



# Camp Family Handbook

Sleepaway Camps - Camp Winacka & Camp Whispering Oaks

Day Camp – Balboa Campus & Escondido Program Center

## Account login

To view your confirmation email, find camp details and complete important paperwork:

1. Go to [sdgirlscouts.org/camp](https://sdgirlscouts.org/camp) and click “Log in to your account”.
2. Enter your username and password, or select “Forgot your password” to reset your password.
3. Complete all required forms in your account.

## Important contact information

### Camp Winacka Director

text or call: (619) 610-0831

[campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org)

### Camp Whispering Oaks Director

text or call: (619) 725-3090

[campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org)

### Day Camp Director

text or call: (619) 610-0690

[campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org)

### Registration, Customer Care

(619) 610-0821

[camp@sdgirlscouts.org](mailto:camp@sdgirlscouts.org)

### Outdoor Program Manager

(619) 610-0814

[campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org)

## Emergency contact numbers

(Please use these numbers for emergencies only.)

### Camp Winacka Office

(760) 765-0600

Monday, June 16-Monday, Aug. 4, 2025

Typical hours: 8 a.m.-9:00 p.m. during sessions

### Camp Whispering Oaks Office

(760) 765-3291

Monday, June 16-Monday, Aug. 4, 2025

Typical hours: 8 a.m.-9:00 p.m. during sessions

### Day Camp Office

619-610-0809

Monday, June 16-Monday, Aug. 11, 2025

Typical hours: 7:30a.m. – 6:00 p.m. weekdays

### Sleepaway Camp information hotline

(619) 610-0808

(Recorded messages will be updated in case of emergency at camp, e.g. earthquakes, evacuations for Camp Winacka & Camp Whispering Oaks)

### Council Main Line

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

Receptionist: M-F - 8:30 a.m. – 5:30 p.m.

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

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Camp Winacka, Camp Whispering Oaks, and Balboa Campus 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 [campparents.org](http://campparents.org).

## Welcome to Summer Camp!

Use this handbook to prepare yourself and your camper for the adventure of camp! You and your camper are responsible for all the information in this handbook.

Communication is our best tool for a positive camp experience, and that starts with this handbook. Consider it a contract between us to support your camper the best way we can. This handbook covers two main areas:

- The nuts and bolts of keeping your kid safe, including things like paperwork, policies, communication and healthcare.
- The preparation, pep talks, support, and messages we, as camp staff, and you, as caregivers, provide your camper to help them engage, gain, and grow from attending camp. This includes homesickness, conflict resolution, challenges, new things, 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 Outdoor Team

## Camp Goals and Outcomes

In developing Girl Scouts of courage, confidence, and character who make the world a better place (our mission), we are committed to providing campers with the space, the skills, and the 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 don't 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 are all learning, and together, we can create space for all Girl Scout members to feel welcome, valued, and seen.

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)



### STRONG SENSE OF SELF

Girls have confidence in themselves and their abilities, and form positive identities.



### POSITIVE VALUES

Girls act ethically, honestly, and responsibly, and show concern for others.



### CHALLENGE SEEKING

Girls take appropriate risks, try things even if they might fail, and learn from mistakes.



### HEALTHY RELATIONSHIPS

Girls develop and maintain healthy relationships by communicating their feelings directly and resolving conflicts constructively.



### COMMUNITY PROBLEM SOLVING

Girls desire to contribute to the world in purposeful and meaningful ways, learn how to identify problems in the community, and create "action plans" to solve them.

Each camper attending camp works towards building skills in the 5 long-term outcomes of Girl Scouting.

## 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

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. We celebrate our differences along with our similarities.

At no time will bullying, name-calling, insults, inappropriate touching or topics, violence, fighting, damaging property, or other unkind behavior be tolerated. Camp staff will work with campers who are learning and will send home those who continue such behavior with unkind intent, 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.

Review the Camper Family Handbook for important additional information.

Please spend time discussing this with your family and work together to write down three things you (the camper) 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 Left to Do

## All Camps

Please log in to your Active account at [sdgirlscouts.org/camp](https://sdgirlscouts.org/camp) to check for these additional forms, if you need them:

- 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:

- Pickup Authorization Contacts (make sure these are up to date in Active)
- Camper Medication Record – Complete only if you are bringing medications, vitamins, or supplements to camp.

## Sleepaway Camps –

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

## Health and Safety at Camp

- **Healthcare staff:**
  - All our camp staff are trained in first aid, CPR & AED.
  - **Sleepaway Camps** - A full-time healthcare staff 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 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. 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, and changing clothes daily.
  - **Sleepaway Camps** - All campers have a health check on the first day of camp. We go over general rules for helping them stay healthy and safe, like not sharing brushes or hats, and staying on the trail. We also take their temperatures and check each camper for lice.
  - If your camper has lice or symptoms of a communicable illness, we will contact you to pick them up.
  - 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.
  - If your camper is experiencing something that is contagious or prevents them from participating in camp. If your camper has something contagious or is too unwell to participate in the fun, we'll call to ask you to pick them up from camp.
    - **Sleepaway Camps** - The camp experience involves both close living quarters where illness can spread quickly, and lots of outdoor play.
- **Urgent and emergency situations at camp:**
  - Camp strives to provide a safe environment for campers, but accidents and emergencies do occur, and camp staff are trained and prepared to respond appropriately if they arise.
  - In the event of an urgent or emergency situation, your camper's safety and health will be attended to immediately. 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. If they are being transported, 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:**
  - **Sleepaway Camps** - Campers eat three meals a day, plus snacks. Meals are planned with kids' taste and nutrition needs in mind.
  - **Sleepaway Camps** - With sufficient notice, we are able to accommodate most dietary needs, restrictions and allergies. Please fill out the Health Update form if you did not include this information when you registered. The chef receives notification of needs and allergies prior to camp and plans alternatives to ensure your camper still enjoys complete meals.
  - **All GSSD camps do not permit tree nuts or peanuts onsite.**
  - Camp staff may contact you if we have further questions about a dietary need or allergy.
- **Other special needs/accommodations:**
  - With sufficient notice, we can accommodate most special needs at camp. If you did not share complete information at registration, please fill out the Health Update form as soon as possible. We may reach out with additional questions in the weeks leading up to your camper's session.
  - If your camper requires an attendant, interpreter or other assistance, please contact the camp director immediately! We need ample time to engage appropriately qualified staff.



## General Policies

- **Refund and cancellation policy:**

Cancellations and requests for transfers or refunds must be submitted in writing via email to [camp@sdgirlscouts.org](mailto:camp@sdgirlscouts.org).

Timing	Cancellations	Transfers
More than three weeks prior to your camp	Full refund (minus \$25 deposit and \$20 registration fee, if opted in)	One courtesy transfer allowed. Additional transfers are permitted, minus the \$25 deposit.
Less than three weeks prior to your camp	No refunds provided.	Transfers may be made, subject to availability and minus the \$25 deposit
Less than five business days before your camp	No refunds provided.	No transfers available.

- **Buddies:**

- Campers may register to be placed with up to one “buddy” for the week. Enter buddy information during registration. Both campers should name the other, to confirm preference.
- Choosing a “camp buddy” placement specifically guarantees placement in the same cabin at camp. Both campers will make new friends and socialize with the rest of their program group.
- If your camper and friend(s) are signed up for the same program in the same week (e.g. Jump Start WIN1), they will participate in activities together for the week, even if they aren’t “camp buddies.”
- **“Camp buddies” cannot be in different program groups.**
- Our staff are experts at fostering friendship among campers. If yours doesn’t come with a buddy, they’ll leave with one!

- **Visiting:**

- To ensure safety and limit interruptions to the camp program, camp is closed to all visitors.
- **Sleepaway Camps** - If you choose to drop off or pick up your camper at camp, you will stay in the private transportation area at the entrance of camp and will not have an opportunity to tour camp at that time.
- Bring your family to an open house to explore camp in advance!

- **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., (619) 610-0821, open Monday-Friday, 8:30 a.m.-5:30 p.m. We will keep items until Friday, Sept. 5, 2025, at which point they will be donated.



# Communication with Campers, Caregivers, and Staff

## Before camp

- The camp directors are available for questions about your camper's program, special needs or any other concerns. We welcome communication with our camper families! Email [campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org).
- Attend one of our Sleepaway Camp Open Houses to find out more information about camp this summer: In-person tours on March 2, April 27 & May 18, 1-4pm. Sign up at [sdgirlscouts.org/events](https://sdgirlscouts.org/events).
- 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. Please read the "Preparing with your camper" section at the end of this handbook carefully.

## During camp

- **Photos, blog and email:**
  - We distribute several camp cameras around each camp daily. Campers and staff take photos, though each camper is not photographed each day. These photos are uploaded to Bunk1, a secure website, along with a short blurb about the daily activities and meals. This service is free of charge and is intended to give you a glimpse into your camper's experience. Follow the link in your confirmation email to register.
    - Disclaimer - The Health & Safety of our campers is our priority at camp. 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 WIFI or situations that arise at camp. We try our best to take pictures of each camper every day, but cannot guarantee a photo of each camper every day.
    - Please note, Bunk1 is a third-party service. As such, Girl Scouts San Diego cannot provide discounts or offer refunds in the event of technical issues with the Bunk1 app. For assistance with any issues related to Bunk1, please contact their support team directly at [info@bunk1.com](mailto:info@bunk1.com).
    - Bunk1 and Girl Scouts San Diego makes no guarantee that Bunk Notes will be delivered in a timely manner or that Bunk Notes will be delivered at all. Unused Bunk Note credits are non-refundable and non-transferable and expire at the end of the calendar year, unless otherwise noted. Bunk Notes are purchased through Bunk1 and cannot be refunded by Girl Scouts San Diego
  - **Sleepaway Camps** - You may email your camper for a small fee through the same service. Emails are one-way — your camper can only respond via U.S. mail.
- **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.** Packages can overwhelm our staff and rural post office, and in summers past they often went undelivered and had to be returned to parents. If you would like to send a package with your camper, please pack it in her luggage for her to find when she gets to camp. Please 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 name
    - Camp program name including camp & session (e.g. Jump Start WIN1)
    - Day of week camp staff should deliver (e.g. "Day 3" or "Thursday")

- **Mail can take 3 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 name  
Program name (e.g. Jump Start)  
Camp Winacka  
P.O. Box 340  
Julian, CA 92036

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

- **Cell phones:** 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 “face time” as our best way of connecting. We also value the exploration and appreciation of nature that camp inspires.
  - We know this can take adjusting, even for adults — we’re used to having immediate access to our kids. However, campers thrive in our technology-free environment, and we find they are almost always grateful for the “unplugged” time with friends.
  - Cell phones and other electronics are subject to confiscation by the camp director and will be returned on the last day of camp (Sleepaway Camp) or at the end of the camp 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

- If you have any questions about your camper’s experience, please fill out the **“Parent/Guardian 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, and welcome any feedback you have for us about your camper’s experience.
- We would rather hear about your camper’s problem *before* they go home! Please encourage them to talk to a counselor if they are experiencing a problem with some aspect of camp life or having difficulty with another camper.
- **Camper and staff communication policies:**
  - We pledge to put your children in the company of the most trustworthy and capable staff we can hire — counselors 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 a visible, well-scrutinized environment with 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. 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.

- 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.
- As a caregiver, you supervise your child's online activities just as you do other aspects of life at home. If you choose to permit off-season contact between your camper and other campers, you take full responsibility to oversee any results.

## Preparing with your Camper

The best way to ensure a successful camp experience for your camper is to make sure they have appropriate expectations about what it will be like. The best “gear” is encouragement and tools from you on how to handle any challenging situations. 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.
  - At times, counselors need some help from your camper to understand what is going on. Please talk with your camper about how to ask for help and tell them they should 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.
- **Sleepaway Camps - Staying in touch:**
  - Campers can receive letters or one-way emails from those at home. Short, cheerful notes expressing your excitement for the time spent at camp and keeping your camper generally updated on the news from home go a long way in helping them overcome or circumvent homesickness.
  - Mail is delivered once per day at camp, and they may not hear from you every day. We do our best to deliver mail daily, but if your camper is on a group trip, there may be a gap in delivery.
  - It’s 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’re having a great time or help them out if necessary!
- **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. Please 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.
  - Usually, with a busy schedule and support of peers and staff, campers recover quickly and enjoy camp fully. Many return feeling quite proud of their accomplishment.
  - 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 the dark, bugs, night noises, new foods, meeting new people 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 the type of cabin accommodations your camper will be in. 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 them self can go a long way toward helping them be more comfortable more quickly! Practice at home, making a game of it, so they'll feel calm when introducing them self to the many new friends they'll meet on the first day of camp.

- **Bullying and conflict between campers:**

- Camp is primarily a social experience for campers, and 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 wellbeing 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. This code is an expression of community values and expected behavior. Failure to follow the Camp Culture and Community Code may result in dismissal from camp. It's included on page 4 of this guide.

## Prepare Nervous or New Campers

- **Sleepaway Camps - Communal living:**

- Your camper will be sharing living space and bathroom space. Please talk with them about what this will be like and help them be ready. 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. This includes tidying up the cabin as well as a daily community chore, like performing the flag ceremony, or picking up trash around camp. Additionally, campers will help clean their cabins, bathrooms and showers on the last day, with counselors’ help and guidance.
- **All Camps** - As an equal opportunity employer, we occasionally hire male staff. Male staff members are never with Girl Scouts without a female counselor and do not sleep in spaces with Girl Scouts.

- **Schedule and activities:**

- Campers spend about half their time on activities related to their theme, and half their time on general camp activities like archery, hikes, or swimming/water games.
- Camper planning: On the first day of camp, each group of campers meets with their counselors to give input on what activities they’re most excited about, such as fishing, ice cream parties, going on a sleep-out, or playing night games. The counselors take this information 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.
- Badges: Your camper will complete activities that count toward the badge indicated in the brochure with the program description. Badges and other recognitions are available for purchase after camp at your local council store.

- **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. This involves swimming about 20 yards in the pool, and treading water in the deep end for one minute. After this assessment, campers are categorized into three levels. These levels, required by the American Camp Association, help the lifeguards safely manage swimmers.
  - Beginning swimmers (called ‘Starfish’) must stay in the shallow end at all times (which is where all the fun toys stay!)
  - 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.
- Please talk with your camper about what this will be like. Even if they swim at home, they may not meet the level they were hoping for. Remind them that they’ll have fun in any part of the pool and that everyone just wants them to be safe. As with any other concern at camp, if your camper is frustrated with their assigned swim level, they should talk to their counselor.

- 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, usually held at the main grass field. These games are fun ways to keep cool – like Drip, Drip, Drop (think Duck, Duck, Goose), sprinkler fun, and other creative water activities that campers dream up!
- Whispering Oaks campers may have the chance to swim at the Winacka pool once per week, waterfront staff permitting. If so, then all Whispering Oaks campers complete a swim assessment prior to enjoying the pool.

- **Water games (all Day campers):**

- All Day Camp campers are scheduled for regular water games. These games are fun ways to keep cool – like Drip, Drip, Drop (think Duck, Duck, Goose), sprinkler fun, sponge relay race, water limbo and other creative water activities that campers dream up!
- 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.



# 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 pack. They'll 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! Your camper will get dirty living outdoors. There are showers and flush toilets at camp, but no provision for washing clothes (except for 12-day sessions).
- We do not recommend wearing or bringing your Girl Scout vest or sash or smock as it may get dirty or 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 listed unless it is to be taken regularly/daily. All medications must be in the original container.
- Email [campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org) if your camper will carry medications for life-threatening conditions, such as epi-pens or inhalers. Otherwise 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, masks (optional), 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*) (*bring boots with one-inch heel are required for riding and should have little or no tread if you are in a horse program. 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 (at least 2 pairs) (*bring jeans if you are in a horse program*)
- Warm jacket
- Sweater or sweatshirt
- Two pairs of pajamas (one warm, one 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, personal toilet articles such as toothbrush (in a case), toothpaste (small, or almost-gone family tube), brush, hair ties, comb, shampoo and personal 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 (2 per day, plus 1 extra), if desired (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 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 & 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.

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# 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 pack. They'll 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! Your camper may get dirty.
- We do not recommend wearing or bringing your Girl Scout vest or sash or smock as it may get dirty or damaged at camp.

## 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 [campdirector@sdgirlscouts.org](mailto:campdirector@sdgirlscouts.org) if your camper will carry medications for life-threatening conditions, such as epi-pens or inhalers. Otherwise, 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
  - Water shoes for sprinkler play (or an extra pair of closed heel and toe shoes)
  - Masks (2 per day, plus 1 extra), if desired (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 & 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

All campers are encouraged to take the bus to camp (\$35 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 and connecting with the camp director.

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). Please include authorized parent/guardian names, phone numbers. **For your camper's protection, we will only release them to the people you have authorized.**

### Bus schedule to camp

Drop off is no later than this time. 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. Be aware of traffic! Sign in with staff when you arrive. Coach your camper to listen to instructions from staff and drivers, who will instruct them on safety procedures. Suggest they speak with a staff member if they have a problem. See the next page for maps and directions to bus stops. COVID testing is not planned for 2025 unless conditions change.

Mission Valley	Escondido
8:30 a.m.	9:00 a.m.

### Bus schedule home from camp

For pick up, arrive at this time and plan to be at the bus stop for one hour. See the next page for maps and directions to bus stops. Siblings in separate programs will be allowed to ride together, if they choose.

Mission Valley	Escondido
4 p.m.	3:30 p.m.

### Private transportation

Private transportation to camp is timed to work around the bus arrivals, so please don't come early or late. When you enter camp, drive slowly; children may be in the area. You will not be able to tour camp at this time, as the staff is busy preparing for the campers' arrival. Please be aware that there will be slow-moving buses on the mountain roads you're driving. Drive slowly, and be very careful around blind turns. Campers may not drive themselves to and from camp.

Private drop off: 1<sup>st</sup> day  
11-11:30 a.m.

Private pickup: 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 pickup, you must contact the camp director in advance.

### Changes to transportation

If you must change your transportation selection before camp, please email [camp@sdgirlscouts.org](mailto:camp@sdgirlscouts.org). For your camper's protection, all changes must be 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 needs to make changes that would affect campers' pick-up or drop-off time or location, we will email all guardians and update the Mountain Information Hotline (619) 610-0808.

### Bus Travel Safety Procedures

Please review for 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!

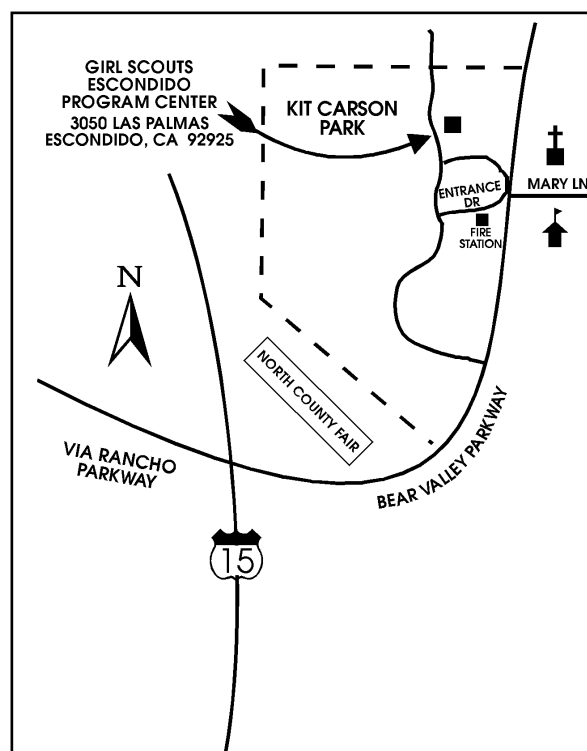
## Sleepaway Bus Location Maps

### 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 for bus pick-ups and drop-offs. Due to other rentals and extenuating circumstances, the specific parking lot within the mall can sometimes change with short notice.

The Bus Stop location for 2025 is adjacent to Novo Brazil. For navigation, try Novo Brazil's address: **1640 Camino Del Rio N suite 341, San Diego, CA 92108**

# 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.

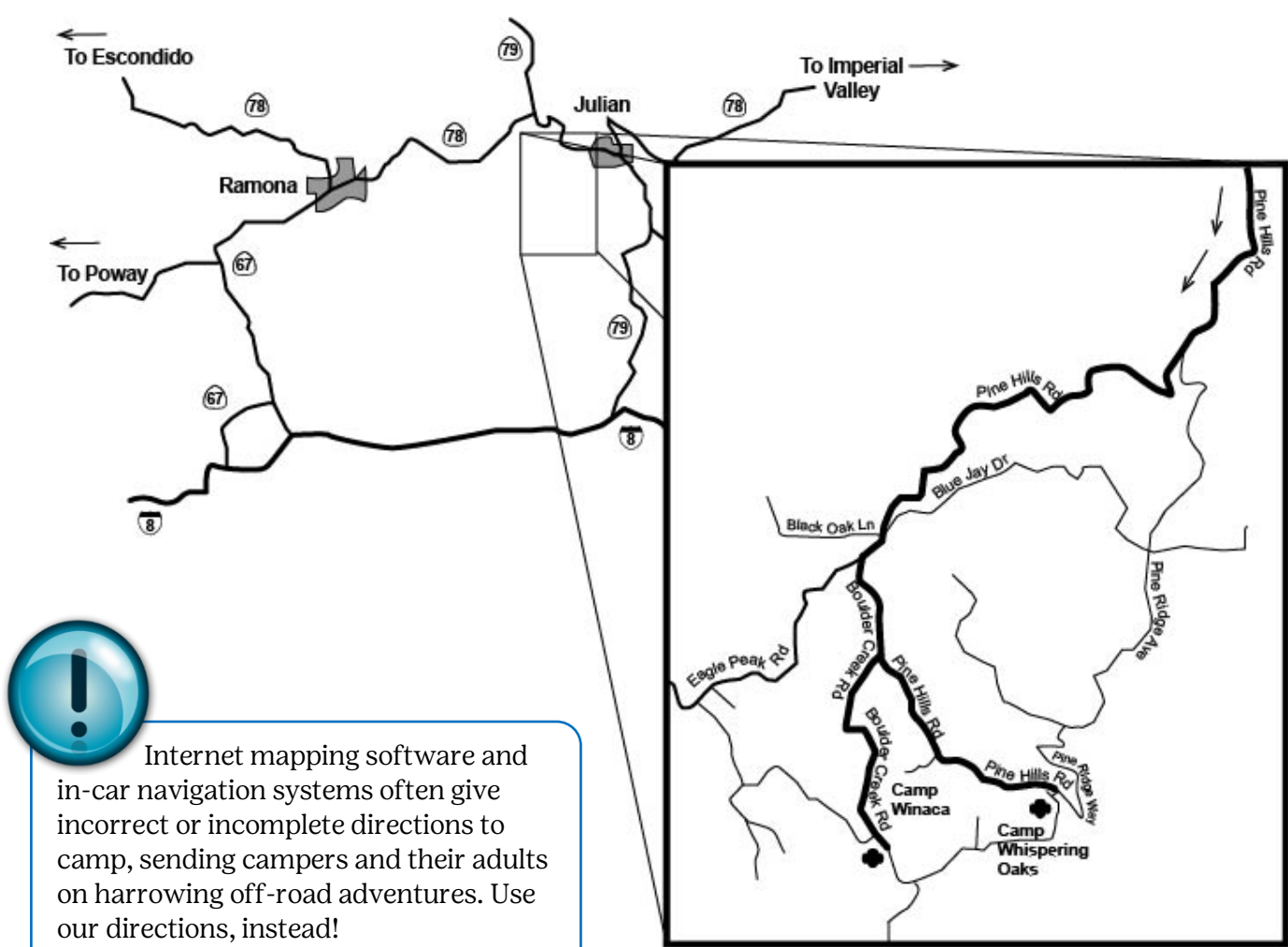


## To reach Camp Winacka:

- 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*





## Day Camp Transportation

All campers are must be driven to camp, unless otherwise noted for their program.

If for any reason your child leaves early, parents or guardians are responsible for making all travel arrangements and connecting with the camp director.

On the Pickup Authorization Form, found in your Active account, please give us the name of the person you expect to pick up your child after camp each day. Please include authorized parent/guardian names, phone numbers. **For your camper's protection, we will only release them to the people you have authorized.**

### Arrival to Balboa Campus

Drop off is between these times. Enter through the Upas gate and exit through the Richmond gate. Be aware of traffic and people in the parking lot! Sign in with staff when you arrive. Encourage your camper to speak with a staff member if they have a problem. COVID testing is not planned for 2025 unless conditions change. Please call 619-610-0690 if you are running late.

**Extended  
Camp**  
7:30 a.m. –  
8:30 a.m.

**Regular Day**  
8:15 a.m. -  
8:45 a.m.

### Departure from Balboa Campus

For pick up from the regular camp day, arrive between 3:00p.m. and 3:30p.m. and have your ID ready for check out. For the safety of all of our campers, check out may take half an hour. For extended camp, please pick up your camper between 3:45 p.m. and 6 p.m.. Please call 619-610-0690 if you are running late.

**Extend Camp**  
6 p.m.

**Regular**  
3:00 p.m. -  
3:30 p.m.

### Balboa Campus Safety

When you enter camp, drive slowly; children may be in the area. You will not be able to tour camp at this time, as the staff are busy preparing for the campers' arrival. Campers may not drive themselves to and from camp.

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

### Bus Travel Safety Procedures

Please review for 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!