



Resident Camp FAQ

Is my child required to wear a mask while at camp?

- Yes, we will require that all campers and staff wear a face mask while with us at camp and during most activities, with the exception of sleeping, showering, eating and drinking. For any aquatics programs, masks will not be required while out on the water or in the pool.

What are the required health screenings/procedures prior to arrival?

- Prior to arrival at camp, each camper will be asked to complete a health questionnaire (arrival day for overnight camp) in addition to health screenings upon arrival.

How are common camp spaces being disinfected and safe for my child to use?

- Following established health and safety guidelines, Camp Winacka staff will properly clean and disinfect any communal shared surfaces and equipment. We have added extra hand washing stations throughout our camps and hand sanitizers will be located in each program area. Throughout the day, we will teach and reinforce health hygiene practices, including proper handwashing.

What types of activities will my camper participate in?

- At all camps, a combination of girl input and predetermined objectives decide each unique session's schedule. Options range as wide as the girls' imaginations, and typically include water games, archery, nature exploration, arts and crafts, and science experiments.
- Girls can expect to spend about half their time doing activities related to their camp's theme, and about half their time enjoying general camp activities.
- Each camper will participate in campfires with their group.



What food is served at camp?

- Our kitchens serve balanced, tasty and kid friendly meals the entire length of your campers stay. We serve three meals a day, except on the days they arrive and leave, they get two meals. There are daily snacks and various activities where additional snacks/treats are served.
- Camp kitchens are nut free (note: some prepackaged items may have been processed in facilities that handle nuts). Most dietary needs can be met if known in advance, please include this information in your health history, registration, or by emailing campdirector@sdgirlscouts.org.

Is there bus transportation?

- Bus stops are located in Mission Valley and Kit Carson Park. Your confirmation packet will include maps, directions and more information. Cost: \$15 each way.
- Bus transportation is recommended for all campers. Girls start the camp experience on the bus, with camp counselors as chaperones. Many girls make friends on the bus ride and look forward to it each year.
- You may also choose to drive your girl to camp and drop her off at the front gate; camp staff will walk her in



What healthcare is provided on site?

- An onsite health care supervisor with advanced medical training is available 24 hours a day.
- All of our staff members are first aid and CPR certified.
- Minor camper illnesses and injuries are handled on-site following parent/guardian directions on the medical release form.



What if my camper takes medication?

- Your camper will bring a clearly labeled medications with her to camp along with a completed camper medication record form.
- Prescription medication must be prescribed by a doctor and be in its original prescription container with the camper's name.

- One counselor with each group of campers carries and administers medication under the direction of the health care supervisor.
- Over-the-counter medication is provided according to parent/guardian directions on the Health History form.

Who is caring for my camper?

- All staff members are at least 18 years old and selected for their maturity, enthusiasm and experience.
- Each summer, staff participates in an intensive week-long training program in child development, group management, camping skills, conflict resolution, bullying prevention, First Aid and specialty areas.



Do counselors sleep in the cabins with the girls?

- At Camp Winacka, counselors only sleep in cabin with grades 4-5. For 6-12th grade campers, Winacka counselor cabins are within feet of the camper cabins, and campers are told where to find counselors if they need them. In "under-the-stars" accommodations, counselors sleep near the campers, but in their own area.



What is the difference between rustic and under-the-stars accommodations?

- All accommodations have access to flush toilets and hot showers.
- Rustic cabins (Hilltop, Morningside, Hideaway, and Rocky Ridge at Camp Winacka) are screened open-air facilities with built-in bunks and no electricity. They sleep up to eight campers.
- Under the stars (Shady Glen and Mountain View at Camp Winacka) allow campers to sleep on cots on an outdoor deck attached to a central building that has restrooms and a changing area.

How will I stay in touch with my camper?

- The postal address for camp is included in the Parent/Guardian Handbook which is sent in your confirmation email. Mail is delivered to campers daily.
- Camp staff blog and post photos nightly on Bunk1.com as a free service. For an additional fee, parents can email their campers through Bunk1. Campers respond via US Mail only.



Can family visit at camp?

- No tours are available during summer sessions, drop-off, or pick-up.

Does resident camp have a lost-and-found?

- Campers will have the chance to claim lost-and-found items on the last day of their session.
- Unclaimed items (other than socks and underwear) will move to a lost-and-found at the Balboa Campus Leadership Center until Aug. 20. Call (619) 610-0689 to ask about lost items.
- Girl Scouts San Diego is not responsible for camper possessions that are lost or stolen. The best way to prevent loss of property is to leave valuables at home.
- We strongly encourage labeling all your campers clothing and possessions.