



Camp Family Handbook

Sleepaway Camp – Camps Whispering Oaks (CWO) and Winacka (WIN)

Day Camp – Balboa Campus (BC) and Escondido Program Center (EPC)

Welcome to Girl Scouts San Diego (GSSD) Summer Camp!

Use this handbook to prepare yourself and your camper for the adventures that await at camp.

This handbook includes:

- Safety: including details on paperwork, policies, communication, and healthcare
- Preparation: pep talks, support, and messages that we (camp staff) and you (caregivers) can provide your camper to help them engage in camp and grow from the experience, including topics of homesickness, conflict resolution, challenges, new adventures, social connections, and more.

We're so excited your camper is joining us for camp this summer! We love to answer questions, so please don't hesitate to get in touch as you prepare for a wonderful summer.

Girl Scouts San Diego (GSSD) Outdoor Team
Camp@sdgirlscouts.org

P.S. Want to learn more about sleepaway camp? Join us for an open house on Sunday, May 17, 1-4 p.m. Learn more and register at sdgirlscouts.org/events.

Accessing Active

Log into your [Active account](#) to view your confirmation email, find camp details, and complete important paperwork and required forms.

Important Contact Information

Camp Whispering Oaks Office

760-765-3291

Monday, June 15-Monday, July 27, 2026

Typical hours: 8 a.m.-9 p.m. during sessions

Camp Winacka Office

760-765-0600

Monday, June 15-Monday, July 27, 2026

Typical hours: 8 a.m.-9 p.m. during sessions

Day Camp Office

619-610-0809

Monday, June 8-Monday, Aug. 3, 2026

Typical hours: Weekdays, 7:30 a.m.-6 p.m.

GSSD Customer Care Line

619-610-0821

camp@sdgirlscouts.org

Council Main Line

619-298-8391 (press 2 if after-hours
emergency)

Receptionist: Weekdays, 8:30 a.m.-5 p.m.

Answering Service: Weekdays 5:30 p.m.-8:30
a.m. and weekends

Rallyhood

In case of emergencies at camp, messages and updates will be communicated to families via Rallyhood notification. (Rallyhood is new to camp this summer and will be used as a one-way communication platform for camp purposes. You will be invited to your camper's session rally approximately one week prior to camp.)

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Camp Whispering Oaks, Camp Winacka, and Balboa Campus Day Camp 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 at acacamps.org/parents-families.

Camp Goals and Outcomes

About Girl Scouts San Diego

Girl Scouts San Diego builds girls of courage, confidence, and character, who make the world a better place. Beyond traditional leadership development, our relevant programs and experiences foster a sense of well-being in girls, so they are well-rounded individuals poised for success in life.

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 firsthand and feel at home in nature (Courage)

Each camper attending camp works towards building skills in the five long-term outcomes of Girl Scouting.

ACA: CR.2.4

Camp Culture and Community Code

At Girl Scout Camp, we use the Girl Scout Promise and Law to guide our behavior. Reflect on what these words mean when you're at camp:

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

**Members may substitute for the word God in accordance with their own spiritual beliefs.*

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 Scout

Statement of Belonging

We are committed to providing Girl Scouts with the space, skills, and practice to embrace and participate in thoughtful dialogue to understand individuals, their life experiences, and identities. We create safe and inclusive spaces for our members to experience a sense of belonging and to have the opportunity to discover, connect, and take action in our complex world—these are key to the Girl Scout Leadership Experience. All Girl Scouts San Diego programming, including camp, is open to those who identify as girls and individuals who do not identify with the gender binary. Although our members are referred to as Girl Scouts or girls, we recognize and honor that they may not identify as exclusively female or use she/her pronouns.

We respect the rights, dignity, and individuality of every camper and create space for each one to feel welcome, valued, and seen.

To create and maintain a culture of kindness and belonging, we expect each camper, staff member, and family member to bring their very best self to the camp experience—before, during, and after camp itself.

Each person deserves to be valued, affirmed, respected, and included for who they are, and who they are becoming as they grow. This means that we respect the background each of us comes from, the diversity we bring to make camp a varied community, and the way we wish to be seen and addressed. We strive to help all find a sense of belonging, without regard to gender identity, sexual orientation, race, religion, socioeconomic status, neurodivergence, ability, or health status.

Bullying, name-calling, insults, inappropriate touching or topics, violence, fighting, damaging property, or any other unkind behaviors are strictly prohibited and will not be tolerated.

These actions will be addressed as follows:

- Counselors will address the behavior with the camper, helping them to understand the rules and take responsibility for changing the behavior.
- If the behavior continues, senior staff will meet with the camper to discuss and implement solutions. Caregivers will be contacted, and clear expectations will be established.
- If the behavior continues, the caregivers will be asked to pick up the camper as soon as possible. No refunds will be provided.
- Any of these steps may be modified due to the nature or severity of the behavior.

Please spend time discussing this with your camper and work together to write down three things they can do to be kind at camp: _____

Please affirm your commitment to keeping Girl Scout Camp positive, diverse, and welcoming.


Camper signature: _____ Parent/caregiver signature: _____

Important Paperwork

All Camps

- Log into your [Active account](#) to view and complete additional forms, as applicable:
 - Financial assistance forms
 - Specialty program information/agreements
 - Note: Health history information is completed during registration; fill out the health update form if anything changes between registration and your camp session

Paperwork to complete 1-2 weeks prior to the start date of your camper's session:

- Update your Authorized Pick-ups:
 - Log into your [Active account](#)
 - Under **FAMILY MEMBERS** on the right side of the page, click **MANAGE AUTHORIZED PICK-UPS**
 - Select child from drop-down list
 - Click **+Add pick-up** to enter guardian's name (required) and home phone number (optional)
 - (Optional) Check box “add another pick-up” to add additional guardian before saving
 - Click **SAVE**
 - *Note: To remove an authorized pick-up, click on  Authorized to make it unauthorized*
 - *Note: To edit an authorized pick-up, click **Edit** next to it*
- Camper Medication Record – Complete only if your camper is bringing medications, vitamins, or supplements to camp.

Sleepaway Camps –

- Luggage tags for each bag will be provided at the bus stop or drop-off point (if you are driving your camper to camp).

Health and Safety at Camp

Camp Staff:

All camp staff members are 18 years or older and are selected for their maturity, skills, experience, and enthusiasm. Many of our counselors were Girl Scout campers as youth, and many return year after year. Staff are trained in CPR, first aid, child development, and activity leadership, and comply with California Assembly Bill 506 by completing a background check, Live Scan fingerprinting, and mandated reporter training. As an equal opportunity employer, Girl Scouts San Diego welcomes staff of all genders and backgrounds to join our team. Male staff members are never alone with campers without a female counselor present and do not sleep in spaces with Girl Scouts.

- **Healthcare staff:**
 - **Sleepaway Camps** - A full-time healthcare staff member lives on each camp site. Healthcare staff hold higher medical certifications or licenses, such as Registered Nurse (RN), Paramedic, Certified Nursing Assistant (CNA), Physician's Assistant (PA) and/or EMT. Healthcare staff oversee medication administration and are called in by counselors for concerns beyond regular first aid and are always on call in case of an emergency.

- **Healthy campers:**
 - The best way to keep your camper healthy at camp is to send them to camp that way! **If your camper experiences vomiting, diarrhea, or fever in the 48 hours prior to camp, currently has lice or bedbugs, or has any other contagious illness, they should not attend camp. If possible, we will have your camper join when symptoms have resolved or reschedule them for a later session. Contact us for rescheduling or late arrival options.**
 - Make sure your camper knows the basics of staying healthy, like hand washing, covering coughs and sneezes, changing clothes daily, not sharing brushes or hats, and staying on the trail. We remind them of this at camp, too!
 - **Sleepaway Camps** - All campers have a health check on the first day of camp at the drop-off location. This includes taking their temperatures, checking each camper for lice, and asking general well-being questions.
 - If a period of highly communicable disease, like COVID-19, spread occurs in our counties, we may initiate testing at check-in, and/or mid-week at camp and will follow CDC guidance.
- Our biggest health issues at camp are dehydration, sunburn, and itchy bug bites. These can in turn cause a host of other symptoms and problems, like chapped lips, headaches, and stomachaches. To prevent these issues and keep your camper in tip-top shape, we ask campers (and staff) to:
 - **Sleepaway Camps** - Drink three 8 oz. glasses of water (or two of water and one of milk) at each meal and keep a water bottle with them at all times. Though this may sound like a lot, our campers are hiking at a high elevation in dry, hot temperatures. They need it!
 - All Camps - Put on sunscreen at regular intervals. “Sunscreen parties” are supervised by staff, who have extra sunscreen on hand for campers to use. We also encourage hats and keep campers in the shade as much as possible during activities.
 - All Camps - Use bug lotions and wipes, and wear long sleeves and pants for evening activities and sleeping. Please do not send your camper with aerosol or sprays; these can trigger severe allergic reactions or asthma attacks in other campers.
- **We’ll give you a call about your camper’s health in the following instances:**
 - **Sleepaway Camps** - If your camper stays overnight in the health center. This could be for many reasons—often campers who aren’t feeling well simply need a full night’s rest away from the noise and giggles of a shared cabin.
 - **Day Camp** - If your camper spends more than an hour in the health center.
 - All Camps - If your camper is experiencing something that is contagious or is too unwell to participate in the fun, we’ll call you to pick them up from camp.
- **Urgent and emergency situations at all camps:**
 - Camp staff are trained and prepared to respond appropriately if accidents or emergencies arise.
 - Safety of our campers is our top priority. Once their safety and health are being managed, camp staff will contact you with information, including whether your camper is being transported to urgent care or an emergency room. Camp staff will be present at the facility with them and act as their advocate until a parent/guardian can arrive to proceed with treatment decisions.
- **Meals, dietary needs, and allergies:**
 - **All GSSD camps are tree nut and peanut free.**
 - **Sleepaway Camps** -
 - Campers eat three meals a day, plus snacks. Meals are planned with kids’ taste and nutrition needs in mind.
 - With sufficient notice, we are able to accommodate most dietary needs, restrictions, and allergies. Please ensure that this information is listed in your camper’s health form. Camp staff may contact you if we have further questions about a dietary need or allergy in the weeks leading up to your camper’s session.

- **Balboa, Escondido, and Off-Site Day Camps** – Campers should bring a packed lunch every day. We will provide a morning and afternoon snack. Campers attending extended camp will be offered an additional snack.
- **Other special needs/accommodations:**
 - With sufficient notice, we are able to accommodate most special needs at camp. Please ensure that this information is listed in your camper’s health forms. Camp staff may contact you if we have further questions in the weeks leading up to your camper’s session.
 - If your camper requires an attendant, interpreter, or other assistance, please contact camp@sdgirlscouts.org immediately! We need ample time to engage appropriately qualified staff.

ACA:AD.11.1,AD.11.2, AD.11.3,HW.8

General Policies and Communication

Refer to the [2026 camp guide, pages 6-7](#), for information about refunds, cancellations, and camp buddies.

- **Visiting Camp:**
 - To ensure safety and limit interruptions to the camp program, all camps are closed to visitors. Those dropping off or picking up their campers will not be able to tour camp at that time.
- **Lost and found:**
 - We will do our best to send your camper home with all belongings. Any lost and found items are sent on a weekly basis to the Balboa Campus at 1231 Upas St., San Diego, CA 92103
 - 619-610-0821, open Monday-Friday, 8:30 a.m.-5 p.m. We will keep items until Friday, Sept. 7, 2026, at which point they will be donated or repurposed.

During camp

- **All Camps - Photos and Camp Updates:**
 - We distribute several cameras around each camp every day. Campers and staff take photos, which are uploaded to Rallyhood, a secure website and app, along with a short blurb about the daily activities and meals. This service is free and is intended to give you a glimpse into your camper's experience. Rallyhood is new to camp this summer and will be used as a one-way communication platform for camp purposes. One week prior to the camp session your camper is attending, you will receive an invite to join the rally to access the photos for the upcoming camp week. Please reach out to camp@sdgirlscouts.org with any questions.
 - Note: We do our best to upload pictures on a regular basis, however it may not be possible on a daily basis due to the limited Wi-Fi or other circumstances at camp. We try our best but cannot guarantee a photo of each camper every day.
- **Sleepaway Camps - Mail:**
 - Mail is delivered once per day, usually after lunch. Cheerful letters or notes of encouragement are best!
 - **We do not accept packages mailed to campers.** If you would like to send a package with your camper, please pack it in their luggage to find when they unpack at camp. Do not pack any valuables or food.
 - The best method to send mail to your camper is through our free mailboxes located at the bus stops and drop-off points on the first day of camp. Feel free to send multiple letters and indicate days for delivery throughout the week. Please address letters as follows:
 - Camper first and last name
 - Camp program name including camp and session (e.g. Jump Start WIN1)
 - Day of week camp staff should deliver (e.g. "Day 3" or "Thursday")
 - **Mail can take three or more days to arrive at sleepaway camp**, which is why we encourage using the camp mailboxes on the first day. If using U.S. Mail, please allow plenty of time and address letters as follows:

Camper first and last name
Program name (e.g. Jump Start)
Camp Winacka
P.O. Box 340
Julian, CA 92036

Camper first and last name
Program name (e.g. Friends in Fairyland)
Camp Whispering Oaks
P.O. Box 2243
Julian, CA 92036

- We do our best to deliver mail daily, but if your camper is on a group trip, there may be a gap in delivery.
 - We provide supplies for campers to write mail to families back home and send out mail every day.
 - It is possible you could receive a “negative” letter from your camper. Often, these letters are written on the first day and express sadness, loneliness, or homesickness in a new and strange environment. By the time these reach you two to three days later, your camper is usually doing great and having a blast with their new friends. Please give us a call if you receive any concerning letter from your camper so we can check up on them; we want to make sure they are having a great time or help them out if necessary.
- **All Camps – Electronics:** We ask campers to leave their cell phones and other electronics (including smart watches like Apple Watches) at home.
 - At camp, we aim to help kids practice important social skills, prioritizing in person time as our best way of connecting with each other and nature. Campers thrive in our technology-free environment.
 - Cell phones and other electronics are subject to confiscation by the camp director and will be returned on the last day (sleepaway camp) or at the end of the day (day camp).
 - Girl Scouts San Diego is not responsible for any loss or damage of any electronics or valuables brought to camp.
 - If you need to reach your camper at camp, please contact the camp office.

After Camp

- Fill out the survey emailed to you on the last day of camp, and/or get in touch with us directly. The Outdoor Team values learning and growing from each season at camp. We welcome any feedback you have for us about your camper’s experience.
- **Camper and staff communication policies after camp:**
 - **It is against our policy for our staff to contact your campers after camp.** We tell our staff to protect their online profiles and social media communications, not to use the camp name or logo on their profiles, and not to post pictures with campers in them.
 - Our employment of counselors is not a recommendation of them as babysitters, nannies or child companions outside of camp. Counselors may give out the camp address for campers to write 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 when they are no longer employed with Girl Scouts San Diego.
 - We know that many children exchange contact information with each other (e.g., social media, usernames, and cell phone numbers) without our or your specific awareness or permission. Any contact with fellow campers after camp is at your discretion.

Preparing With Your Camper

The most important communication in the weeks leading up to camp is between you and your camper. Helping them prepare for camp is the best way for them (and you!) to have a successful experience at camp.

The best “gear” is encouragement and tools from you on how to handle any circumstance or challenging situation. We aim to create a positive, empowering, and inclusive environment for your camper, but any community experience can involve bumps or disappointments. Please read on for some typical situations that might happen at camp and advice for talking with your camper about them before they arrive.

Things to prepare all (even seasoned) campers for

- **How to ask for help from counselors:**
- Our counselors’ first priority is the physical and emotional safety of our campers. They are trained to be attentive to the environment, group dynamics, and campers’ needs.
- Please talk with your camper about how to ask for help and how to find a counselor if any aspect of camp life or interactions with other campers are bothering them.

- **Saying goodbye** on the first day of camp is often the hardest part for campers and parents/guardians alike. Your camper may shed a few tears, and that’s normal! The most successful goodbyes are when the parent/guardian stays cheerful and positive about what a good time the camper will have at camp.

- **Missing Home** — normal for new and seasoned campers alike! Even our day campers can experience home sickness.
 - Our counselors are trained to recognize and support campers feeling wistful about home.
 - Leading up to camp, remind your camper you will be thinking of them often, but are very excited for them to experience camp.
 - Avoid saying, “Try it out, and if you don’t like it, I’ll come and get you.” Though it may calm them in the moment, this often results in the camper doing their best to prove to camp staff and to you that they are miserable once at camp.
 - Instead, give your camper positive and encouraging thoughts, and be firm about how great camp will be, even if it seems hard at first. Phrases like, “I know you can do this,” “You’re ready to take on this challenge,” and “I believe in you,” can really boost their success.
 - In cases of sustained homesickness, camp staff will contact you. If, after 24 hours or so, the situation does not improve, it may be in the camper’s best interest to go home. These situations frequently involve major changes at home (such as divorce, loss, or deployment), or a camper who didn’t want to come to camp in the first place.

- **Facing fears:**
 - Start talking with your camper now about new foods, meeting new people, the dark, bugs, night noises, and being away from home. Together, identify strategies to help them cope with new or unusual things, and remind them that their counselors will be there for support if they need it.
 - Camp is a rustic environment, regardless of cabin accommodations. Prepare them for bugs, dirt, and spending most of their time outside. Local wildlife includes deer, wild turkeys, mice, and spiders, among others.
 - Teaching your camper how to introduce themselves can go a long way toward helping them be more comfortable more quickly! Practice at home so they’ll feel calm and confident when meeting new friends.

- **Bullying and conflict between campers:**
 - We strive to provide a safe, positive, inclusive environment for kids to learn and practice social skills. Campers sometimes make mistakes in social situations and cause hurt feelings. Our counselors are trained to recognize these instances and help campers resolve them as part of the learning experience.
 - **Bullying is not tolerated at camp.** Bullying is any intentional, repeated, hurtful act, including inflicting physical pain, name-calling, exclusion, defacing property, hurtful pranks and public humiliation. Importantly, bullying is a situation in which a person or group of people have power over someone else and use that power to get their way or cause hurt. For example:
 - If two campers are calling each other names, it's a conflict, not bullying. Counselors will facilitate a resolution with the campers and help them make better choices next time.
 - If one camper is getting others to put down or exclude one camper in the cabin, that's bullying. In this situation, counselors will step in and tend to the well-being of the victim, address the situation with all campers involved, and make sure campers are aware of what is appropriate at camp. **If bullying reoccurs after the first intervention, the parents/guardians of all involved campers will be notified and campers may be sent home.**
 - All campers and their caregivers are expected to abide by the Camp Culture and Community Code in this guide. Failure to do so may result in dismissal from camp.

Prepare Nervous or New Campers

- **Sleepaway Camps - Communal living:**
 - Your camper will be sharing living space and bathroom space. Please talk with them about this to prepare. For privacy, campers change in shower stalls; showers are located in a central bathroom building 20-30 feet away from the cabin.
 - **Camp showers are three minutes long to conserve hot water for all the campers in the cabin. Help them practice at home so they know how much time they'll have to wash their hair and body.**
 - Let us know if your camper needs support caring for their hair or other needs while at camp. Our staff includes individuals with experience with all hair types.
 - Campers participate daily in "kapers," or chores, with their group, including tidying up the cabin and a daily community chore, like performing the flag ceremony, or picking up trash around camp. On the last day, campers will help clean their cabins, bathrooms, and showers with counselors' help and guidance.
- **Schedule and activities:**
 - Campers spend time on general camp activities and those related to their session theme.
 - On the first day, campers and counselors meet to discuss activities they are excited about; counselors use this to build the schedule for the rest of the week.
 - Talk with your camper about what they'd like to do or try so they're ready to speak up in the group. Remind them that the group may not be able to do everything they want, but there's sure to be one or two favorites in the mix.
- **Swim assessment (all Winacka campers):**
 - All Winacka campers are scheduled for regular swim periods in the Winacka pool.
 - On the first day of swimming, all campers must complete a swim assessment, which involves swimming 20 yards and treading water in the deep end for one minute. Campers are then categorized into three levels, as required by the American Camp Association, which help the lifeguards safely manage swimmers.

- Beginning swimmers (called ‘Starfish’) must stay in the shallow end at all times
 - Intermediate swimmers (called ‘Seahorses’) must ask a lifeguard’s permission each time before entering the deep end of the pool.
 - Advanced swimmers (called ‘Manta Rays’) can swim in the deep end at any time.
- Talk with your camper about this; even if they swim at home, they may not meet the level they were hoping for.
- **Campers do not have to complete any part of the assessment that makes them uncomfortable**, and lifeguards individually monitor each assessment for camper safety. Campers who are unable to safely complete the assessment will be classified as ‘Starfish.’
- **Water games (all Whispering Oaks campers):**
 - All Whispering Oaks campers are scheduled for regular water games and sprinkler activities, usually held at the main grass field.
 - Whispering Oaks campers may have the chance to swim at the Winacka pool once per week, waterfront staff and weather permitting. All Whispering Oaks campers will complete a swim assessment prior to enjoying the pool and will be classified according to ACA standards (see above section for Winacka swimmers).
- **Water games (all Day campers):**
 - All Day Camp campers are scheduled for regular water games to keep cool.
 - Day Camp campers who are enrolled in an off-site aquatics program may have the opportunity to swim in a pool or other body of water, waterfront staff permitting. If so, then all Day Camp campers complete a swim assessment prior to enjoying the pool and will be classified according to ACA standards (see above section for Winacka swimmers).

Sleepaway Camp Packing List

A few general tips:

- **Label everything your camper brings.**
- Pack layers! The days are warm and the nights are cool, so layers will help your camper adapt to any weather conditions.
- Have your camper help in the packing process. This will help them know what they have and where to find it in their bag. Remember, they’re responsible for packing on their own before coming home.
- Clothes for camp should not be new, because your camper will get dirty living and playing outdoors. There is no way to do laundry at camp (except for 12-day sessions).
- We do not recommend wearing or bringing a Girl Scout vest, sash, or smock as it may get dirty, damaged, or lost at camp.

Separate from luggage:

- Medication in a clearly labeled zip-lock bag with their Camper Medication Record (found in your Active account) to give to staff. Do not send over-the-counter medication unless it is to be taken regularly/daily. All medications must be in the original container.
- Email camp@sdgirlscouts.org if your camper will carry medications for life-threatening conditions, like epi-pens or inhalers. Counselors will carry emergency medications in the unit’s first aid backpack.
- Sleeping bag; labeled luggage tag must be attached!
- Daypack with reusable water bottle, bathing suit, towel, sunscreen, insect repellent (wipe or stick—no spray), hand lotion, lip balm, and inexpensive/disposable camera (optional).

In soft-sided luggage with camper’s name clearly marked:

- T-shirts (1 per day, plus 1-2 extra)

- Shorts (2-3 pairs)
 - Two pairs of sturdy shoes (closed heel and toe—no flats, crocs, or sandals)
 - For horse camps, boots with one-inch heel are required for riding and should have little or no tread. Lug-sole hiking boots or tennis shoes with a flat sole may not be used for horseback riding.
 - Flip flops (for shower use only)
 - Long pants (2 pairs)
 - Bring jeans if you are in a horse program
 - Warm jacket
 - Sweater or sweatshirt
 - Two pairs of pajamas (1 warm, 1 cool)
 - Head scarf or bonnet, if desired
 - Socks and underwear (1 pair and 1 set for each day, plus 1 extra)
 - Shade hat
 - Sunglasses
 - Flashlight and extra batteries
 - Towel, washcloth, soap, shampoo, personal toilet articles such as toothbrush (in a case), toothpaste (small, or almost-gone family tube), brush, hair ties, comb, and any other hygiene items
 - Writing paper, stamps, and pencil (pre-addressed and stamped post cards are great!)
 - Water shoes for sprinkler play (or an extra pair of closed heel and toe shoes)
 - Pillow
 - Masks (optional)
- **If your camper forgets something:** We can usually help! We keep extra toiletries, menstrual supplies, and even swimsuits on hand for campers. Remind them to ask a counselor if they realize they need anything—we can only help if we know about it.
 - **Please do *not* bring:**
 - **Food:** Campers eat nutritious meals and snacks together. Do **NOT** send food with your camper—it attracts raccoons and mice.
 - **Money:** There is no need to send money with your camper; there is no trading post at camp, and gratuities or presents to staff members are prohibited by the camp personnel policies.
 - **Valuables** such as radios, televisions, iPods, cell phones, food, pets, personal sports equipment, knives, or expensive clothes.
 - **Alcohol, drugs (including e-cigarettes and vapes), and weapons. These are strictly prohibited.**

The camp maintains the rights of search and seizure when possession of illegal substances or weapons is suspected.

Day Camp Packing List

A few general tips:

- **Label everything your camper brings.**
- Pack layers! Weather conditions can change throughout the day.
- Have your camper help in the packing process. This will help them know what they have and where to find it in their bag. Remember, they're responsible for packing their bag on their own before coming home.
- Clothes for camp should not be new, as they may get dirty. For this reason, we also do not recommend wearing or bringing your Girl Scout vest, sash, or smock.

Separate from daypack:

- **Medication** in a clearly labeled zip-lock bag with their **Camper Medication Record** (found in your Active Account) to give to staff. Do not send over-the-counter medication listed unless it is to be taken regularly/daily. All medications must be in the original container.
- Email camp@sdgirlscouts.org if your camper will carry medications for life-threatening conditions, such as epi-pens or inhalers. carry medications for life-threatening conditions, such as epi-pens or inhalers.
- Counselors will carry emergency medications in the unit's first aid backpack.

In a day pack:

- Reusable water bottle (full of water)
 - Packed lunch (**please do not send any nut products**)
 - Sunscreen
 - Insect repellent
 - Lip balm (optional)
 - Inexpensive/disposable camera (optional)
 - Sweater or sweatshirt
 - Head scarf or bonnet, if desired
 - Shade hat
 - Sunglasses
 - Masks (optional)
- **If your camper forgets something:** We can usually help! We keep extra menstrual supplies and even extra lunches. Remind them to ask a counselor if they realize they need anything—we can only help if we know about it.
 - **Please do *not* bring:**
 - **Money:** There is no need to send money with your camper; there is no trading post at camp, and gratuities or presents to staff members are prohibited by the camp personnel policies.
 - **Valuables** such as radios, televisions, iPods, cell phones, food, pets, personal sports equipment, knives or expensive clothes.
 - **Alcohol, drugs (including e-cigarettes and vapes), and weapons.** These are strictly prohibited.

The camp maintains the rights of search and seizure when possession of illegal substances or weapons is suspected.

Sleepaway Transportation

Round-trip bus transportation is available for five-day and three-day sleepaway camps (\$45 each way; \$90 roundtrip). Camp staff supervise bus trips to ensure a fun and safe experience. Alternatively, families may drive their campers directly to camp in Julian at no cost.

Sign up for bus transportation during camp registration. For five-day sleepaway camp, the bus stops are at Mission Valley and Escondido Program Center for both pick-up on Monday and drop-off on Friday. For three-day sleepaway camp, the bus stops at Mission Valley and Escondido for pick-up on Monday. The bus will drop campers off on Wednesday at our Escondido Program Center and at our Balboa Campus.

In the authorized drop-off and pick-up persons section, found in your Active account, please give us the name of the person you expect to pick up your child after camp (whether that is from the bus stop or at camp). **For your camper's protection, we will only release them to the people you have authorized.**

Bus schedule to camp

Drop off no later than this time and plan to be at the bus stop for half an hour or more. You are responsible for supervising your camper until they are physically on the bus. The bus stops are all in public parking areas, so be aware of traffic. Sign in with staff when you arrive. Coach your camper to listen to safety procedures and instructions from staff and drivers.

Mission Valley
8:30 a.m.

Escondido
9:15 a.m.

Bus schedule home from camp

Pick up no later than this time and plan to be at the bus stop for one hour. Siblings in separate programs will be allowed to ride together, if they choose.

Mission Valley
4 p.m.

Escondido
3:30 p.m.

Private transportation

Private transportation to camp is timed to work around the bus arrivals, so please do not come early or late. When you enter camp, drive slowly as children may be in the area. You will not be able to tour camp at this time. Please be aware that there will be slow-moving buses on the mountain roads, too. **Campers may not drive themselves to and from camp.**

Private drop-off: first day
11-11:30 a.m.

Private pick-up: last day
2 p.m.

Late Arrivals or Early Departures

We discourage dropping off your camper late in the session or picking them up early before the session ends. This can be disruptive to their group and disappointing for them! However, we understand that commitments and family emergencies do occur. If you need to arrange a late drop-off or early pick-up, contact the camp director in advance.

Changes to transportation

If you must change your transportation selection before camp, please email camp@sdgirlscouts.org. For your camper's protection, all changes must be made in writing. You will be asked to confirm their return

destination during check-in. All bus fees paid will be forfeited if cancelled less than three weeks prior to camp session. **Changes will not be made after your child is at camp.**

In case of an emergency where camp staff needs to make changes that would affect campers' pick-up or drop-off time or location, we will contact all guardians via Rallyhood.

Bus Travel Safety Procedures

Please review the following safety rules with your camper:

Stay in your seat, use the bathroom before getting on the bus, keep arms inside the windows, and have fun!

ACA:AD.5

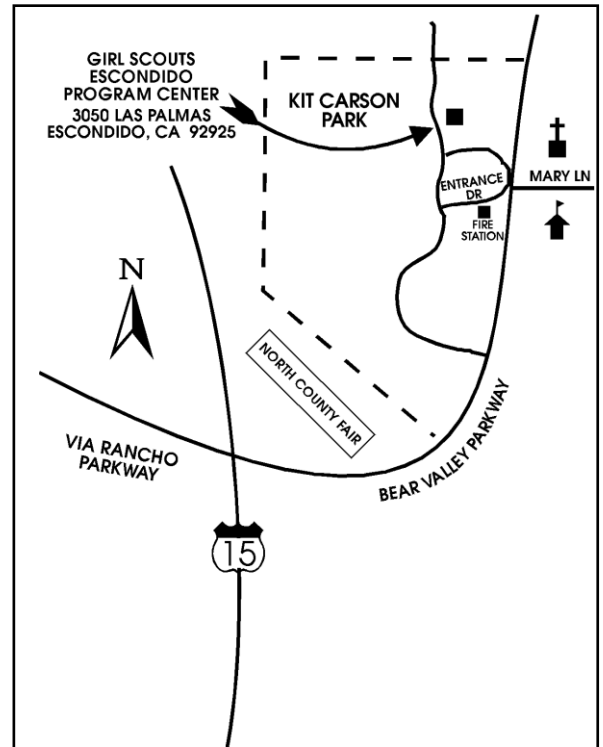
Sleepaway Bus Location Maps

Escondido

The Escondido bus stop is at Girl Scouts' Escondido Program Center in Kit Carson Park, 3050 Las Palmas, Escondido, CA 92025. Many map websites or GPS systems will direct you to another part of Las Palmas; use the map at right and directions below for best access. 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 turns into Bear Valley Parkway.
- Turn left at the Kit Carson/Mary Lane signal.
- Turn right at the stop sign.
- The Escondido Program Center is on the right in approximately 100 yards. It is a large, brown and green building in a fenced area.



Mission Valley

Westfield Shopping Center Mission Valley donates space to Girl Scouts San Diego for bus pick-ups and drop-offs. Due to other rentals and extenuating circumstances, the specific parking lot within the mall can sometimes change within short notice. The bus stop for 2026 is in the corner of the Target parking lot, adjacent to Camino De La Reina.



Sleepaway Private Transportation Maps

#1 Tip for driving to camp:

When you turn off the 78/79 highway, SLOW DOWN! At each intersection there will be a small green sign with this image:

If you *drive slowly* and *keep a look out*, these will guide you to Camp.

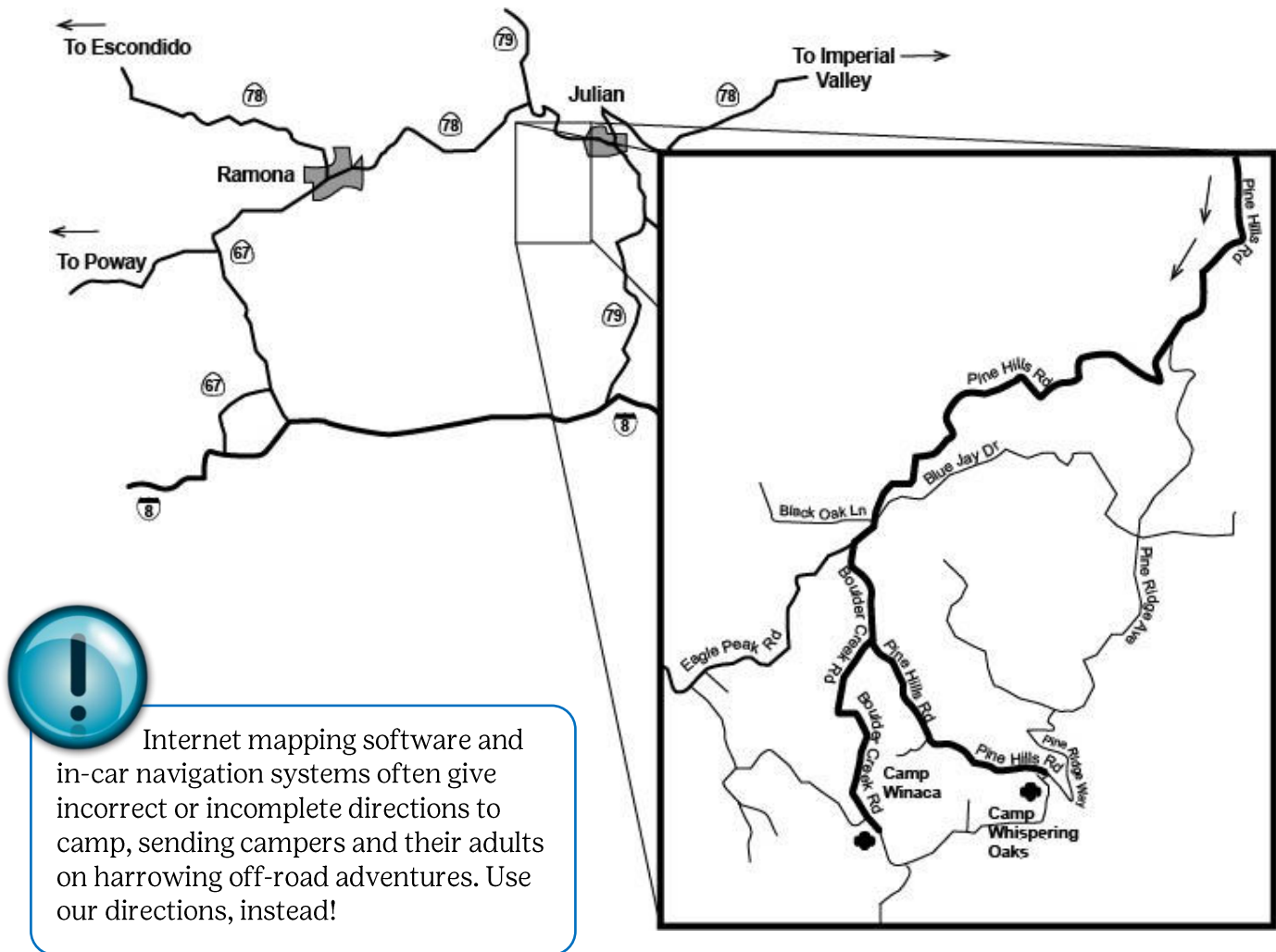


To reach Camp Winacka:

- From highway 78/79 take PINE HILLS RD. turnoff (1 mile west of Julian).
- Drive 1.5 miles; turn RIGHT on EAGLE PEAK RD.
- Drive 1.5 miles; bear LEFT on BOULDER CREEK RD.
- Drive 0.25 mile; bear RIGHT to stay on BOULDER CREEK RD.
- Drive 0.5 mile to the entrance to Camp Winacka on the right.
- *Address: 4720 Boulder Creek Rd, Julian*

To reach Camp Whispering Oaks:

- From highway 78/79 take PINE HILLS RD. turnoff (1 mile west of Julian).
- Drive 1.5 miles; turn RIGHT on EAGLE PEAK RD.
- Drive 1.5 miles; bear LEFT on BOULDER CREEK RD.
- Drive 0.25 miles; bear LEFT onto PINE HILLS RD.
- Drive 0.5 mile to the entrance to Camp Whispering Oaks on the right.
- *Address: 4949 Pine Hills Rd, Julian*



Internet mapping software and in-car navigation systems often give incorrect or incomplete directions to camp, sending campers and their adults on harrowing off-road adventures. Use our directions, instead!

Day Camp Transportation

All campers must be dropped off to camp, located at 1231 Upas St, San Diego, CA 92103, unless otherwise noted for their program.

Pick-Up and Drop-Off

Add the person picking up your camper within your Active account on the Pick-Up Authorization Form. We will only release your camper to those you have authorized. Have your ID ready for check-out. For the safety of all of our campers, check-out may take half an hour. Please call 619-610-0831 if you are running late.

Campers may not drive themselves to and from camp. Drive slowly, be aware of traffic and children in the parking lot.

Late Arrivals or Early Departures

We discourage dropping off your camper late in the day or picking them up early before the day ends. This can be disruptive to their group and disappointing for them! However, we understand that commitments and family

Extended Camp Drop-Off
7:30 a.m. – 8:30 a.m.

Regular Drop-Off
8:15-8:45 a.m.

Extended Camp Pick-Up
3-6 p.m.

Regular Pick-Up
3-3:30 p.m.

emergencies do occur. If you need to arrange a late drop-off or early pick-up, you must contact the camp director in advance.

Bus Travel Safety Procedures for Off-Site Camps

Please review the following safety rules with your camper:

Stay in your seat, use bathroom before getting on the bus, keep arms inside the windows, and have fun!

PGO-1899 SS:KM