

Adventure Weekend Youth Program Leader



Confirmation Packet

Camp Whispering Oaks – Julian, CA

November 2-4, 2018

January 11-13, 2019

March 8-10, 2019



Welcome!

My name is Sam “Hutton” Brasted. I’m super excited to meet all of you for another wonderful Adventure Weekend at Camp Whispering Oaks! Helping younger Girl Scouts with fun activities is a great way for older girls to develop courage, confidence and character. I have so many wonderful memories from my own camping trips, and I hope that you and your girls form lots of these memories during your time with us.

Please read this packet thoroughly, as it contains important information for your time at camp. The more prepared you are, the more fun you and your campers will have! Don’t hesitate to contact me with any questions that you might have. Finally, the most important tip that I have for you is to bring your travel mug – this way you can take your coffee everywhere with you!

See you soon!

Sam “Hutton” Brasted

Quick Reference Guide

Fill in the information below as a quick reference guide for your particular Adventure Weekend.

Our weekend date: _____

How many girls?: _____

How many adults?: _____

Our camping trained adult: _____

Our first aid trained adult: _____

Questions?

For questions about the program, meals, lodging, special accommodations, concerns, etc.

Contact Sam Brasted
sbrasted@sdgirlscouts.org
(619) 610-0818

For questions about registration, payment, or any registration changes

Contact Registration
registration@sdgirlscouts.org
(619) 610-0821

Adventure Weekend Policies and Procedures

Sleeping Arrangements

- You and your campers will be sleeping in cabins. Youth Program Leaders will all be in the same cabin.



- Cabins hold 16 people. If you are a light sleeper, we recommend bringing earplugs and/or eye masks.
- You and your campers will be sleeping on bunk beds with mattresses. You'll need to bring your own sleeping bags, pillows and other linens.
- The cabins are winterized with heat. You will have access to flush toilets and warm showers.

Check-in & Check-out

- **Check-in:**
 - o Plan to arrive at camp at between 7 and 7:30 p.m. on Friday night.
 - o Check in at the main lodge as soon as you arrive on property.
 - o Please arrange a carpool for your troop. Parents should not be driving up individual girls. There are a limited number of parking spaces available.
 - o Bring your troops Annual health history and permission forms with you. You will keep these with your troop leader for the duration of the weekend. Please make sure that these are carried with your troop in either a large envelope or binder. Please back your vehicle into a designated parking space.
- A mandatory orientation meeting for all Youth Program Leaders will take place at 8:45 p.m. on Friday evening.
- **Check-out:** All activities will end by noon on Sunday. You are expected to stay for the whole weekend.

Safety Standards

- **Required:** One leader in attendance with Basic Overnights training
- **Required:** One leader in attendance with first aid and CPR training
- *Safety Activity Checkpoints* for ratios and trip guidelines must be followed at all times.
- Appropriate progression and skills must be practiced, evaluated and planned. Campers should feel ready for a weekend camping experience.
- You must have an annual health history form for each girl and adult attending.
- You are responsible to help us keep your girls safe. Please do not encourage unsafe activities or leave your girls unattended.
- You are responsible for all property guidelines as identified in the *Property Resource Guide*.

Participants & Payment

- Only pre-registered girls and adults may attend the weekend. All participants must be registered Girl Scouts. Substitutions are handled on a case by case basis.
- Fees are due one month before the weekend. You may adjust your balance due at that date to accommodate any drop outs, but no refunds will be given after this time.
- Please call or email registration immediately if you have a cancellation at any time, before or after funds due date. Exact numbers affect cabin placement, meals, supplies and much more.
- Once your troop is placed in an Adventure Weekend, \$100 of your initial payment is non-refundable. There are no refunds for cancellations made less than one month prior to the weekend, and your troop is responsible for the remaining balance. We do not administer refunds based on weather changes, unless the weekend is canceled by council staff, in which case you are entitled to a full refund or reschedule.

Important Program Information

- The Girls will meet with a staff member Friday evening after the leader meeting to talk about what activities they are excited about helping with.
- There will be several blocks plus one full hour of troop time on Saturday. This time is unscheduled and gives you and your campers time to do something of your own design. Some folks like to hang out in their cabin, others play on the playground and some go on a short hike.
- S.W.A.P.S. are done at all of our weekends. Check Pinterest or other online resources for ideas or help defining what exactly S.W.A.P.S. are. We recommend each girl make 10-15 each.
- Girl Scouts are expected to leave a place better than they found it. Each cabin will be assigned different clean up tasks and kapers (chores) to help keep camp clean.
- You have the opportunity to perform one skit or song during campfire on Saturday.
- All activities are planned with girls in mind. Please remember this and share your enthusiasm.



Communication

- Please do not expect to receive phone calls at camp, there is no receptionist.
- We require that cell phones are not used in front of other campers while at camp.
- Cell phone coverage is inconsistent at camp. Feel free to give parents the following number as an emergency number: (619) 610-0818

What Will We Do?

The following is a sample schedule and is subject to change. The activity blocks on Saturday include activities like arts & crafts, teambuilding or nature activities. The All Camp activity on Sunday is a time when everyone in camp comes together to participate in a game or challenge.

Friday	
7-7:30 p.m.	Check-In & Move In
8 p.m.	Orientation/Snack (Help lead songs!)
8:45 p.m.	Youth Program Leader Orientation
10:00 p.m.	Lights Out

Saturday	
7 a.m.	Wake Up
7:50 a.m.	Flag Ceremony
8 a.m.	Breakfast
9:15 a.m.	Activity #1
10:30 a.m.	Recess
11 a.m.	Activity #2
12:30 p.m.	Troop Time
1 p.m.	Lunch
2 p.m.	Troop Time
3:00 p.m.	Activity #3
4:30 p.m.	Activity #4
5:45 p.m.	Troop Time
6:20 p.m.	Flag Ceremony
6:30 p.m.	Dinner
7:30 p.m.	Campfire
8:45 p.m.	Back to Cabins
9:30 p.m.	Lights Out

Sunday	
7 a.m.	Wake Up and Clean Up
8:50 a.m.	Flag
9 a.m.	Breakfast
9:45 a.m.	Quick Leader Meeting
10 a.m.	All Camp
11 a.m.	S.W.A.P.S. (optional)
11:15 a.m.	Scouts Own & Flag
11:30 a.m.	Check-Out

What Should We Bring?

What you pack for the weekend should be based on the anticipated weather, specifically the forecasted low. Our preferred weather source is the National Oceanic and Atmospheric Administration – you can check the weather at their website www.noaa.gov. When in doubt, plan for colder than you anticipate. We can always find an extra T-shirt, but extra jackets are harder! Please only bring clothes and shoes that can get dirty.

Each girl and adult should bring:

In an overnight bag:

- 2-3 t-shirts
- 2 long sleeve shirts
- 2 pairs of pants
- 3 pairs of socks and underwear
- 1 sweatshirt
- Hat and gloves
- 1 pair pajamas
- 1 warm, waterproof jacket
- Tights or leggings for under jeans
- 2 pairs of sturdy closed-toe shoes
- Towel and personal toiletries

- Sleeping bag and pillow

In a daypack:

- Reusable water bottle
- Poncho for rain
- Flashlight
- Camera
- Insect repellent, sunscreen, chapstick

A Note on Shoes:

Shoes worn at camp must be closed-toe and heel, and must be worn with socks. Crocs, flats, sheepskin boots (Uggs) and canvas shoes (Converse) are not the best choices while at camp. We recommend athletic shoes or hiking boots that are broken in. We want your feet to be happy while you're with us!

Group Items (one adult from each troop should gather the following items):

- Annual Health histories for each troop member attending.
 - Health histories should be carried at all times and should stay with the troop.
 - If you don't already have health histories, go to www.sdgirlscouts.org/forms and search:
 - Girl Health History and Annual Permission
 - Adult Health History Record
- First aid kit: Whatever you use at your normal troop gatherings
- Medications for all campers (if applicable), in original packaging/prescription bottle
- Alarm clock – battery operated (please don't plan on using your cell phone)
- Activities for 'Troop Time'
- Extra clothing and water bottles (for girls), just in case
- Something to identify your troop, such as matching bandanas, shirts, scarves, etc.

Please DO NOT Bring:

iPods, iPads, other electronics, electrical appliances (except for medical reasons), anything you don't want broken, expensive clothes, sports equipment, anything prohibited by Safety Activity Checkpoints

What About Cell Phones?

Girls may not bring cellular phones. Adults may bring cell phones, but they may not be used around girls or other campers. Adults will be asked to "unplug" for the weekend and set a good example.

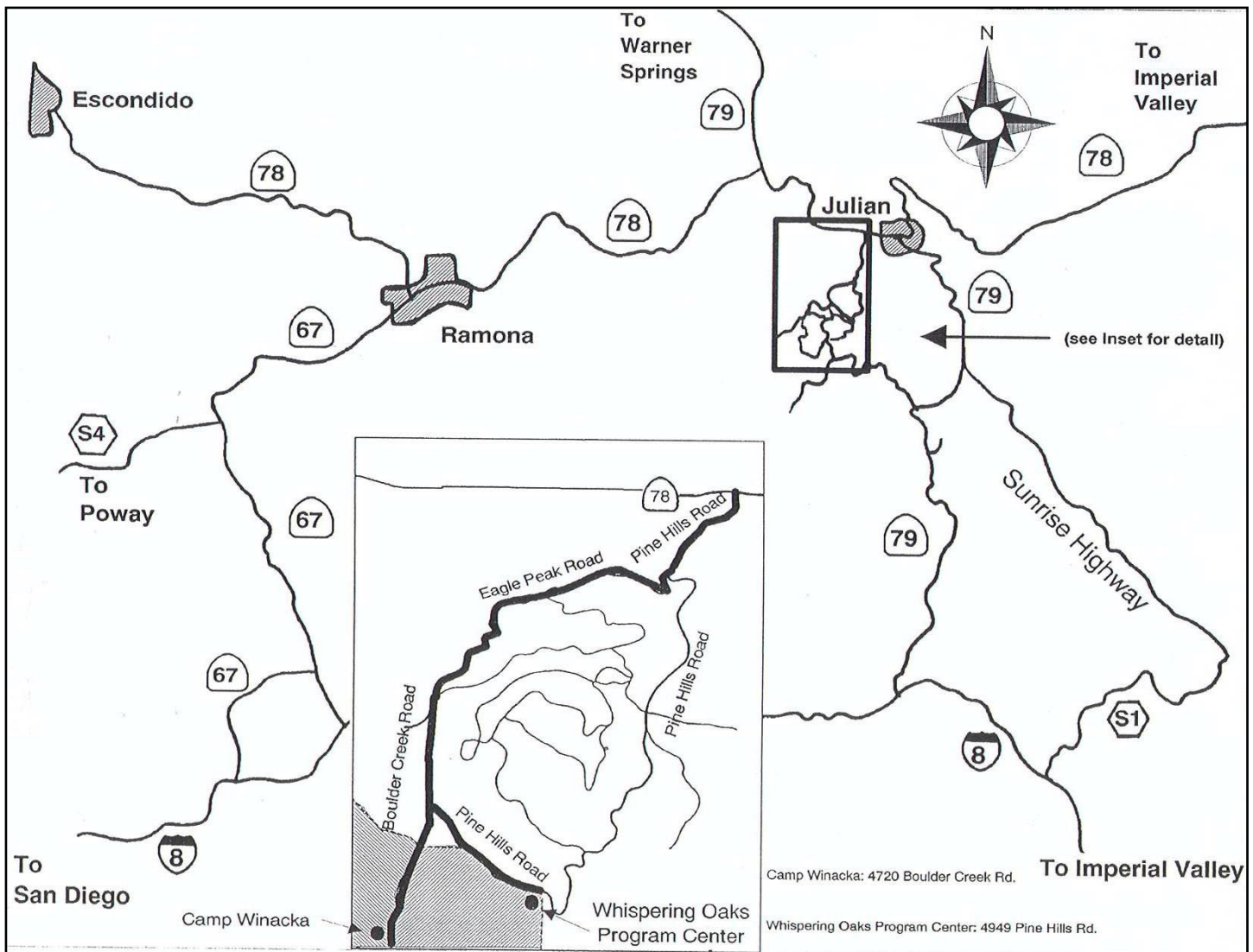
Where Do We Go?

To Reach Camp Whispering Oaks:

From highway 78/79 take the **PINE HILLS RD** turnoff 1 mile west of Julian. Drive 1 ½ miles; turn **RIGHT** on **EAGLE PEAK RD**. Follow **EAGLE PEAK RD** 1 ½ 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.

Driving Tip

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 signs will guide you to camp.



Internet mapping software and in-car navigation systems often give incorrect or incomplete directions to camp, and send vans full of campers and their adults on harrowing off-road adventures. For your own sake, please use our map and directions to camp! It will take you about 90 minutes to reach camp from the greater San Diego area, accounting for traffic and appropriate speeds.

Are We Ready?

As your girls move through their overnight, camping and trip taking progression, you should begin to agree more and more with the following statements.

Decide where your campers stand on each of these statements. Once complete, pay close attention to the statements you disagreed with. What can you do to boost your score before the Adventure Weekend?

It's all about progression! Give girls the opportunity to plan, learn and practice skills in a safe environment where, when mistakes happen, they can profit from the experience.

Example: If a girl wears ill-fitting shoes on a simple hike around the neighborhood, you can treat her blisters and send her home to mend and make the necessary changes to her wardrobe. But, if you are at camp for two days, both you and she will suffer for the duration of the weekend.

Milestones in Outdoor Progression	Agree 100%	Agree Somewhat	Disagree Somewhat	Disagree 100%
My campers have been comfortable away from home, their routine and familiar surroundings for longer and longer periods of time.				
They are capable and practiced in taking care of themselves; brushing their own hair, getting dressed without help, organizing and keeping track of their belongings.				
My campers pack for themselves, and (more importantly) their parents allow/encourage them to do so.				
My campers understand and observe outdoor safety skills and practices (see <i>Safety Activity Checkpoints</i>).				
My campers respect their natural surroundings. They take only pictures and leave only footprints. They stay on trails, and keep a safe distance from wildlife.				
My campers display good manners, whether I am close behind them or in another room.				
My campers have demonstrated responsibility for their own behavior and comfort with cabin/tent community living.				
My campers understand their dietary needs and can let an adult know if they are not getting enough food, or need help with their food.				
My campers have demonstrated getting along with others for longer and longer periods of time – accepting responsibility for their own behavior				
My campers have practices planning for camping experiences, and we get together and reflect on what worked and what didn't after a camping or overnight trip.				
My campers have established group norms on how to make decisions that affect the whole group. They work together to solve conflicts or problems.				

What Now?

- Pay your balance (if any)
- Health Histories for each Girl and Adult.
- Prepare your campers for the weekend (what to pack, what your expectations are, what her expectations are, transportation and other trip details)
- Arrange to carpool with anyone you know who will also be attending. Parking is limited!
- Call or email with questions
- Let us know about any dietary needs, special accommodations or cancellations
- Pack your bags
- Get excited for camp!