



LAKOTA  
Overnight Camp

Camper  
Packet  
2020

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CONTACT US

Camper experience & special accommodations:  
Laura “Sparkle” Moede, Camp Director  
[lakotacamp@girlscoutsla.org](mailto:lakotacamp@girlscoutsla.org)

Registration, payment, & cancellations:  
[registration@girlscoutsla.org](mailto:registration@girlscoutsla.org) (213) 213-0123

CampDoc or to unlock your CampDoc account:  
[camphealthforms@girlscoutsla.org](mailto:camphealthforms@girlscoutsla.org)

# GENERAL CAMP INFO

## 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](mailto:lakotacamp@girlscoutsla.org).



Yours in Camping,  
Laura “Sparkle” Moede

## Camp Lakota

Camp Lakota is an historic high-adventure overnight camp reopening for summer 2020. Located at an elevation just under 6000ft (approx. 1830m) in the middle of a pristine pine forest on nearly 60 acres, Camp Lakota features brand new eco-friendly A-frame cabins that are perfect for getting back to nature. Girls build courage, confidence, and character by participating in our activities such as challenge courses and zip-line, archery range, swimming in our large heated pool, outdoor cooking, 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.

## Getting to Camp

**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. We have seen it happen many times. 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 as directed by camp staff.

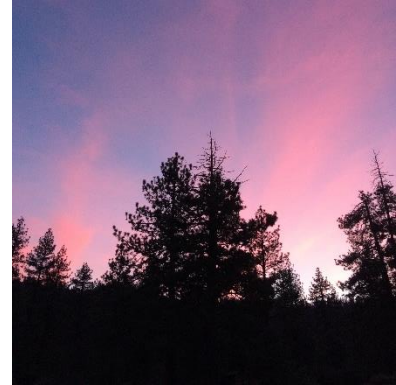
Here are some helpful travelling tips:

- ◆ 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 troop/group with printed directions (you will receive these before your adventure). Please do not caravan.



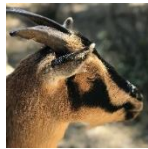
## CAMP ENVIRONMENT

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 up to a mile up and down hills and 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: always using the buddy system, respecting animals from a distance, and never feeding them.



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 tents. The program you have selected will determine your housing (Older Girl Experience will be housed in tents and Lakota Troop Trekkers in cabins). Cabins contain 4 bunkbeds (total of 8 people). In our tent camping villages, one tent will house 4 campers. You may be sharing your cabin or village with someone from another troop/group so be sure to welcome them and make them feel at home. 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/troop leaders/adults do not sleep in tents or cabins with the girls but are housed in their own tent/cabin within the village to provide supervision and assist campers as needed. Family units may stay in one cabin or tent during special programs.

## 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 in raising and lowering the flag, cleaning and sweeping villages, picking up trash, and wiping down sinks/mirrors in the bathrooms. We all help and do our part to keep camp clean and to model respect for nature and our facilities.



## Camp Activities

While we encourage all campers, including adults, to try new activities, **SAFETY IS OUR #1 PRIORITY**. For all our specialized program areas, which are facilitated by a trained adult, campers will receive an orientation including safety rules prior to participating. Our high adventure programs, which consist of challenge courses and zip line, as well as archery require certain age restrictions. 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 (Older Girl Experience campers) or the High Risk Activity Form (Lakota Troop Trekkers and weekend programs).

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



**High Ropes** is recommended for campers entering grade 6 and older and adults. Please note that the High Ropes Challenge Course is very challenging. If your camper is entering 4-5 grade and would like to go on the course, please email us so that we can further discuss the course. Campers entering grade 3 and younger can assist as Safety Partners and in Team Belay.



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



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



**Archery** is for campers entering grade 2 and above. All campers must wear an arm guard and follow all safety instructions. A certified Archery Instructor 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.



**Outdoor Cooking** is not only a practical skill, but a delicious one too! Campers will learn how to build campfires during this activity and will need to have a hair tie to keep hair out of the face. We will provide alternative ingredients to accommodate for dietary needs.



**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.



## PREPARING YOUR CAMPER FOR CAMP

### Special Accommodations

At Camp Lakota we aim to run an inclusive program where all campers can feel welcome and participate. Camp staff will help all campers feel included and join in the camp experience. Parents/guardians are asked to fill in the forms or notify their troop leader with as much detail as possible so that we can ensure that your camper has the most positive and supportive experience while she is at camp. The Camp Director or Health Director may contact you to get more information regarding your camper's specific needs and address whether the camp can adequately accommodate your camper at camp. For specific questions regarding your camper's needs, please contact us at: [lakotacamp@girlscoutsla.org](mailto:lakotacamp@girlscoutsla.org).

### Hygiene at Camp

Please talk with your camper (regardless of age) about taking care of their own daily personal hygiene needs. 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 and troop leaders may remind campers to make good choices, it is ultimately up to the camper.

### Homesickness

Our camp staff has extensive experience with homesickness, and they will be there for your camper 24/7. If you have a concern let us know before your camper arrives, so our staff can provide the best experience for your camper.

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 or send notes with your troop leader to be delivered during their stay.
  - What you write in your letters will affect your camper's attitude so please choose your words wisely.
  - Instead of writing "I miss you", write about all the great things your camper will experience while away at camp or share your favorite outdoor memories.
- ◆ Believe in her ability to handle her own emotions and have fun at camp.
- ◆ Be visibly excited for her, even though you might miss her as much or more
- ◆ Other resources for preparing for camp can be found at [www.acacamps.org](http://www.acacamps.org).

### 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](#).



## PACKING LIST

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

### Packing Tips

Think layering! And pack durable & comfortable clothing that WILL get dirty. Be sure to label EVERYTHING (first & last name). 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)
- Shorts
- Jeans or durable pants
- 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) and shower flip flops
- 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!

### 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, 2020 will be donated. For lost and found inquires, email [lakotacamp@girlscoutsla.org](mailto: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.

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



# OLDER GIRL EXPERIENCE (OGE)



## LAKOTA ON THE PRAIRIE

This exciting 6-day/5-nights tent camping experience is exclusively for individual high school girls. Campers will make new friends while sleeping under the stars and do we have ☆STARS☆ up at Camp Lakota. You camper will learn survival skills like knots and lashing, fire-building, and topography mapping. Plus, master homesteading skills such as soap/wood carving, leather work, and outdoor cooking.

### Schedule

**All campers must provide their own transportation to and from camp.** Please note the drop off and pick up times. If you are delayed or running late, please contact the camp right away at [lakotacamp@girlscoutsla.org](mailto:lakotacamp@girlscoutsla.org) or (626) 677-2386.

SUNDAY DROP OFF: 10:00am – 11:00am

FRIDAY PICK UP: 4:00pm – 5:00pm

### 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 degrees is detected, your camper will not be allowed to stay in camp.

### 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 are notified immediately.

### Sample Daily Schedule

<b>7:00am</b> Rise & Shine	<b>8:00am</b> Flag Up, Breakfast, & Kapers
<b>9:30am</b> Morning Activities	<b>12:30pm</b> Lunch
<b>1:30pm</b> Rest & Relax	<b>2:30pm</b> Afternoon Activities
<b>6:00pm</b> Flag Down & Dinner	<b>7:30pm</b> Evening Program
<b>8:30pm</b> Snack Time	<b>10:00pm</b> Lights Out



# OLDER GIRL EXPERIENCE (OGE)

## 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).

Campers may keep inhalers & epi-pens with them. If campers require an epi-pen, we suggest that you send 2 with them if possible so they can have one on them and keep the spare one in the Infirmary.

## How to use CampDoc

All health forms are completed via 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.

*SET UP YOUR ACCOUNT:* Within two weeks 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. Returning camper? If you used the CampDoc system last year, you will still need to sign in and ensure that everything is reviewed and current.

*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 .jpg just like you would to any website.





## OLDER GIRL EXPERIENCE (OGE)

*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](mailto:camphealthforms@girlscoutsla.org) to have your account unlocked. Once unlocked, you may submit any necessary changes.

*QUESTIONS:* If you need a Spanish health history form, do not have access to a computer, or have any questions about CampDoc.com, please contact [camphealthforms@girlscoutsla.org](mailto:camphealthforms@girlscoutsla.org) or call the Camp Health Forms Hotline at 626-677-2282.

### Food at Camp

We provide 3 nutritious and camper-friendly meals a day. Meals are prepared by certified food service personnel. Healthy options are always available; we offer a salad at lunch and dinner and assorted fruits are available throughout the day, along with an evening snack. Campers will also enjoy outdoor cooking with their unit, where they will plan, prepare, and cook a meal together outside.

### Dietary Needs and Allergies

Special diets can be accommodated, including vegetarian, gluten-free, and lactose-free. Vegan diets must provide own supplemental food items. 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 the Camp Director at [lakotacamp@girlscoutsla.org](mailto: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 this before she leaves 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.



# OLDER GIRL EXPERIENCE (OGE)

## Communication

Communication from friends and family is important to children away from home. Remember that 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) 677-2386. 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 to your camper that continues for an extended time, requires medical attention outside of camp, or requires her to be picked up by the parent/guardian.

## Sending/Receiving Mail

*MAIL VIA USPS:* Mail is delivered and received to the postal box daily (Mon-Fri). Campers can place mail in the camp mailbox at any time. Letters can take at least two to three days to reach camp. We suggest mailing letters at least 3 days in advance to ensure delivery.

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

\*Please do not send food care packages to camp. Campers are not allowed to keep food in their tents due to wildlife.

**Camp Lakota**  
**ATTN: (Camper's Full Name)**  
**11220 Dorothy Lane**  
**Frazier Park, CA 932**



# LAKOTA TROOP TREKKERS

Guided by our camp staff, your troop is about to embark on a unique overnight camp experience. Get ready to celebrate the history and legacy of our beloved Camp Lakota.



## Schedule

Please arrive on time on **Day 1**. If you are delayed, please contact us right away [lakotacamp@girlscoutsla.org](mailto:lakotacamp@girlscoutsla.org) or (626) 677-2386. We will be serving a welcome lunch but please note that your troop is responsible for their own meals (food items, preparation, supplies, clean-up, etc.) for the rest of the session.

**Day 1:** Don't forget to bring a costume for our costume contest this evening! Here are some costume ideas that match with each session:

- ◆ Lakota: Then & Now – past decade
- ◆ Lakota Marks the Spot – pirates! aarrgh!
- ◆ League of Extraordinary Girl Scouts – superheroes
- ◆ Magic in the Mountains – wizarding world
- ◆ World of Color – favorite artist
- ◆ Let the Games Begin – favorite sport
- ◆ Lakota: Now & the Future - futuristic

**Day 2:** Evening Campfire performances! Please come prepared with either one skit and one song or two songs for your troop to perform on stage.

**Day 3:** After Scout's Own on your troop is more than welcome to stay and enjoy Camp Lakota until 2pm. If you need to leave early, please let us know.

## Roster

**ROSTER:** Please designate ONE PERSON in your troop to complete this [eform](#). In this form please list all troop members, dietary needs, and other important information.

## Ratio

Troops are responsible for always maintaining the adult to girl ratio while up at Camp Lakota. Please see [Volunteer Essentials](#) for more details.

## Housing

Your troop will be staying in our brand new eco friendly cabins. Please note that you might be sharing this cabin with another troop, so please respect everyone's space and help welcome all campers to Camp Lakota. Adults and Girl Scouts live in separate cabins within the same village. All cabins have bunk beds with mattresses.

## SAMPLE SCHEDULE

DAY 1	
TIME	ACTIVITY
11:00-11:45	Arrival
11:45-12:30	Safety Chat
12:30	Welcome Lunch & Set-up
1:30-3:00	Activity 1
3:00-4:30	Activity 2
4:30-7:00	Evening Activity Prep & Dinner
7:00	Evening Activity
10:00	Lights Out

DAY 2	
TIME	ACTIVITY
9:30-11:00	Activity 3
11:00-12:30	Activity 4
12:30-2:30	Lunch, Rest, & Troop Time
2:30-4:00	Activity 5
4:00-5:30	Activity 6
5:30-7:30	Dinner & Campfire Prep
7:30	Campfire
10:00	Lights Out

DAY 3	
TIME	ACTIVITY
9:30-11:00	Activity 7
11:00-12:00	Scout's Own
12:00-2:00	Lunch, Clean up, & Troop Time
2:00	Goodbye



## Food

A welcome kick-off lunch is included on the first day. Troops are responsible for their own meals and cooking supplies for the rest of the program (2 dinners, 2 breakfasts, and 2 lunches). Propane stoves and gas grills are permitted up at Camp Lakota. We can have campfires only in our already established fire rings, however due to weather conditions we might NOT be able to have wood burning fires upon arrival. Bring firewood just in case! Please dispose of all your trash in the trash bin every day. Please note that ALL food items must be stored in your vehicle or a bear box/canister. We only have a couple of bear boxes/canisters up at Lakota and we recommend bringing your own if you wish. Bear sightings are very rare at Camp Lakota. However, we do have raccoons, squirrels, and other small animals that love to rummage through trash and other items.

## Communication at Camp

Camp Lakota has reliable mobile phone service, we require that campers entering grade 12 and younger do not bring phones and that adults keep their phone use limited to emergency purposes. Wi-Fi networks are not available for guest/camper use. These networks are used for business purposes.

## Health Care

Each troop must provide their own designated first aider. Troop leader(s) and adults are primarily responsible for their troop's health needs and administering medicine.

All medication will be locked and stored in the Infirmary (except epi-pens & inhalers). Troop Leader and adults are responsible for administering prescribed medications brought to camp. First aid supplies and OTCs will be available at camp and administered by the Health Director when necessary, and only if permitted by the participant's OTC form.

*Emergency Care:* While we have a Health Director on site for emergencies, groups are responsible for all emergency or medical transportation. Phone numbers and locations of local EMS providers, clinics, and hospitals are posted. AEDs are in The Ranch House and Infirmary.

*Health History:* Troops are responsible for gathering and maintaining information on all members of the troop, that includes name, address, emergency contact names and numbers, and any allergies/health conditions/restrictions. For minors without a parent on-site, group leaders should also have signed permission to seek emergency treatment. Troop leaders are responsible to inform camp of any allergies or restrictions of their troop that may affect camp services provided (e.g., food, program activities). Ensure every participant (under 18) has completed the below forms. These forms must be brought to camp. Troop leaders will hold onto these forms throughout the weekend.

### For Participants (\*under 18)

- ◆ [Health History Form](#)
- ◆ [Over-the-Counter \(OTC\) Form](#)
- ◆ [Provided Prescription Form](#) (only if a participant takes prescribed medication)
- ◆ High Risk Form pg. #14

### For Adults

- ◆ [Adult Emergency Information & Authorization for Treatment Form:](#) attending adults must always carry this form.
- ◆ High Risk Form pg. #14



# WEEKEND PROGRAMS

Weekend Programs are a great way to get back to nature and refresh under the stars! Weekend Programs include Me & My Girl Scout(s) (Family Weekend) and Stellar Adventure Weekend.

## Schedule

Please arrive between 4pm-7:30pm on Friday to check in, set up, and have dinner. If you need to arrive after 7:30pm, please let us know. Check out will be by 1pm on Sunday.

## Roster

**ROSTER:** Please designate ONE PERSON in your troop/group to complete this [eform](#). In this form you will list all troop/group members, any special dietary needs, and other important information.

## Ratio

Troops/groups are responsible for always maintaining the adult to girl ratio while up at Camp Lakota. Please see [Volunteer Essentials](#) for more details.

## Housing

Depending on the program, your troop/group will be staying in our brand-new ecofriendly cabins or tent camping in one of our campsites. Please note that you might be sharing a cabin village or campsite with another troop, so please respect everyone's space and help welcome all campers to Camp Lakota. All cabins have bunk beds with mattresses. If you are tent camping, you are responsible for all camping equipment. All campsites have picnic tables and a shared fire ring.

## Food

Troops/Groups are responsible for their own meals and cooking supplies for the entire weekend. Propane stoves and gas grills are permitted up at Camp Lakota. We can have campfires only in our already established fire rings, however due to weather conditions we might NOT be able to have wood burning fires upon arrival. Bring firewood just in case! Please dispose of all your trash in the trash bin every day. Please note that ALL food items must be stored in your vehicle or a bear box/canister. We only have a couple of bear boxes/canisters up at Lakota, we recommend bringing your own if you wish. Bear sightings are very rare at Camp Lakota. However, we do have raccoons, squirrels, and other small animals that love to rummage through trash and other items.

## Communication at Camp

Camp Lakota has excellent mobile phone service. However, we do not want campers (that includes adults) to be on their devices while up at camp. Wi-Fi networks are not available for guest/camper use. These networks are used for business purposes.

## SAMPLE SCHEDULE

FRIDAY	
TIME	ACTIVITY
4:00-7:30	Arrival, Set-up, & Dinner
After 7:30	Safety Chat
10:00	Lights Out

SATURDAY	
TIME	ACTIVITY
9:15	Flag Up
9:30-11:00	Activity 1
11:00-12:30	Activity 2
12:30-2:00	Lunch, Rest, & Troop Time
2:00-3:30	Activity 3
3:30-5:00	Activity 4
5:15	Flag Down
5:30-7:30	Dinner & Campfire Prep
7:30	Campfire
10:00	Lights Out

SUNDAY	
TIME	ACTIVITY
1:00	Goodbye



# WEEKEND PROGRAMS

## Health Care

Each troop must provide their own designated first aider. Troop leaders and adults are primarily responsible for their troop's health needs and administering medicine.

All medications will be maintained by the troop/group leader. Troop Leaders and adults are responsible for administering prescribed medications brought to camp. Basic first aid supplies will be available at camp and administered by the camp staff when necessary.

*Emergency Care:* Groups are responsible for all emergency or medical transportation. Phone numbers and locations of local EMS providers, clinics, and hospitals are posted. AEDs are in the Ranch House and Infirmary.

*Health History:* Troops are responsible for gathering and maintaining information on all members of the troop, that includes name, address, emergency contact names and numbers, and any allergies/health conditions/restrictions. For minors without a parent on-site, group leaders should also have signed permission to seek emergency treatment. Troop leaders are responsible to inform camp of any allergies or restrictions of their troop that may affect camp services provided (e.g., food, program activities). Ensure every participant (under 18) has completed the below forms. These forms must be brought to camp. Troop leaders will hold onto these forms throughout the weekend.

### For Participants (\*under 18)

- ◆ [Health History Form](#)
- ◆ [Over-the-Counter \(OTC\) Form](#)
- ◆ [Provided Prescription Form](#) (only if a participant takes prescribed medication)
- ◆ High Risk Form pg. #14

### For Adults

- ◆ [Adult Emergency Information & Authorization for Treatment Form:](#) attending adults must always carry this form.
- ◆ High Risk Form pg. #14



## CAMP LAKOTA ACTIVITY RISK FORM

AS A PARENT/GUARDIAN, I UNDERSTAND AND ACKNOWLEDGE THAT:

Camp Lakota takes reasonable precautions to ensure that programs and activities at camp are conducted by qualified staff in a responsible manner. Physical or outdoor activity, by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. Some of these involve strenuous exertions of strength using various muscle groups, some involve quick movements involving speed and change of direction, and others involve sustained physical activity which places stress on the cardiovascular system. The specific risks vary from one activity to another, but in each activity there is a potential risk for: insect bites and stings, slips, falls and falling, rope burns; pinches, scrapes, twists and jolts that could result in scratches, bruises, sprains, splinters, lacerations, fractures, concussions, or even more severe life-threatening hazards.

I represent and warrant that I have provided all materials and important information to Camp Lakota pertaining to my/my child's medical, mental, and physical condition related to my/my child's participation. I agree to assume and bear the costs of all risks that may be created, directly or indirectly, by any medical condition that I/my child may have. In addition, I agree to notify Camp Lakota of any changes in my/my child's mental, physical or medical condition prior to or during scheduled camp session. All of the program activities are strictly voluntary. Failure to follow safety instructions may lead to a participant's removal from the group or activity.

In consideration of \_\_\_\_\_ (print minor's name) ("Minor") being permitted by Camp Lakota to participate in its activities and to use its equipment facilities. I give my consent and will hold GSGLA forever harmless from, and agree to accept full responsibility for all risks involved while participating in the following activities...

PLEASE INITIAL THE APPROPRIATE RESPONSE IN THE FOLLOWING SECTIONS:	Yes, I agree	No, I do not consent
<b>Swimming:</b> I/we do further give consent for said minor child to participate in organized swimming activities conducted at Camp Lakota. I/we understand that said minor child shall be required to take an approved swimming skill level test and will be assigned to that portion of the swimming area which is commensurate with her demonstrated swimming ability.		
<b>Archery:</b> I/we do further give consent for said minor child to participate in Archery activities conducted at Camp Lakota. I/we understand that said minor child will be supervised and instructed in these events by an individual who has been certified and trained to facilitate this level of programming. All participants are provided instruction on the proper technique and use of safety equipment prior to participation.		
<b>High Ropes Course/Zip Line:</b> I/we do further give consent for said minor child to participate in High Ropes Course and Zip Line at Camp Lakota. I/we understand that said minor child will be supervised and instructed in these events by an individual who has been certified and trained to facilitate this level of programming. All participants are provided instruction on the wearing and use of safety equipment prior to participation.		
<b>Media Release:</b> In the event photographs, slides, or videos are made of said minor child, I/we consent to the release of those photographs, slides, or videos for use in promoting programs at GSGLA & Camp Lakota; both internal and external publications, including social media.		

\_\_\_\_\_  
Signature of custodial parent/guardian #1

\_\_\_\_\_  
Date

\_\_\_\_\_  
Custodial parent/guardian (please print)

\_\_\_\_\_  
Signature of custodial parent/guardian #2 (if applicable)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Custodial parent/guardian #2 (please print)

