



# Day Camp Information Guide



## Packs to Paddles

July 29-Aug 2, 2019

Overnight: Wednesday, July 31 at Lake Cuyamaca

9:00 a.m.-3:30 p.m.

Balboa Campus

1231 Upas Street, San Diego, CA 92103

Ready, Set, Adventure! Explore San Diego's natural beauty from the mountains to the ocean. Navigate your way through Torrey Pines, stand up paddle board and kayak through the bay! Enjoy canoeing and hiking around Lake Cuyamaca while also checking out local flora and fauna. Keep the fun going with an overnight stay at Cuyamaca, taking in all the night sounds and sights. Round out your trip with a relaxing and refreshing D.I.Y. spa day! Earn the Outdoors and Naturalist badges appropriate for your grade level.

### Complete Registration

We are excited to have your camper with us this summer! Your camper is only tentatively placed until the balance of all fees is paid three (3) weeks prior to the start of your camp session. If we do not receive your balance due or communication from you, your space will be canceled and given to someone on the waitlist. Your deposit will not be refunded.

### The Day of Camp

#### Extended Care

Complimentary morning and afternoon Extended Care is available at our Balboa Campus from 7:30 a.m. to camp start, and camp end to 6 p.m.; this is included in the cost of camp. We do not offer Extended Care at the Escondido Program Center or off-site locations. Campers left after 30 minutes past the end of Extended Care without notification may be released to the authorities or Child Protective Services if parent/guardians cannot be contacted.

- **Extended Care Check-in Location:** Balboa Campus Leadership Center (Clark Room). If using Extended Care in the mornings, complete check-in with Extended Care staff in the Leadership Center. When regular camp check-in begins, Extended Care staff will walk campers to the main check-in location.
- **Extended Care Checkout Location:** Balboa Campus Leadership Center or main level grassy area.

#### Check-in time and location

There are multiple drop-off location/s for this camp. Check-in will begin 15 minutes (30 minutes on the first day) before the start time for each day of camp.

- **Bus from North Coastal Service Center:** The bus from Carlsbad Campus will depart at 7:15 a.m. Each day, check-in begins at 7:00 a.m. in front of the Service Center.
- **Bus from Escondido Program Center:** The bus from Escondido Campus will depart at 7:45 a.m. On the first day, check-in begins at 7:15 a.m. and 7:30 a.m. for the remainder of the week in the main parking lot.
- **Drop off at Balboa Campus:** Check in begins at 8:00 a.m. on the first day and at 8:15 a.m. for the remainder for the week.

#### Lake Cuyamaca Overnight

An overnight for all will be from Wednesday to Thursday at Lake Cuyamaca.

#### Sign In Procedures

- For the safety of your camper, all campers, including DCAs/CITs, must be signed in by an adult when dropped off at camp. Please stay with your camper until they are signed in.
- Please allow plenty of extra time for check-in on the first day of camp to complete required paperwork.

- During check-in on the first day, parents/guardians will confirm the list of adults authorized for pickup in the afternoon. Children will only be released to those listed on the authorized pickup list.
- Dogs and other pets are not allowed at camp or in the sign-in area. Pets should be left in the car or at home during pickup and drop-off.

### Signing out

- Pickup and drop-off must occur at the same location.
- Checkout at Balboa occurs from 3:00-3:30 p.m. The camp shuttle will leave Balboa Campus by 4:15 p.m. Checkout at Escondido Program Center begins immediately upon bus arrival at about 4:45 p.m. Checkout at North Coastal Service Center begins immediately upon bus arrival at about 5:15 p.m.
  - Note: the bus arrival time varies based on traffic conditions. We try to estimate arrival time as closely as possible, but the bus may arrive before or after the estimated time. We appreciate your patience and flexibility.
- When picking up your camper, please bring a photo ID as a camp staff member will check your identity against the persons listed on the Day Camp Sign In/Out Sheet as authorized to pick up your camper. All campers, including DCA/CITs, must be signed out by an authorized adult.
- It is our responsibility to see that your child leaves with the appropriate person each day. Children will only be released to those listed on the Day Camp Sign In/Out Sheet.
- If you are picking your child up prior to the end of camp, please notify our staff when dropping off.
- Campers at Balboa campus who are left after 30 minutes past the end of camp will be moved to Extended Care.
- Campers at Escondido Program Center and/or North Coastal Service Center who are left after 30 minutes past the end of camp without notification may be released to the authorities or Child Protective Services if parent/guardians cannot be contacted.

## Health and Wellness

### Special needs

At Girl Scouts, we're committed to providing the best camp experience for all girls. Please help us prepare by sharing any special needs, including severe food allergies, accessibility challenges, learning disorders or behavioral challenges, in advance by filling out the Camper Health History in detail. If you wish to discuss any specific considerations or accommodations further, please contact [campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org). All special needs are confidential and are only shared with designated staff on an as-needed basis. Special dietary needs should also be indicated on the health history form.

### Medications

- All medication administered by camp must be provided by parents/guardians, including any over-the-counter medications.
- Prescription medication must be prescribed by a doctor and in its original prescription container with the camper's name printed on it.
- The health supervisor will manage all camper medications.
- Camp does not provide or supply over-the-counter medication.

### Injury/Illness

- In case of illness, camp staff will contact you to pick up your camper, with the expectation that you will pick her up in a timely manner.
- Minor injuries will be dealt with onsite, following any parent/guardian directions listed on the medical release form. You will be informed prior to administration of any advanced medical assistance.
- In the case of a life-threatening situation, emergency medical services will be notified before parents or guardians.

### Reaching your camper

If you need to reach your camper in an emergency, please call the Girl Scout office at (619) 298-8391. We will locate your camper and put her in contact with you.

## General Camp Information

### Sun Exposure at Camp

Packs to Paddles is located almost entirely outdoors with minimal shade. Parents/guardians should take preventative measures to ensure proper sun protection. A hat and extra sunscreen is highly recommended. Although counselors are trained to remind campers frequently, you should also discuss the importance of re-applying sunscreen and drinking water with your camper prior to camp.

### Things to bring

Bring the following items to camp each day, or as specified:

- Sack lunch (unless a cookout is announced): Label all items; do not pack perishable items, as refrigeration is not available.
- Refillable water bottle

- Sunscreen
- Day pack (to keep items together)
- Swimsuit and towel
- Extra t-shirt or rash guard for boating and water activities
- Water shoes (optional)

**Do not bring** electronics, money, gum, jewelry, pets, personal sports equipment or any other personal item of value to camp. Alcohol, drugs and weapons are prohibited at camp, and possession of such items is grounds for dismissal.

### Cell Phone Policy

Girl Scout camp is a place for campers to develop independence and self-esteem, learn new skills and make friends. We do not feel the camp experience includes cell phones and encourage all of our campers to unplug, participate and engage in camp and the world around them. Campers are not allowed to use cell phones during camp and are discouraged from bringing them. Should you need to contact your camper, please call the Girl Scout office at (619) 298-8391.

### Attire

- Campers should wear comfortable clothing that allows them to be active, have fun and get dirty.
- Each camper will be given a camp T-shirt that must be worn each day.
- Closed-toe and closed-heel shoes and socks must be worn at all times.
- Hat is strongly encouraged.
- Swimsuit under clothing and a change of clothing (recommended)
- Extra t-shirt or rash guard that can get wet (optional)
- Extra socks

### Lost and Found

- Label everything with your camper's first and last name in a discreet, non-obvious area.
- A lost-and-found will be maintained at both our Balboa Campus and Escondido Program Center. Unclaimed items will be donated at the end of the summer.
- Girl Scouts is not responsible for lost or stolen items.

## Participation Agreement

### Please review the following with your camper

- I will be part of the camp community by sharing my ideas and joining in discussions, by helping out with daily responsibilities of camp living, and by completing campers when it is my turn.
- I will think about the needs of the other campers and the staff. I will respect the authority of the camp staff and volunteers.
- I will be responsible for my own health: eating meals, getting enough sleep before camp, taking my medication (if applicable) and telling the camp staff if I don't feel well or think something is wrong.
- I will try to live up to the Girl Scout Promise and Law. I will respect all people and places and hold myself to a high standard.
- I will listen carefully to all orientations and will follow all safety precautions for all camp activities. These could include hikes, swimming, archery, horseback riding, water sports or field sports, and also less physically demanding activities, like cookouts, skits, arts and crafts, computers or water play.
- 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.

## Volunteer at Camp

Volunteers make day camps possible! To learn more about being a day camp volunteer or to register, please go to [sdgirlscouts.org/campvolunteers](http://sdgirlscouts.org/campvolunteers) or contact Madeline McElwain at (619) 610-0782.

## Transportation Information

Please be aware of campers walking in the parking lot during pickup and drop-off times.

- The speed limit in the parking lot of the camp is 5 mph.
- This camp offers buses from multiple Girl Scouts San Diego locations to and from the campsite. All bus stops are in public parking areas. Be aware of traffic! Sign in with camp staff when you arrive. (More information available on bus shuttle handout).

**Bus departs** from North Coastal Service Center at 7:15 a.m. Arrive at least 15 minutes prior to departure on the first day of camp **Bus returns** from camp at approximately 5:15 p.m.

**Bus departs** from Escondido Program Center at 7:45 a.m. Arrive at least 30 minutes prior to departure on the first day of camp and 15 minutes early on remaining days. **Bus returns** from camp at approximately 4:45 p.m.

Be aware that buses returning from camp may be early or late based on traffic. If the bus is more than 15 minutes late, a Girl Scout staff member will come to the bus arrival area to inform you of any delays or changes in transportation. Please be patient.

Your child may be riding a bus at some point during the camp session. Please review the following safety rules for bus travel with your camper.

- ☞ Stay in your seat,
- ☞ Use the bathroom before getting on the bus,
- ☞ Keep hands and objects inside the windows,
- ☞ Don't make excessive noise or distractions to the bus driver,
- ☞ And have fun.

## Directions to Camp

### BALBOA CAMPUS:

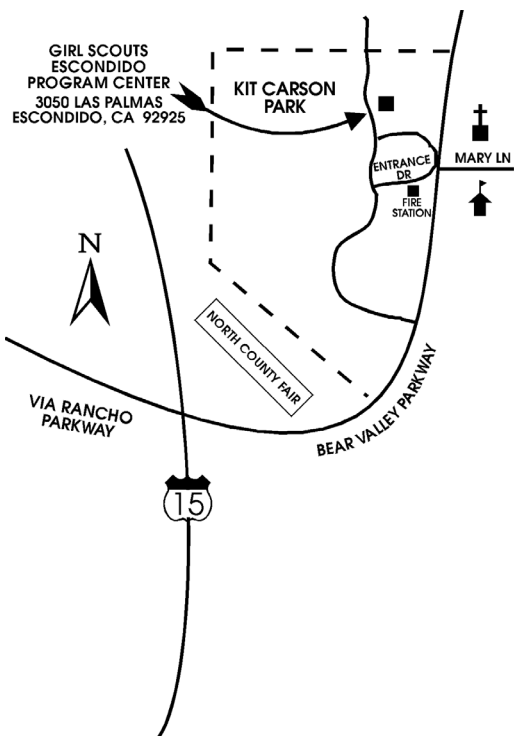
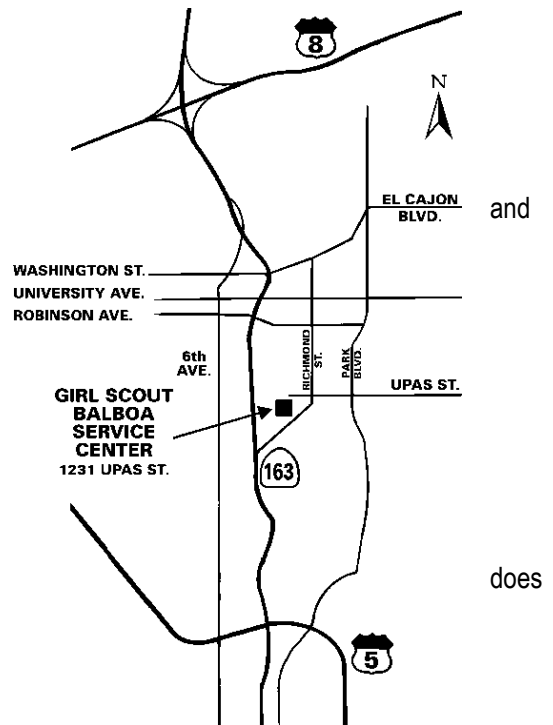
From South Bay: Take I-5 North to Hwy. 163 North. Go north on 163 to Richmond St. exit. Take Richmond to Upas St. (Stop sign) and turn left. Balboa is the first driveway on the left.

From North County: Take Hwy. 163 South. Go to the Washington St East exit bear right. Go south on Richmond St to Upas St. and turn right. Balboa campus is the first driveway on the left.

From the East County: Take I-8 West, go south on Hwy. 163. Follow the North County directions.

### ESCONDIDO PROGRAM CENTER:

**Exit I-15** at Via Rancho Parkway and turn right; turn left at Mary Lane/Kit Carson; at stop sign turn right; first driveway on your right. Do NOT use MapQuest, Google maps or your GPS to find this location. The written address does not match the physical location.



**NORTH COASTAL SERVICE CENTER:** 5315 Avenida Encinas, Suite 100, Carlsbad, CA 92008

From South County: Take I-5 North to exit 48 to Cannon Road. Turn left on Cannon Road, then turn left on Avenida Encinas. The Girl Scout offices are on the right.

## Important Contact Information

For Registration, Volunteer Questions, or general support: (619) 298-8391, [camp@sdgirlscouts.org](mailto:camp@sdgirlscouts.org)  
For questions about camp program or schedule: (619) 610-0832, [campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org)