7:30 a.m.-11:30 p.m.)

Mountain Information Hotline (619) 610-0808  
(Recorded message will be updated in case of emergency at camp i.e., earthquakes, evacuations, etc.)

24-Hour Call Answering Service (866) 361-2327  
(Operator will take a message and have someone from council return your call.)

# The Camp Experience

## Our Campers:

- Practice independence while living in a community with others (Confidence)
- Learn responsibility for themselves and their actions (Character)
- Develop problem-solving techniques (Courage)
- Practice social and friendship interactions without the distractions of the modern world (Character)
- Experience nature and the environment first hand and feel at home in nature (Courage)

Our campers use the courage, confidence and character developed at Girl Scout Camp to make the world a better place.

## Attitude makes the difference!

Attending resident camp is a big step for a child. Emotional readiness is just as important as packing the right number of socks, and marking any medications clearly. Include her in the planning process and ask for her input when decisions need to be made. Talk with your camper about what she's excited about, interested in or apprehensive of. Talk to her about the adults that will care for her, and remind her to ask for help from them, if she needs it.

## Activities at Camp

Camp activities are unique each session of camp. Counselors create weekly schedules by combining girl input with predetermined program objectives. Activity possibilities include water play, swimming (Winacka camps only), teambuilding activities, ropes course, archery, horseback riding (for horse program only), canoeing (Winacka camps only), camp-outs, outdoor skills, painting, sculpting, eco-crafts, campfires, science experiments, nature hikes and jewelry making. Campers may complete activities that count towards Girl Scout badges and Journeys. Campers will bring home a notification if they complete 50% or more of a badge or Journey including what steps they need to take to complete the award. Badges and other recognitions are available for purchase after camp at your local council store.

## Homesickness

Most campers experience homesickness at some point during their stay. Our counselors are trained to recognize and support campers with homesickness. Usually, with the busy schedule and support of peers and staff, campers recover quickly and are able to feel proud of that accomplishment. In the months leading up to camp, remind your camper that you will be thinking of her often, but that you are very excited to hear all about her adventure. In cases of severe homesickness, you will be contacted by camp staff to partner on a solution. If after 24 hours (or more) the situation does not improve, the child may need to go home. These situations most frequently involve major changes at home (such as divorce or deployments), or a camper who did not want to come to camp in the first place. Campers are generally not allowed to use the phone, so please don't suggest she call you. You can help by sending light-hearted, supportive mail to your camper and by providing her with self-addressed stamped envelopes to write you.

## Facing Fears

If your camper has any anxiety about the dark, bugs, night noise, new foods or being away from home, start talking with her about those things now. Encourage your camper to identify strategies that will help her cope with new or unusual things. Remind her that the counselors will be there to support her if she needs it. At Camp Winacka some campers sleep under the stars on cots near a central bathroom/activity building and at both camps one-night sleep outs outdoors are common activity choices. Consult the council resource center, your children's librarian or visit [www.campparents.org](http://www.campparents.org) for a wealth of information on your child going to camp.

## Visiting Camp

Open House for both camps is scheduled for Sunday, May 15, 1-4 p.m. This is a time to meet some of the staff, tour the site and review program schedules. Familiarity with the site will help first-time campers adjust to camp life. A map to camp is included in this packet. *During camp sessions, tours are not available as the staff focuses on providing program for the girls.* To ensure safety and limit interruptions in the camp program, unauthorized visitors will not be allowed on the site. If you are unable to visit during Open House, you may call the resource center at (619) 610-0742 prior to June 1 to arrange for an informal, unguided tour. *Open house attendance is highly recommended for first-time campers.*

## **Camp Staff and Supervision**

Dedicated and hardworking, Girl Scout camp counselors and staff work at camp to share the outdoors with girls and create a positive environment where girls can make new friends, have fun and learn about the world around them. The staff is selected for their interest, skills and experience in working with children after a thorough interview and background check. Many return year after year and were Girl Scout campers as children. All are certified in first-aid and CPR and participate annually in intensive week-long training prior to working with girls. Each program group has a staff ratio as determined by the Girl Scouts of the USA. Supervisors for high adventure and specialty programs have activity-specific training to ensure added safety and instruction for the girls.

## **Camp Food**

Camp menus are planned keeping in mind the taste preferences of children. The menus are reviewed to ensure balanced meals. Campers are encouraged to try foods that are new to them, but if that is not possible, we always have simple alternative food items available. Be sure to list any food allergies or special dietary needs, including vegetarianism on the Health History form so we can plan ahead.

## **Mail**

It is a good idea to write your camper a cheerful letter and mail it three days before camp. This way she will have mail right away. Mail is very important to a camper, so plan to write frequent letters. Camp mail is slower than city delivery. Letters written to your camper during the last three days of her session will arrive at camp when she is already home! Address letters to:

Program Name (e.g., Jumpstart)  
Camper's Name  
Camp Winacka  
P.O. Box 340  
Julian, CA 92036

Program Name (e.g., Spirit of Katniss)  
Camper's Name  
Camp Whispering Oaks  
P.O. Box 2243  
Julian, CA 92036

*There will be "mail" bins at both bus stops and camp drop off point for you to drop letters for your campers. The letters will be distributed by camp staff. Feel free to send more than one and write which day you would prefer it be delivered.*

## **Email and Photo**

Photos are taken by campers and counselors and are not professional quality. This service is free of charge and is intended to give you a glimpse into your camper's experience. Camp counselors and other campers take photos with a unit camera that goes most places with them. You will need to set up and be approved by camp staff at [www.bunk1.com](http://www.bunk1.com) or through the link in your confirmation email. The passwords to access bunk1 are: Camp Whispering Oaks — GSSDCWO and Camp Winacka — GSSDWIN . One-way email to campers is available for additional fees. Emails are sent to camp daily and printed to deliver to campers. Find out more at [www.sdgirlscouts.org/camp](http://www.sdgirlscouts.org/camp).

## Health and Safety

The health information you provide protects your child. The camp provides trained personnel and a well-equipped health center. Camp administrators will notify you if any major problems occur such as severe homesickness, injury or serious illness. Secondary insurance is provided for injuries received or sickness contracted while the camper is at camp or traveling directly to and from on the bus provided by the camp. Girl Scout camp welcomes girls from all backgrounds. Families whose religious beliefs preclude medical treatment, please call the registrar for medical waiver forms.

### Communication

Please notify us if there is a change in phone numbers for the parent/guardian or emergency contact person. Should you need to contact the camp director regarding your child please call using the phone numbers provided under Important Contact Information (see page 3).

### Illness

The camp director or health care supervisor will call you if your child has a prolonged illness (is in the nurse's station for more than two meal periods) or injury requiring out-of-camp medical treatment. The staff will attempt to reach you prior to treatment, but camper safety is the first priority. In the event that your camper arrives at camp with lice, she will be sent home for treatment. Your camper can attend another camp session subject to availability, or receive a refund minus the amount of the deposit.

### Emergency and Evacuation

In the event of a large-scale emergency or catastrophic event (earthquake, brush fire), our primary concern is the safety of our staff and campers and our secondary concern is getting information to parents and guardians. Call the Mountain Information Hotline for recorded updates regarding evacuation location, property status or road conditions at (619) 610-0808.

### Health History and Release Form

The council office must receive a current, signed Health History and Release form. We prefer to collect these forms no later than June 1, 2016 or ASAP for any registrants after that date. Information will be dealt with professionally and confidentially and will help us assist your camper. Be sure to note any medications to be taken. **The completed form must be on file for attendance.** The kitchen staff is able to provide for most special dietary needs. If a special diet is required, include the information on this form. The Health History and Release form may be completed by logging into your online account, or using the link in your registration email.

### Health Examination Record

A health examination is no longer required to attend resident camp. We recommend that you consult with your camper's physician regarding camp readiness. Girl Scouts reserves the right to request a health exam by a licensed medical professional for any camper.

### Medications - Camper's Daily Medication Record

All medications (prescription and over-the-counter, including creams, vitamins and supplements) are controlled by the camp health supervisor. Under doctor's or parent/guardian's written orders, camp personnel will assist any camper who is required to take medication. Medical confidentiality is taken very seriously. All information is reviewed by the camp health care supervisor and distributed on a need-to-know basis to other staff which may include camp leadership and your child's counselor.

If your camper is taking medication, please fill out the Camper's Daily Medication Record listing each medication and make sure you send enough for the whole camp session plus a few days of extra. Medication brought to camp must be in the original container and must include complete instructions, with the camper's name.

Do not send the following over-the-counter medications unless they are to be taken daily: expectorant cough syrup such as Robitussin or Robitussin with Sudafed, cough drops, Tylenol, ibuprofen, Sudafed, cold capsules, Dimetapp, Tums, Benadryl, hydrocortisone, Neosporin, Band-Aids, Vaseline, Lubriderm and aloe. Aspirin is not administered by the health care supervisor. Due to the environmental change, campers with any history of asthma should bring their medicine to camp, regardless of length of time since last attack.

**All prescription drugs require doctor's instructions on the label.** Prescription drugs are considered to be those drugs requiring a prescription in the country in which it is being used. For example: if you live in the United States, a medicine that requires a prescription here is considered a prescription drug, even if you could buy it over-the-counter in another country. If medication instructions/dosages have changed since the original label, please include a signed doctor's note.

Have all medicine (in their original container/packaging) placed in a clear ziplock bag, clearly labeled with camper's name, session and program to give to the bus chaperone. Do not pack it in the camper's luggage.

### **Additional Information**

**Fluid Intake:** Dehydration is a concern at camp due to elevation, increased physical activity and lower humidity. Encourage your camper to drink lots of water – at least two glasses at every meal and throughout the day.

**Skin Care:** Be sure she knows to wear sunscreen and use some lotion on her skin at night.



## Camp Participation Guidelines for Campers

Please review this information carefully with your camper. If an issue arises, we will be referring to these behavior guidelines and holding your camper accountable to them. Counselors will work with campers to establish group norms and expectations, as well as trust and teamwork among the groups. For this reason, persistent behavior challenges at camp are rare. Behavior challenges that are not resolved quickly will result in a phone call home from a camp director to discuss the situation, and partner with you as the parent/guardian on a solution. Emotional and physical camper safety is our number one priority, and campers who cannot or will not live by the Girl Scout Law and act within the Camp Participation Guidelines for Campers may be asked to leave camp.

1. I will contribute to the camp community by sharing my ideas and participating in discussions, by taking my share of daily responsibilities for camp living and by performing chores when it is my turn.
2. I will be sensitive to the needs of the other campers and the staff. I will respect the authority of the camp staff, and treat them with kindness. I will inform the camp staff if I have a need that is not being met or addressed.
3. I will be responsible for my own health; eating meals, getting enough sleep, drinking enough water, taking my medication (if applicable) and notifying the camp staff if I do not feel well or suspect a health problem.
4. I will try to live up to the principles expressed in the Girl Scout Promise and Law. I will respect the people and places I encounter during camp and remember that my actions must reflect high standards.
5. I will listen carefully to all orientations and will observe all safety precautions for all activities during the camp session. This may include hikes, swimming, canoeing, archery, field sports and challenge course participation as well as less strenuous activities like cookouts, skits, arts & crafts, campfires and water play.
6. I will give permission for my belongings to be searched, while I am present, when the health, well-being or safety of other campers and/or myself requires it.

## Camper/Staff Communication Information

Our pledge is to put your children in the company of the most trustworthy and capable staff we can hire—counselors who are well suited to the task of caring for campers. The effort we put into screening and selecting our staff is part of that pledge. Our staff members work with your children in the context of a visible, well-scrutinized environment that has many built-in checks and balances.

Counselors are supervised by senior staff guided by clear, firm policies regarding behavior. Their actions are also visible to co-workers and campers. In general we discourage our staff from contact with your campers after camp, since we cannot supervise it. Our staff is encouraged to protect any/all of their online profiles and social networking communications, not to use the camp name or logo on their profiles and not to post any pictures with campers in them.

By hiring we do not recommend our counselors as babysitters, nannies or child companions outside of camp. Counselors may give out the camp address for campers to write letters to them during camp. Letters received after camp closes will not receive a response. We hire our staff for the camp season, and do not take responsibility for their behavior off-season.

As a parent you are, of course, free to make your own choice in this matter. While we cannot keep you from allowing your camper to visit, exchange email or write letters with one of our staff members, in so doing you take full responsibility. We also know that many children exchange contact information (e.g., email addresses, profile names, cell phone numbers) without our or your specific awareness or permission. Any contact with fellow campers after camp is also at your discretion.

We recommend that you, as a parent, supervise your child's online activities just as you do other aspects of their life in your home, and oversee any offseason contact between our staff and your camper or your camper and other campers. You take full responsibility to oversee any contact results.

### **Working Together to Keep Your Camper Safe**

We see many positive, exciting ways for youngsters to enjoy the healthy benefits of the internet and other technologies. As advocates for children we want to work with you to keep those experiences safe, healthy and positive. That is why we have taken the time to write these policies. We urge you to talk to your child—both about camp and their online activity in general. If you have any questions about this information, or why we take the time to share it with you, please don't hesitate to contact us (see page 3).

# Transportation

All girls are encouraged to take the bus to camp (\$10 fee each way), as this is the beginning of the camp experience. Bus stops are located in Mission Valley and Kit Carson Park. Campers who do not ride the bus may be dropped off at the entrance to camp. Camp tours will not be available and parking is limited.

If for any reason your child leaves early, parents or guardians are responsible for making all travel arrangements.

On the Health History and Release form, Pick Up Authorization card and Bus Ticket, please give us the name of the person you expect to pick up the child after camp. Please include authorized parent/guardian names and phone numbers. For your camper's protection we will only release her to one of the persons you have authorized. You will also indicate your choice of departure and return bus stop on this form.

## Bus Schedule to Camp

When you drop your camper off at the stop to go to camp, arrive at this time and plan to be at the bus stop for half an hour. The bus stops are all in public parking areas. Be aware of traffic! Sign in with staff when you arrive. Coach your camper to listen to instructions from staff and driver who will instruct them on safety procedures. Suggest she speaks with a staff member if she has a problem. See page 10 for maps and directions to bus stops.

<b>San Diego</b>	<b>Escondido</b>
8:30 a.m.	9:15 a.m.

## Bus Schedule Home from Camp

When you pick your camper up from the bus stop to come home, arrive at this time and plan to be at the bus stop for one hour. See page 10 for maps and directions to bus stops. Campers will be organized by their program name, i.e., Just Dance, Horsin' Around. Siblings in separate programs will be allowed to ride with their sibling, if they choose.

<b>San Diego</b>	<b>Escondido</b>
4 p.m.	3:30 p.m.

## Private Transportation

Private transportation to camp is timed to work around the bus arrivals. Please do not come early or late. When you enter camp, drive slowly, as children may be in the area. If you are driving your camper to camp, you should arrive between 11-11:30 a.m. You will not be able to tour camp at this time as the staff is busy preparing for the girls' arrival. If you are picking your camper up directly from camp, you should arrive at 2 p.m. It takes about one hour and forty-five minutes to drive to camp from San Diego. It takes one and one-half hour to drive home. Allow about two hours from Imperial Valley. Please be aware that there will be slow moving buses on the mountain roads you are driving. Please drive slowly and be very careful around blind turns. See page 11 for map and directions to camp.

## Changes to Transportation

If you must change your transportation selection before camp, please email to [camp@sdgirlscouts.org](mailto:camp@sdgirlscouts.org), or you may provide a signed note to: Resident Camp Registrar, 1231 Upas Street, San Diego, CA 92103. Our fax number is (619) 795-6930. For your camper's protection, all changes must be in writing. You will be asked to confirm her return destination when she checks in. All bus fees paid will be forfeited if cancelled less than 3 weeks prior to camp session. Changes will not be made after the child is at camp.

## Early Pick Up

Campers are encouraged to stay at camp for the duration of the camp program. Please do not plan on scheduling an early pick up or late drop off for your Girl Scout. We do understand that there are certain emergency situations where a camper may need to be picked up early. If such a situation arises, please call us right away at the relevant phone number (see page 3) to arrange or send an email to [campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org).



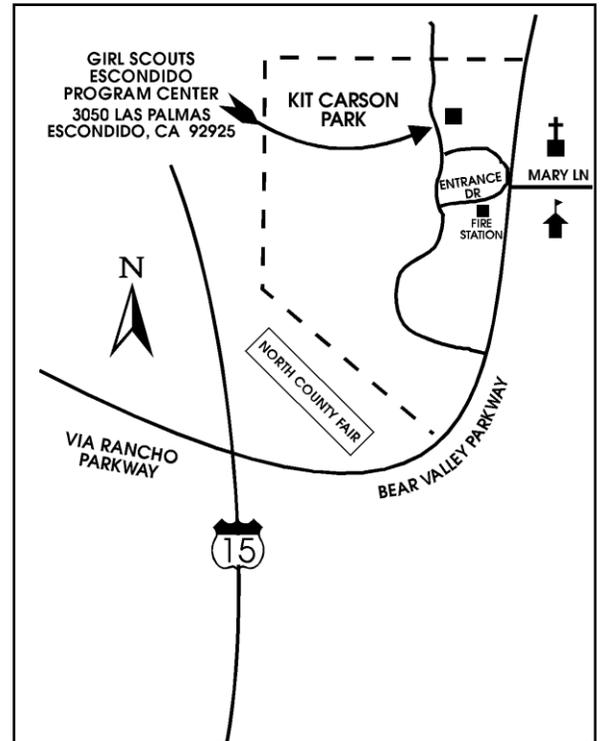
## Bus Location Maps

### Escondido

The Escondido buses for camp will be leaving and arriving from Girl Scouts Escondido Program Center in Kit Carson Park. The building is located at 3050 Las Palmas, Escondido, CA 92025. Computer programs such as Map Quest will direct you to another portion of Las Palmas; please use the map at right and directions below for best access. Please note that traffic on Highway 78 and on Interstate 15 is often slow during rush hour.

#### From northbound or southbound Hwy. 15

- Take I-15 to Via Rancho Parkway
- Go East on Via Rancho Parkway
- Via Rancho Parkway will turn into Bear Valley Parkway
- Turn left at the Kit Carson/Mary Lane signal
- Turn right at the stop sign
- The Escondido Program Center will be on the right in approximately 100 yards. It is a large, brown and green building in a fenced area.



### San Diego

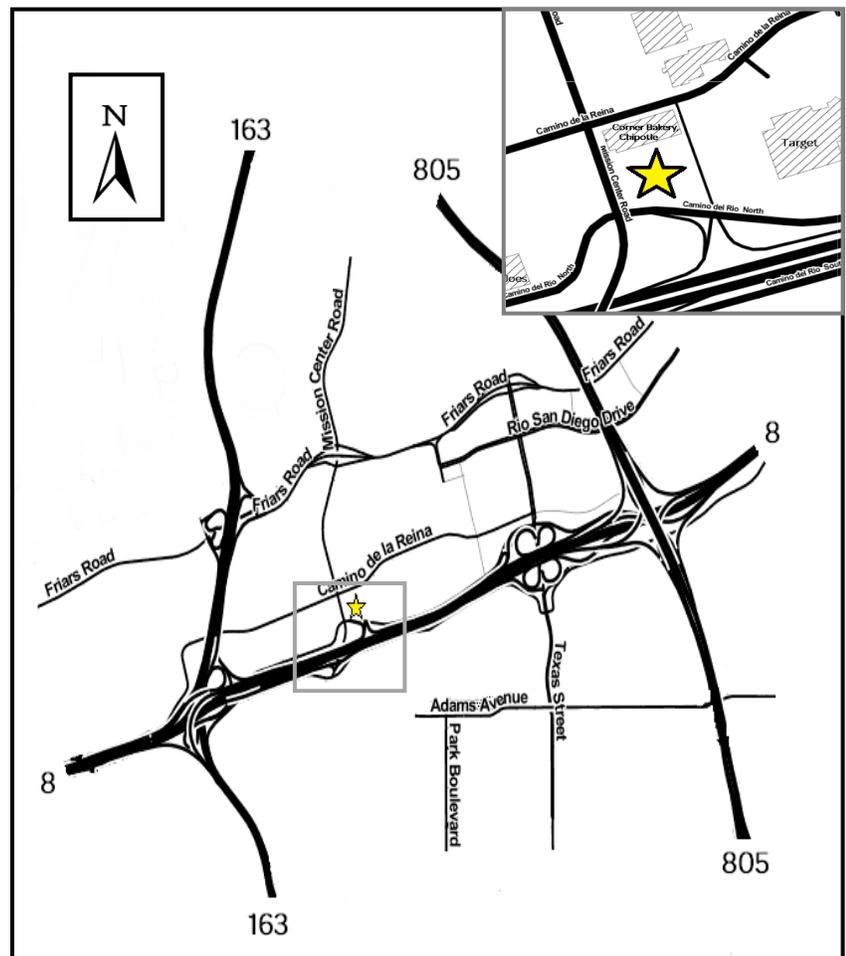
The San Diego buses from camp will be leaving and arriving from the west parking lot of Mission Valley Mall, near Corner Bakery, Chipotle, Pei Wei and Target. The parking lot is on the corner of Camino De La Reina and Camino Del Rio North. To map yourself: Use **1025 Camino De La Reina, San Diego, CA 92108**

#### From the East:

Take I-8 West to Mission Center Rd./Auto Circle Dr.  
Go STRAIGHT through the exit light to cross Camino Del Rio N  
Continue through parking lot, turn left at the stop sign towards Pei Wei and Corner Bakery

#### From the West:

Take I-8 East to Mission Center Rd./Auto Circle Dr.  
Turn LEFT off the exit onto Auto Circle/Mission Center Rd.  
Turn RIGHT onto Camino De La Reina  
Turn RIGHT into first driveway towards Pei Wei and Corner Bakery



## Private Transportation Maps

### To reach Camp Winacka:

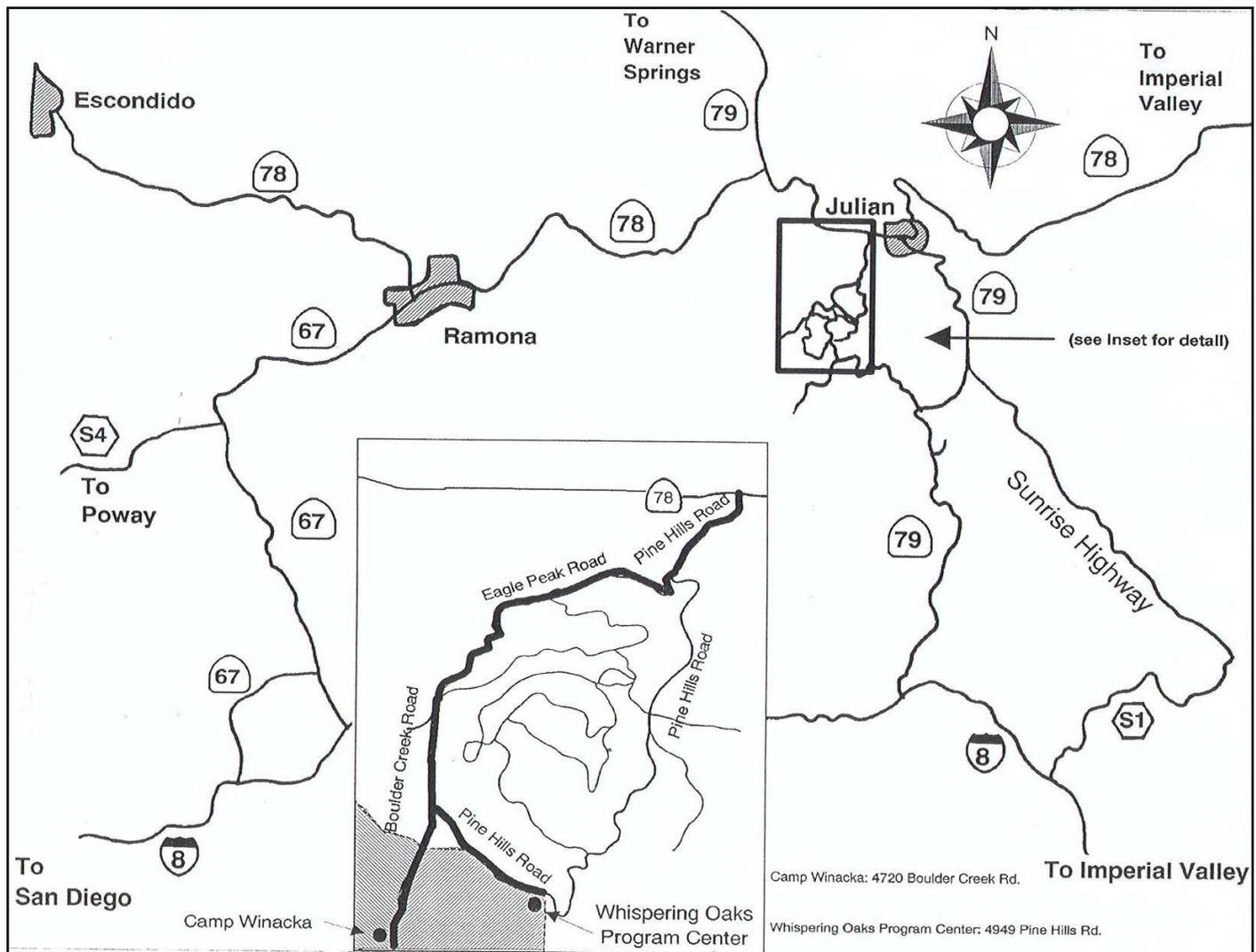
From highway 78/79 take **PINE HILLS RD.** turnoff 1 mile west of Julian. Drive 1½ miles; bear **RIGHT** on **EAGLE PEAK RD.** Follow **EAGLE PEAK RD.** 1½ miles to the junction with **BOULDER CREEK RD.** Bear **RIGHT** on **BOULDER CREEK RD.** Go ½ mile to the entrance to Camp Winacka on the right.

### To reach Camp Whispering Oaks:

From highway 78/79 take **PINE HILLS RD.** turnoff 1 mile west of Julian. Drive 1½ miles; turn **RIGHT** on **EAGLE PEAK RD.** Follow **EAGLE PEAK RD.** 1½ miles to the junction with **BOULDER CREEK Rd** and bear left. Stay leftwards and continue onto **PINE HILLS RD.** Continue ½ mile to the entrance to Camp Whispering Oaks on the right.

### Tip for driving to camp:

When you turn off the main highway, **SLOW DOWN!** At each intersection there will be a small brown sign with white writing that says “GS Camp,” “Winacka” or “Whispering Oaks.” If you *drive slowly and keep a look out*, these will guide you to camp.



Internet mapping software and in-car navigation systems often give incorrect or incomplete directions to camp, and send campers and their parents on harrowing off-road adventures. For your own sake, please use our map/directions to camp!

## Camp Packing List

The right clothing and equipment are important. The days are warm and the nights are cool so pack layers of clothing; this way your camper will have the option to add or remove a layer of clothing to adapt to any weather conditions. Have your camper help with the packing. Clothes for camp should not be new. Remind her that she will get dirty living outdoors. There are showers and flush toilets at camp, but no provisions for washing clothes. Please pack accordingly. Valuable items cannot be safeguarded and may create "status" problems at camp. Please do not bring any pets, money, food, radios, cell phones or other electronic equipment, hair dryers, curling irons, makeup, gum, candy or valuable items to camp. Girl Scouts is not responsible for damage to items brought to camp.

You and your camper should pack together. Remember, she's responsible for packing on her own on the way home!

### Separate from luggage

- Medication in a clearly labeled ziplock bag to give to staff; do not send over-the-counter medication listed on page 6.
- Sleeping bag; labeled luggage tag must be attached!
- Daypack \* with bathing suit (modest), towel, sunscreen, insect repellent (wipe or stick, no spray), hand lotion, lip balm (necklace works best) and inexpensive camera (optional) (disposable cameras \* are great).

### In soft-sided luggage with camper's name included in bag

- Reusable water bottle – very important \*
- T-shirts \*
- Shorts
- Two pairs of sturdy shoes (closed-heel and toe; no flats)
- Flip flops for shower use ONLY
- Long pants, at least two pairs
- Warm jacket
- Sweater or sweatshirt\*
- Two pairs of pajamas
- Socks and underwear (one pair and one set for each day, plus one extra)
- Shade hat
- Bandana \*
- Sunglasses
- Plastic garbage bag or poncho for rain
- Flashlight \* and extra batteries
- Towel, washcloth, soap, personal toilet articles such as toothbrush (in a case), toothpaste (small or family tube almost gone), brush, comb, shampoo and personal hygiene items
- Writing paper, stamps and pencil (pre-addressed post cards are great!) \*
- Mess kit (plastic/metal plate, bowl, cup and silverware) \*
- "Dunk bag" (a nylon mesh wash bag or stocking bag with a draw string) \*
- Water shoes for sprinkler play or an extra pair of closed-heel and toe shoes
- Small pillow \*



**Food** - Campers eat nutritious meals together in a beautiful lodge. Each unit will have cookout opportunities. Do not send "care packages" which contain food. Treats are supplied by the camp. Food in sleeping areas attracts raccoons and mice! Do not send money to camp with your child - there is no trading post at camp. Gratuities and/or presents to staff members are prohibited by the camp personnel policies.

**DO NOT BRING** - radios, televisions, portable CD players or iPods, cell phones, pagers, stereos, food, knives or expensive clothes. Alcohol, drugs and weapons are strictly prohibited. The camp maintains the rights of search and seizure when possession of illegal substances or weapons is suspected.

If found, cell phones, iPods, etc., will be held in camp office during your camper's stay and returned on the last day of camp.

Remember to put your camper's name on all articles of clothing and miscellaneous items.

**\*For your convenience, these items are available from Girl Scout council stores located in San Diego.**

**Girl Scouts San Diego** serves over 30,000 girls and 10,000 adults in San Diego and Imperial counties. Girl Scouts, a voluntary, private organization, is open to all girls between the ages of five and 17 who make the Girl Scout Promise, accept the Girl Scout Law and pay \$15 annual membership dues. We strive to help each girl reach her full potential by helping her develop self-esteem, make new friends and become a vital part of the community. The Girl Scout program is designed to meet the needs of girls from diverse racial, ethnic, socioeconomic and religious backgrounds.

### **The Girl Scout Promise**

On my honor, I will try to serve God and my Country,  
to help people at all times, and to live by the Girl Scout Law.

### **The Girl Scout Law**

I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong and responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scouts.