

WELCOME TO CAMP LAKOTA

CAMP LAKOTA IS BACK!

And we cannot wait to embark on an outdoor adventure with you! It is our goal to create a warm and fun environment where you and your camper will feel safe to discover new talents, make new friends, and explore the outdoors. This packet contains important information that will help you prepare for your adventure up at Camp Lakota. We are here for you! Contact us at lakotacamp@girlscoutsla.org.



About

Camp Lakota is an historic high-adventure overnight camp. Located at an elevation just under 6000ft (approx. 1830m) in the middle of a pristine pine forest on nearly 60 acres, Camp Lakota features eco-friendly A-frame cabins that are perfect for getting back to nature. Girl Scouts build courage, confidence, and character by participating our activities such as challenge courses and zip-line, archery range, interacting with horses at the equestrian center, swimming in our large, heated pool, exploring nature, and arts & crafts.

Camp Staff

We are enthusiastic, fun, caring, energetic, well-trained, and experienced adults who are hired for our desire to work with campers in a learning environment. All overnight camp staff go through mandatory training on topics including child development, program planning, conflict resolution, First Aid & CPR, and additional certifications for specialized program delivery.

Drop off & Pick up

****Exact staggered DROP OFF and PICK UP times and instructions will be sent prior to your overnight camp adventure.****

DROP OFF is on Mondays between 1pm-3pm.

PICK UP is on Fridays between 3pm-5pm.

All campers are responsible for their own transportation to and from Camp Lakota.

IMPORTANT!!! Please follow the directions to Camp Lakota that will be sent to you before your adventure. Many GPS directions will lead you to a 4-wheel drive ONLY road. Your vehicle WILL get stuck. The road up to Camp Lakota is an easy gradual ascent with NO sharp bends or curves in the road. There is one section of the road that is on maintained dirt road for about 2 miles.

The speed limit inside camp is 10 MPH. Vehicles are not to be driven on undesignated roads. Please park your vehicles in designated areas and follow all additional parking instructions.

Here are some helpful travelling tips:

- ◆ Please eat a hearty breakfast before setting off to Camp Lakota.
- ◆ Drink plenty of water the night before and during your drive up to camp. You may have to stop for restroom breaks. Staying hydrated will help with elevation changes.
- ◆ Provide every driver in your group with printed directions (you will receive these before your adventure). Please do not caravan.



Health Screening

All campers will be screened upon arrival to camp. Please do not leave camp until the health screening has been completed. The screening will include temperature check, head lice check, and an athlete's foot check. If lice or a temperature above 100°F is detected, your camper will not be allowed to stay in camp.



CampDoc

All health forms are completed via [CampDoc.com](https://campdoc.com), a secure, encrypted, and password-protected electronic health record system for camps. All campers must have a 100% complete CampDoc profile 10 days prior to the start of their session date, or they will not be allowed to attend camp.

Si necesita un formulario de historial médico en español, no tiene acceso a una computadora o tiene alguna pregunta sobre [CampDoc.com](https://campdoc.com), comuníquese con camphealthforms@girlscoutsla.org.

Returning camper? If you used the CampDoc system last year, you will once again need to sign in and ensure that everything is reviewed and up to date.

- **SET UP YOUR ACCOUNT:** Within a month or sooner of your registration, you will receive a "Welcome Invite Email" from CampDoc. Click the link in your welcome email to create a password for your CampDoc account. Please set register@campdoc.com as a safe sender to avoid accidental delivery to junk and spam folders.
- **COMPLETE CAMPER'S HEALTH PROFILE:** Follow the instructions and complete all sections in the health profile. This is where you will enter any medications your camper will be taking at camp. Please note: Our Camp Health Director is not authorized to administer any medications not listed in CampDoc, any medications with improper instructions, or dosing that does not match prescription labels.
- **UPLOAD REQUIRED DOCUMENTS:** Upload the [HEALTHCARE PROVIDER FORM](#), immunizations, and any additional documentation required. The Healthcare Provider Form must be completed and signed by a physician within 12 months of the start of your camper's session. Don't have a scanner? No problem! Use a smartphone or camera to take a photo and upload the picture just like you would to any website.
- **UPDATES TO CAMPDOC:** **All CampDoc paperwork is due 10 days prior to the start of your camper's session.** If you have any updates to medications (i.e. new medications, dosing or instruction changes) after you have submitted your camper's health history form you must contact camphealthforms@girlscoutsla.org to have your account unlocked. Once unlocked, you may submit any necessary changes.



Health Center/Infirmary

The camp community works together to take a preventative approach to health care at camp. Our Health Director is on site and is responsible for monitoring and administering first aid and routine health care. All health forms will be reviewed by the Health Director before your camper's arrival to camp. Campers visit the Health Center for a variety of reasons; cuts and bruises, mosquito bites, upset stomachs, homesickness, splinters, and other common ailments. If your camper becomes ill or must remain in the Health Center for an extended period, the parent/guardian will be notified by the Health Director. In case of a serious accident or illness, parents/guardians are notified immediately.



Medications at Camp

The following applies to all medications including vitamins, inhalers, epi-pens, prescriptions, and over-the-counter medications sent to camp:

- ❖ All medications must be listed in [CampDoc](#) under medications.
- ❖ Administration of and dosing instructions must match prescription labels. If they do not, a physician's note must be provided.
- ❖ Medications must be in the original container with the camper's name written on it. (California law states that medications not in the original container cannot be dispensed by the Health Director)
- ❖ Bring all medications to camp in a labeled resealable plastic bag. **Do not pack them in the luggage!**

For safety reasons, all medications for campers and camp staff are stored & locked in the Infirmary. The Health Director will dispense medications as indicated by the physician's instructions for prescriptions and/or by label instructions for over-the-counter medications. Over-the-Counter medications are stocked in our Infirmary. If you authorize administration of these medications as needed (authorization given via [CampDoc](#)), you **DO NOT NEED TO SEND THESE OTCs TO CAMP**. If your camper takes these medications daily, then you MUST send them with camper, (i.e. camper takes Zyrtec every morning).

****IMPORTANT**** Campers may keep inhalers & epi-pens with them. If campers require an epi-pen, we suggest and if possible that you send 2, one to keep with your camper and the spare one in the Health Center.



Food at Camp

We provide three nutritious, camper-friendly meals and two snacks a day. Meals are prepared by certified food service personnel. Details on food service and menu will be sent out prior to your adventure.

Dietary Needs & Allergies

Special diets can be accommodated, including vegetarian, gluten-free, and lactose-free. Vegan diets must provide own supplemental food items which will be stored in the dining hall. Special dietary needs and all allergies must be listed in the health history form in [CampDoc](#). Please identify the allergy along with information on managing an allergic reaction.



The [FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN](#) (Food Allergy Research & Education - FARE) form is helpful in providing camp staff with information regarding your camper's allergies and emergency care plan. You can upload this document to CampDoc alongside your camper's health form if you choose to complete it. In the case of severe dietary restrictions or allergies, please contact lakotacamp@girlscoutsla.org

- **GLUTEN INTOLERANCE and LACTOSE INTOLERANCE:** Although we do provide gluten-free and lactose-free options, our kitchens are **not** cross-contamination free for gluten, nuts, wheat, dairy, or soy. We suggest that you pack a small, well-labeled bag of supplemental food (regular grocery sack-sized or smaller) to have available to your camper. You can turn this in at check-in on the first day. We will do our best to return all unused food at the end of the session but please ask your camper to collect these items before leaving camp.
- **NUT ALLERGY:** We minimize peanut and tree nut use at camp, however, we are not completely nut-free. Our kitchens are **not** cross-contamination free for gluten, nuts, wheat, dairy, or soy. Any snacks that are labeled as processed with or containing nuts will be restricted from campers with allergies.

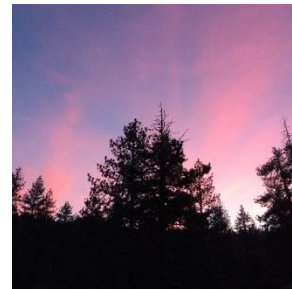
Camp Behavior

Our camp staff are committed to helping every camper have a complete and positive camp experience. If a camper behaves in a way which compromises Camp Lakota's ability to foster a sense of respect and preserve the dignity of every person at camp (campers, staff, and volunteers), we will follow the steps in the [CAMPER CODE OF CONDUCT FORM](#).



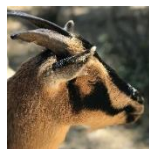
CAMP ENVIRONMENT

Camp Lakota is in the middle of a Jeffery pine and pinyon pine forest at just under 6000ft (approx. 1830m) in elevation. At this elevation, some campers might experience altitude sickness. To prevent the effects of a higher altitude it is important to **DRINK PLENTY OF WATER**. You will want to drink 2 to 3 times your normal daily consumption. Eating salty snacks will help too.



Most activities are outdoors so campers **need to wear plenty of sunscreen and lip balm**. Due to the terrain at camp, campers must be able to walk on uneven trails. **Sturdy shoes** and carrying a **reusable water bottle** are a **must!** Dressing in layers helps with the varying temperatures that can range between 60°F - 90°F (during day), and between 45°F - 60°F (at night).

Wildlife is a part of the outdoor experience; which includes raccoons, squirrels, mice, snakes, deer, bats, foxes, and RARELY mountain lions and bears. While at camp, campers will learn about wilderness safety and the specific types of animals that are common to the area. Campers are oriented on using the buddy system, respecting animals from a distance, and emergency situations.



Yes, we have goats! The Camp Lakota goats are part of our sustainable land management. They help us keep the brush down and they are super cute too. Campers can pet the goats through the fence only if they allow it. Please do not enter the goat corrals.

Village Life

Camp is organized into villages which either feature cabins or camping tents. The program you have selected will determine your housing. Older Girl Experience (CIT) will be housed in tents and Traditional Camp and Equestrian Camp in cabins. **For 2021, Cabins will contain ONLY 4 campers. In our tent camping villages, one tent will house one camper.** You may be sharing your cabin or village with campers you will get to know during the week so be sure to welcome them and make them feel at home. All buddy requests should be mutual and in [CampDoc](#). *Please note that villages are first organized by program and then grade level. This means that a camper in Traditional Camp will be unable to share a cabin with an Equestrian Camp camper.* Located in each village are restroom facilities, which are equipped with individual stall (hot) showers, flush toilets, and hand washing sinks. Each shower and toilet stall are completely enclosed for privacy.



As per Girl Scout policy, our staff do not sleep inside tents or cabins with the campers but are housed in their own tent/cabin within the village to provide supervision and assist campers as needed.

Camp Kapers

Kapers are daily chores completed by all campers/adults and are a part of the camp experience. With the assistance of the camp staff, campers work together for flag ceremonies and tidying villages. We all help to keep camp clean and to model respect for nature and our facilities.



Camp Activities & Schedule

While we encourage all campers to try new activities, **SAFETY IS OUR #1 PRIORITY**. All specialized program areas are facilitated by a trained adult and campers will receive an orientation including safety rules prior to participating. If you are requesting for your camper to refrain from participating in any of our offered activities, please be sure to note this in [CampDoc](#).

Bill Mingus Challenge Courses consist of 3 parts: high ropes, zipline, and low ropes. The courses are supervised by a certified Challenge Course Supervisor and highly trained certified staff.



High Ropes is recommended for *adventurous* campers entering grade 4 and older. Please note that the High Ropes Challenge Course is very challenging. And we believe in *Challenge by Choice*.



Zip Line is for campers entering grade 2 and above. Campers first climb a tree wearing a full body harness and will be belayed by trained staff.



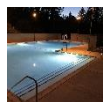
Low Ropes consist of several team building challenges. Your group will not get through every element in the course and that is ok! Teambuilding takes time, patience, and practice.



Equestrian Center campers participating in Equestrian Camp are guaranteed daily horse time. We do our best to provide interaction with horses to campers in Traditional Camp and CIT program. Campers must weigh under 250lbs and wear proper attire.



Archery is for campers entering grade 2 and above. All campers must wear an arm guard and follow all safety instructions. A certified Archery Specialist is on staff to oversee this target sport.



Swimming is opened to campers of all ages. Certified lifeguards are on duty and swimmers must complete a swim test prior to free swim.



Art & Nature draws from the majesty of Camp Lakota to create unique art pieces. Master new art making techniques and wield unique materials as you embrace your inner maker.



Wilderness Skills helps your camper gain confidence as they further their exploration of the great outdoors. We will provide your camper with any safety equipment needed during these activities.

Sample Daily Schedule

7:30am Rise & Shine	8:30am Flag Up & Breakfast
9:30am Wilderness Skills	11:00am Archery
12:30pm Lunch	1:15pm Me Time
2:00pm Pool	3:30pm Low Ropes
5:00pm Camper Choice	6:00pm Flag Down & Dinner
7:30pm Campfire	8:30pm Snack Time
10:00pm Lights Out	



Special Accommodations

We aim to run an inclusive program where all campers can feel welcome and participate. Parents/guardians are asked to fill in CampDoc with as much detail as possible so that we can ensure your camper has a positive and supportive experience. The Camp Director or Health Director may contact you regarding your camper's specific needs and address if the camp can adequately accommodate your camper. For specific questions regarding your camper's needs, please contact: lakotacamp@girlscoutsla.org



Hygiene at Camp

Talk with your camper (regardless of age) about their own personal hygiene. Remind them about brushing their teeth, combing their hair, and washing their face every day. Part of the camp experience is helping campers grow their independence, and while camp staff may remind campers to make good choices, it is ultimately up to the camper.

Homesickness

Our camp staff trains in how to help with homesickness and will be there for your camper 24/7. If you have a concern let us know before your camper arrives. We all experience homesickness. It is a normal part of life and you can help your camper prepare:

- ◆ Encourage independence throughout the year.
- ◆ Discuss what camp will be like, such as using a flashlight to find the bathroom.
- ◆ Write letters to your camper.
 - What you write will affect your camper so choose your words wisely.
 - Instead of writing "I miss you", write about the great things your camper will experience while at camp or share your favorite outdoor memories.
- ◆ Believe in your camper's ability to work through emotions and have fun at camp.
- ◆ Be visibly excited, even though you might miss your camper as much or more.
- ◆ Other resources for preparing for camp can be found at www.acacamps.org.

Communication

Communication from friends and family is important to children away from home. Remember, your camper will not have access to a phone and the camp phone is for business and emergencies only. If you have an **urgent** need to talk with your camper, contact the camp office at (626) 677-3641. All designated emergency contacts should be available while your camper is at camp. Camp staff may call you for the following:

- ◆ Homesickness of your camper that is getting worse, not better.
- ◆ Inappropriate conduct by your camper while at Girl Scout Camp.
- ◆ Illness or injury that continues for an extended time, requires medical attention outside of camp, or requires your camper to be picked up by the parent/guardian.

Sending/Receiving Mail *Please do not send food care packages to camp. Campers are not allowed to keep food in their cabins or tents due to wildlife.

GSGLA Camp Lakota
ATTN: (Camper Name)
11220 Dorothy Lane
Frazier Park, CA 93225

USPS: Mail is delivered to the postal box Mon-Fri. Campers can place mail in the camp mailbox. Letters can take at least two to three days to reach camp.

UPS/FEDEX: Packages* shipped through UPS, FedEx and other carriers are delivered directly to camp. This is a good option if your child forgot an important item.



Please [check the weather](#) prior to your adventure!

Packing Tips

Think layering! And pack durable & comfortable clothing that WILL get dirty. Keep luggage light! Campers will be required to carry their own luggage. Please limit to 2 pieces per camper.

Necessary Items

- ☐ Sleeping bag & pillow
- ☐ Sturdy closed-toe shoes (for walking/hiking)
- ☐ **Equestrian Camp ONLY** Riding boots or sturdy shoes with a 1/2" heel (not hiking boots or tennis shoes)
- ☐ 3-5 pairs of shorts
- ☐ 1-3 pairs jeans or durable pants (*2-3 extra pairs for Equestrian Camp*)
- ☐ 4-6 shirts (short & long sleeve, please **NO** sleeveless or tank tops)
- ☐ Warm jacket & sweatshirt
- ☐ Warm hat for the evening
- ☐ Warm pajamas
- ☐ Socks (preferably wool or synthetic)
- ☐ Underwear
- ☐ Bath towel and washcloth
- ☐ Swimsuit (one piece, preferred)
- ☐ Shower sandals
- ☐ Toiletries (soap, shampoo, hairbrush, hair tie, toothbrush and paste, sanitary products, etc.)
- ☐ Daypack or drawstring bag
- ☐ Flashlight, headlamp, or lantern (preferably with red-light function)
- ☐ Sun protection (sunglasses, hat, sunscreen) – **MUST HAVE!**
- ☐ Lip balm and lotion – **MUST HAVE!**
- ☐ Reusable water bottle – **MUST HAVE!**
- ☐ Mask/s and hand sanitizer – **MUST HAVE!**

Optional Items

- ☐ Single size fitted sheet
- ☐ Insect repellent
- ☐ Digital or disposable camera
- ☐ Glow sticks or fairy lights (battery operated)

Do Not Pack

- ⊗ Open toe shoes (sandals or clogs)
- ⊗ **Mobile phones or electronic devices** (getting outdoors means taking a break from technology)
- ⊗ Knives or weapon, drugs or alcohol
- ⊗ Valuables that may be lost or broken
- ⊗ Items of sentimental value

Lost & Found

We **HIGHLY** recommend that you write your camper's full name and phone number on every item of importance. If an item is left behind, we will make every effort to contact you by phone or email. Lost and found items will be kept for 2 weeks after the program you attended. Any items not claimed by September 15 will be donated.

For lost and found inquiries, email lakotacamp@girlscoutsla.org. In reaching out, be sure to relay what item you are looking for as well as a detailed description of the item/s.

Camp Lakota and Girl Scouts of Greater Los Angeles are not responsible for any devices or other valuables that are lost, stolen, or broken.

