



girl scouts
greater los angeles

CAMP OSITO RANCHO

RESOURCE
GUIDE

CAMP OSITO | Osita Camp Rd, Big Bear Lake, CA 92315

WELCOME TO CAMP OSITO RANCHO!

Thank you for visiting Osito Rancho! We hope you enjoy your stay here and really get to take in the beauty of this spectacular 160-acre high adventure camp. This activity guide includes tips, tricks, and general information about this amazing property!

Owned and operated by Girl Scouts of Greater Los Angeles (GSGLA), Camp Osito Rancho is a high adventure camp located in the San Bernardino Mountains above Big Bear Lake. Elevation at Camp Osito Rancho is 7,500 feet. At this elevation, the air is dryer, lips chap quicker, and it is very easy to get sun or wind burnt. Please ensure everyone in your group continuously puts on sun block, uses Chap Stick and **drinks LOTS of water (3 times what they are used to)**. Drinking enough water can be one of the best ways to avoid altitude sickness and prevent nausea and headaches.

Being in the mountains means the weather can be unpredictable. Depending on the time of year, rain, hail and cold weather can be possible along with hot, sunny, beautiful days. In winter, you can expect the nights to get down to as low as 20°F and range between 30 – 50°F during the day. In summer, the nights range between 35 – 47°F and the days average somewhere between 60 – 90°F. Make sure you come prepared with proper clothing! We recommend layering, as it can be hot when the sun is out and drop to freezing when you're in the shade or when the sun sets.

We've put this user guide together to ensure your stay at Camp Osito Rancho is as smooth, enjoyable and learning-filled as it can be. From handy tips about the local area to ideas on what you can do while at camp, we've attempted to gather useful and creative ways for you to make the best use of our facility and get the most out of your time here.

We hope you have a wonderful adventure, thank you for being a part of our Osito Rancho family.

Yours in scouting,
GSGLA Council!

TABLE OF CONTENTS

Amenities	pg 3
Low Ropes	pg 4
Map of Osito	pg 19
Flag Ceremony	pg 20
Craft & Activity Ideas	pg 21
Suggested Badge Work	pg 23
Icebreakers	pg 24
Campfire Songs & Skits	pg 25
Things Around Osito	pg 31
Camp Osito Events at a Glance	pg 32
Notes	pg 34

AMENITIES

Name of Site	Type of Accommodation:	Number of beds:
Elk's Lodge	Indoor lodge featuring large living area with couches, Wi-Fi, showers/toilets and 2 fireplaces. It has a big kitchen with a fridge, freezer, microwave, gas stove, oven, some pots/pans, plates, cutlery, coffee machine & coffee, cutting boards & knives and basic condiments such as salt & pepper. Big outdoor patio.	Eli's Lodge has a large dormitory style room in the back of the building with 30 beds (bunk beds). A second room on the opposite end of the building has an additional 4-5 beds and a private bathroom.
Infirmary	Indoor cabin with 4 private rooms and 4 bathrooms all with showers. Wi-Fi plus communal room with dining table and chairs. Modern kitchen with a fridge, freezer, microwave, gas stove, oven, some pots/pans, plates, cutlery, coffee machine & coffee, cutting boards & knives and basic condiments such as salt & pepper.	15 total: Each room sleeps between 3-4 people in either bunkbeds or single beds.
Dining Hall	Off limits to rental groups/troops. Used during summer camp only.	N/A
Manzanita	Indoor/outdoor space with 4 stand-alone cabins. Each modern cabin is warm and insulated, but does not have its own inside toilet. There is a toilet block with showers in Manzanita for communal use by all 4 cabins	32 total: Each cabin sleeps 8 in either bunkbeds or single beds.
Big Tree	Outdoor camp site featuring rustic screened cabins (not insulated). This site has a fire ring for campfires/ outdoor cooking and a toilet/shower block.	28 total: Each cabin sleeps 4 in single cot beds with mattresses.
Chinquapins	7 outdoor tent platforms with a campfire ring and toilet/shower block.	24 total
Pines	7 outdoor tent platforms with a campfire ring and toilet/shower block.	24 total
Silvertips	7 outdoor tent platforms with a campfire ring and toilet/shower block.	24 total
Adventurers	8 outdoor tent platforms with a campfire ring and toilet/shower block.	28 total
Pioneer	7 outdoor tent platforms with a campfire ring and toilet/shower block.	24 total

***All accommodation at camp is BYO bedding, pillows and towels. Mattresses fit single sheet sets, or bring a sleeping bag!**

LOW ROPES

Along with the buildings and campsites, Osito has many outdoor amenities of which some are only used during resident camp and council-led weekend events. PLEASE NOTE: The swimming pool, lake, canoes, high ropes course/climbing wall and ALL other program areas and equipment are off limits to rental groups/troops. Archery is ONLY available for use if you have pre-booked it and the activity is being led by one of our certified instructors. You may not bring your own personal archery equipment to camp for safety reasons.

In an effort to give you as many ways of using the site during the non-camp season, we do offer some outdoor amenities that rental groups/troops are able to facilitate on their own. You are welcome to use the amenities outlined below, as long as all safety guidelines are being observed. Please follow all other signs, trail markers, regulations and restrictions posted around Camp Osito and inform staff of any hazards that arise.

Here are some ideas of self-led activities to get you started:

HIKING

Camp Osito is fortunate to be set amongst some of the most spectacular landscape of Southern California. Along with the hiking trails found within camp's 160 acres, there are also dozens of hikes outlined by the Forest Service that can be accessed from camp or within a short drive.

Here are a couple ideas (trail heads found on camp map or by looking at a Forest Service map):

1. Pooh Trail – Fairly short hike on camp property that begins between the swimming pool and Manzanita. While short, the hike takes you up a steep hill to boulders at the top. The view looking over Big Bear Lake and to San Geronio is spectacular.
2. Pooh Caves – Walk out of camp following the dirt road that brought you in. You'll go under the welcome archway and then take the first right onto Camp Osito Road. Follow the dirt road a short way and the Pooh Caves trail will be off to your left.
3. Lightning Tree – A lightning strike started a small brush fire out the back of Camp Osito earlier in the year. This is a short hike out to the tree that was struck by lightning and a fascinating example of how forest fires can start by nature's wrath.



LOW ROPES

4. Castaways – Looking for a super short hike with an amazing view? Climb to the top of Castaways where a beautiful pavilion provides a superb spot for a picnic or just to sit and appreciate the view over Big Bear Lake. You can see the white observatory building on the other side of the Lake. This is a top spot for star gazing at night too.
5. Grand View Point – Another spectacular view, as indicated by the name, can be found from this point. You can access this forest trail from Camp by following signs for the Stables. Once at the Stables, take a left and follow it all the way to the Skyline Trail. From there, you'll see a Forest Service map with directions to Grand View Point.
6. Castle Rock – A good walk, or a short drive, to the trail head. There are two ways to access this trail: From the top, or from the bottom. There are amazing views from Castle Rock of Big Bear Lake and of the Big Bear Valley.

There are many more hikes all over the Big Bear Valley. Accessibility varies in winter, so check with the Big Bear Visitor Center or in any of the Village shops for maps and other information.

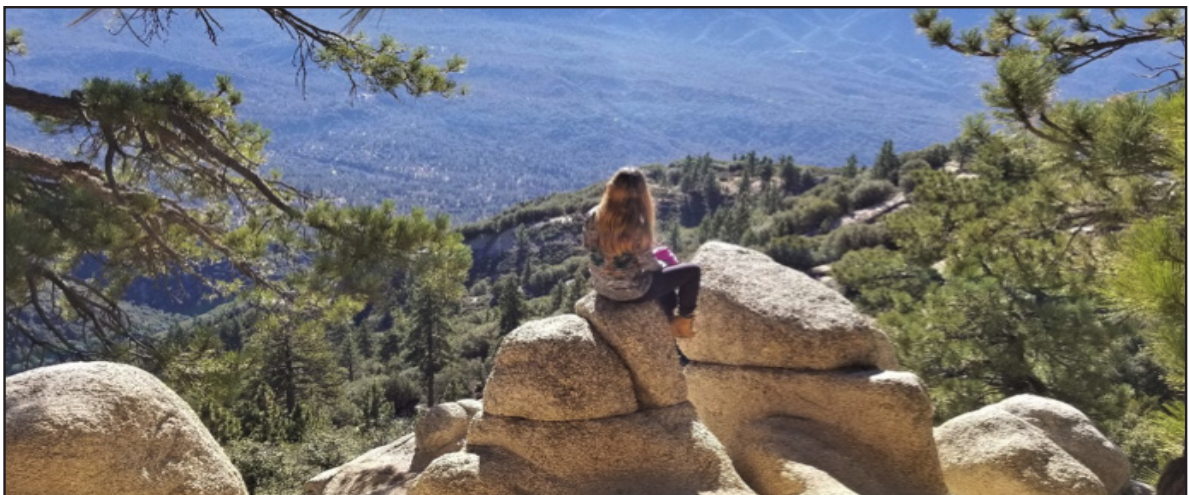
Helpful Numbers:

Big Bear Visitor Center: (909) 866-7000

Big Bear Discovery Center: (909) 382-2790

United States Forest Service,

San Bernardino National Forest: (909) 382-2600



LOW ROPES

LOW ROPES

One of the most unique benefits of a low ropes course is its ability to engage girls by removing them from the challenges they ordinarily face. When confined to the same environment each day, whether it is a classroom or at play, many people will fall into a routine mindset that allows very little opportunity for growth or change. Low ropes courses present participants with challenges that appear to be wildly different from the tasks they face on a day-to-day basis. The apparent differences between these challenges and the girls' daily life increase their interest. At the same time, the challenges encourage them to attempt new problem solving methods to achieve success. Throughout the completion of each low ropes element, girls rely on group members that they have never relied on before while being forced to think about how they communicate with those around them. As the group begins to move toward success, they discover the parallels between these activities and the challenges in their day-to-day life. Each low ropes element has a different focus. Leaders/facilitators can use each element in several different ways to present a group with exactly the challenge that they need to overcome their weaknesses and become a stronger team. This makes a low ropes course the ultimate team building tool. There are virtually limitless variations on the rules and goals for each low ropes element, providing the opportunity to use the elements multiple times by the same group with different experiences and different lessons each time.

Recommended Gear

- Dress appropriately for the activity. Sharp objects, jewelry, and watches are removed and pockets emptied. Long hair is pulled back from the face.
- Long pants or bike pants for activities when skin abrasions on legs are possible
- Sunscreen (SPF of at least 15) and lip balm
- Sunglasses and close-fitting clothing (avoid wearing loose clothing, especially around the head and neck)

DAY OF THE LOW ROPES COURSE

- Girls learn about and prepare for the low ropes course. Leaders describe the objectives, safety procedures, and hazards to the participants before beginning an activity.
- Girls practice safe challenge-course techniques. Spotting techniques are taught, demonstrated, and practiced by participants prior to any challenge-course activity. All activities are appropriately spotted. For activities where partners are needed, instructors match participants according to size and skill level, if appropriate. Instructors supervise spotting on low elements courses. Participants are not stacked more than three levels high vertically (in a pyramid, for example) on each other at any time. No one should stand on the middle of someone else's back.

LOW ROPES

SPOTTING

Spotting is the most important safety method for initiative activities and low ropes course elements. The main role of the spotter lies in protecting the climber's head, neck and upper body should a fall occur. Spotters should understand that although they should always be in a position to support a falling climber, it is usually very difficult to literally "catch" a falling body, even from a small height.

Teaching Spotting Technique

Teaching spotting to participants is one of the most challenging aspects of the ropes course. The technique itself is not complicated; the difficulty lies in the fact that would-be spotters do not understand their importance until they actually have to spot a falling person. Following is a list of some of the important aspects to remember when teaching spotting:

- Spotters should mimic the movements of the climber, positioning himself or herself to anticipate any falling action.
- Spotters should always be focused on the climber.
- Spotters should anticipate a fall at any time.
- Spotters should be aware of the special dynamics of each element (i.e. swinging from a rope).
- Spotters must understand how important their role is to both the physical and emotional safety of the climbers. Joking around and horseplay are not acceptable.
- A thorough knowledge of the four part verbal contract.

FOUR PART VERBAL CONTRACT

Whenever someone is about to fall, either in practice, or during an activity, (e.g. 'Willow in the Wind'), a certain set of communication **MUST** occur between the spotter(s) and the faller. This creates another avenue to ensure safety during the activity.

Four Part Verbal Contract		
PERSON CALL DESCRIPTION FALLER	"Spotter(s) Ready?"	With this question, the Faller is saying he/she is ready to fall and in the correct position.
SPOTTER (S)	"Ready"	When the Spotter is in the correct position and 100% focused on the Faller. This is said in a clear, firm voice to ensure that the Faller knows they are ready.
FALLER	"Falling!"	The Faller is committed and waiting for the final go ahead from the Spotter(s).
SPOTTER (S)	"Fall On"	Means - go ahead and I/we will support you and keep you safe.

LOW ROPES

SPOTTING INSTRUCTION SEQUENCE

Prior to beginning any low ropes course/initiative activity which requires spotting, each group should complete a spotting instruction sequence. Below is a suggested sequence, although there are several different activities and techniques that can be used to teach spotting.

1. Explain the meaning of spotting.
2. Start with Human Spring activity (demonstrate first). • In pairs, participants face each other standing close together. • With feet together and hands up palm out, lean in towards each other. • Hands meet and then they push each other back to the standing position. • If they feel comfortable with this, take a small step back and repeat process. • Continue with this until pair reaches their personal comfort level.
3. Demonstrate the proper spotting technique to the group. • One leg in front of the other. • Knees flexed to absorb impact. • Hands up and ready to support. Thumbs tucked along fingers.
4. Allow the group to practice moving in the spotting position.
5. Demonstrate the two-person trust fall sequence. • Faller's position: crossed arms to chest, body stiff and straight, feet together. • Four-part verbal contract. • Spotter's hand position: aimed directly at Faller's shoulder blades • Spotter's body position: first close to Faller, then increasing angle of the fall as Faller becomes more comfortable.
6. Allow participants to pair off and practice the two-person trust fall sequence.
7. Explain and complete the activity 'Willow in the Wind'. • 8 - 14 participants stand in the spotting position, shoulder to shoulder in a circle with one person standing in the falling position in the center of the circle. • Following completion of the four-part verbal contract, the center person, remaining rigid, may fall in any direction. The Spotters in the circle stop the faller and redirect him or her to another arc of the circle. This fall-catch sequence continues in a gentle fashion until it becomes obvious that both the Faller and the Spotters are comfortable (stress the gentle aspect - it is not a pinball game!). Allow each member of the group to have an opportunity to try this activity.

LOW ROPES

ALL ABOARD

The **All Aboard** element challenges teams to work together. A small platform is used to accomplish this seemingly impossible task of supporting every member of the team for a minimum of 15 seconds. Each participant's feet must be off the ground and on the platform. Only the support of the platform and fellow group members may be used.

As the group begins to conquer this element additional variations can be added to increase the challenge: Give each participant a number and have each remain on the stump until there is a count off in sequence. Have participants use one leg (hop on one leg), no arms, or use of only one arm. This element demonstrates group problem solving and is good for groups of 8-15 people.

This Activity

1. Demonstrates group problem solving.
2. Helps the group bond and support each other as one team (they are only successful when ALL their teammates complete the challenge).
3. Helps the group strategize and sequence participants in a way that allows everyone to get both feet on the platform.

STAYING SAFE:

PRE-CHECK: Facilitator's Responsibility

1. Check the platform and make sure that they are on a firm solid base.
2. Check the platform for structural sturdiness and slipperiness.
3. Check the area for sharp or dangerous objects on the ground and in the trees above.
4. Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example: large earrings, rings, sweatshirts with draw-strings, water bottles, or anything else that could get caught on someone else or the equipment.
5. Closed toed shoes must be worn at all times.

RISK MANAGEMENT PROCEDURES:

1. Review the group task.
2. Ensure every member is supported in case they begin to fall.
3. Make sure the team stays focused on the task of helping one another get both feet on the platform.

Discussion Questions:

What worked?

What didn't work?

What can we do better next time?



LOW ROPES

KINGS FINGER

The objective of **King's Finger** is to remove the tire without touching the pole and lower it to the ground safely. The tire must be lifted off the pole, flipped over and then lowered back down. People can touch the pole, but the tire cannot. For an added challenge, don't let anything touch the pole!

No other materials, save what the group has on them, may be used. If the group is younger, or is having problems, you may allow them to use whatever they can find in the immediate area. The tire may not be thrown. People are allowed on shoulders, if necessary, but only if the entire group is working to spot that person and is capable of protecting them! If not, do not allow it.



This Activity:

1. Demonstrates group problem solving.
2. Helps the group learn effective communication.
3. Helps the group strategize and sequence participants in a way that allows them to complete the challenge.

STAYING SAFE:

PRE-CHECK: Facilitator's Responsibility

1. Check the area for sharp or dangerous objects on the ground and in the trees above.
2. Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw-strings, water bottles, or anything else that could get caught on someone else or the equipment.
3. Closed toed shoes must be worn at all times.
4. Ensure spotters are ready and paying attention whenever a participant's feet are off the ground.

RISK MANAGEMENT PROCEDURES:

1. Review the group task.
2. Ensure every member with feet off the ground (especially if they're on shoulders) is properly spotted.
3. Make sure the team stays focused on the goal at hand. Rowdiness and horseplay can cause accidents.

LOW ROPES

Discussion Questions:

What worked?

What didn't work?

What can we do better next time?

WHALE WATCH PLATFORM

The whale watching platform is a great team-building initiative, with the objective being to balance the platform with all participants standing on it with their two feet. Everyone must be on the platform when it is balanced, and stay balanced on it for 10 seconds to count.

No hands can touch the platform at any time, and no feet may ever go under the platform! If the platform touches the ground on either side, everyone starts over.

This Activity:

1. Demonstrates group problem solving (they have to plan, and match up relative to size and weight, so that the entire team can balance on the platform)
2. Demonstrates the group's ability to work together as a team, and strategize to complete the task
3. Allows the group to practice communication skills



LOW ROPES

STAYING SAFE:

PRE-CHECK: *Facilitator's Responsibility*

1. Check the area for sharp or dangerous objects on the ground and in the trees above.
2. Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw-strings, water bottles, or anything else that could get caught on someone else or the equipment.
3. Closed toed shoes must be worn at all times
4. Remove the tires under the platform before beginning the activity, and ensure everyone keeps their feet clear of the platform so feet don't get crushed underneath it.
5. Closed toed shoes must be worn at all times.

RISK MANAGEMENT PROCEDURES:

1. Review the group task.
2. Make sure the team stays focused on the goal at hand. Rowdiness and horseplay can cause accidents. DO NOT ALLOW jumping or running on the platform.
3. If the platform becomes unbalanced and touches the ground, ensure participants on the platform DO NOT JUMP OFF to start again. Have them step off calmly one at a time.

Discussion Questions:

What worked?

What didn't work?

What can we do better next time?

THE NITRO SWING

The Nitro Swing element simulates crossing an imaginary canyon where you need to transport everyone safely using only a swinging rope and each other.

The participants have to get everyone from one side to the platform on the other side, without touching the ground. When a person touches the ground, they start over.

Variations on this activity provide several different scenarios and potential outcomes. A rope boundary can be used to designate the starting area, or participants can start on the platform and attempt to land in hula-hoops on the other side. Participants can only use items that they brought with them to get the rope. Increase the challenge by not having participants talk with each other.

LOW ROPES

This Activity:

1. Demonstrates group problem solving
2. Provides participants with an opportunity to demonstrate personal skill
3. Demonstrates the group's ability to utilize available resources
4. Helps the group strategize and sequence participants in a way that allows everyone to cross. (And perhaps transport nitro; water/eggs/etc.)

STAYING SAFE:

PRE-CHECK: *Facilitator's Responsibility*

1. Check the area for sharp or dangerous objects on the ground and in the trees above.
2. Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw strings, water bottles, or anything else that could get caught on someone else or the equipment.
3. Closed toed shoes must be worn at all times
4. Ensure emotional safety (i.e. if a participant is physically unable to swing across without touching ground, make allowances to ensure they don't feel singled out).

RISK MANAGEMENT PROCEDURES:

1. Review the group task.
2. Taking a running start and jumping to get the rope is not permitted.
3. The reception team should ensure safe arrival of the swinging participant as they attempt to land.

Discussion Questions:

What worked?

What didn't work?

What can we do better next time?



SPIDER'S WEB

This element involves passing the team through a web of string hung in trees without touching the sides. Everyone must go through the web, not around it, under, over, etc.

LOW ROPES

Each hole can be used once; larger groups can use the upper holes twice. Everyone must be involved in spotting. If not, stop the activity!

People going through the bottom holes may go under their own power. If someone touches the web, the group starts over.

This Activity:

PRE-CHECK: *Facilitator's Responsibility*

1. Demonstrates group problem solving.
2. Demonstrates the group's ability to utilize available resources.
3. Helps the group strategize and sequence participants in a way that allows everyone to go through the web.
4. Teaches the group to support each other, and that when the team succeeds, so do they as individuals.

STAYING SAFE:

PRE-CHECK: *Facilitator's Responsibility*

1. Check the area for sharp or dangerous objects on the ground and in the trees above.
2. Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw-strings, water bottles, or anything else that could get caught on someone else or the equipment.
3. Closed toed shoes must be worn at all times.

RISK MANAGEMENT PROCEDURES:

1. Review the group task.
2. A person must go through the web feet-first & their head should never go below their waist. On the other side, their feet must be lowered to the ground so that they are able to stand.
3. Protect participants from falling on their head/neck!
4. Do not allow jumping, diving or rolling through the web.
5. Two people must be on each side before you can pass someone through.



Discussion Questions:

What worked?

What didn't work?

What can we do better next time?

LOW ROPES

MOHAWK WALK

The Mohawk Walk involves a line of foot wires with poles in-between.

The objective is to move the entire group from one side of the obstacle to the other. Everyone must go across the canyon, not through or around it, etc.

You may allow participants to “tag” a pole, announce they are stepping down and then come back to help spot other people to that point. When they are ready to continue, they start again from the tree they stepped from. If someone touches the ground, leans to the point a spotter must catch them or steps down at a tree before announcing they are going back to spot, the whole group must start over.

This Activity:

1. Demonstrates group problem solving.
2. Helps the group strategize to allow everyone to get across.
3. Teaches the group to support each other, and that when the team succeeds, so do they as individuals.

STAYING SAFE

PRE-CHECK: *Facilitator’s Responsibility*

1. Check the wires and make sure they are safely secured to the poles.
2. Check the poles for structural sturdiness and ensure no splinters.
3. Check the area for sharp or dangerous objects on the ground and in the trees above.
4. Collect all hazardous clothing and paraphernalia from participants prior to the activity.
For example, large earrings, rings, sweatshirts with draw-strings, water bottles, or anything else that could get caught on someone else or the equipment.
5. Closed toed shoes must be worn at all times.

RISK MANAGEMENT PROCEDURES:

1. Review the group task.
2. There must be two spotters for each person attempting to cross. They are to be placed in front and behind the participant and should always have their hands up, ready to catch the person if they should fall.
3. Caution participants from tripping over the wires. No running!

Discussion Questions:

What worked?

What didn’t work?

What can we do better next time?

LOW ROPES

TROLLEYS

The Trolleys are a collaborative element consisting of two long skis with hand ropes. Each member of the team stands with one foot on each ski and one rope in each hand. Together, the group must work together in unison to attempt to traverse an open area without touching the ground. One misstep and its back to the starting line.

The facilitator will place the trolleys out on the ground at the starting point and have the team step up on them. Once on the trolley the team cannot touch the ground or step off. The object of this activity is to have the team walking together on top of the trolleys to achieve a specific challenge. A group of 8-10 people can participate at a time.

Challenges could include:

- Going from a starting point to a finish line.
- Going down and around an object and returning back to the initial starting point.
- Walking backwards on the trolleys.

This Activity:

1. Requires a great deal of communication, shared-leadership, listening and concentration.
2. Helps the group strategize.
3. Teaches the group to work as a team rather than as an individual.

STAYING SAFE

PRE-CHECK: Facilitator's Responsibility

1. Use a smooth level area for this activity.
2. Check the area for pinecones, branches or any other/dangerous objects on the ground and in the trees above.
3. Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw-strings, water bottles, or anything else that could get caught on someone else or the equipment.
4. Closed toed shoes must be worn at all times.

RISK MANAGEMENT PROCEDURES:

1. Review the group task.
2. People will lose balance and start to fall off. Encourage people to step down rather than fall into person in front or back them.
3. Instruct partners to tell the rest of the team if they are stepping down/falling.
4. Everyone must reset before the next partners are allowed to start.

Discussion Questions:

What worked?

What didn't work?

What can we do better next time?

LOW ROPES

THE INCOMPLETE BRIDGE CROSSING

The Incomplete Bridge Crossing element challenges participants mentally to discover a way to cross from one island (platform) to the other island without touching the ground in between. Given limited resources, participants must work toward their strengths as a team to be successful. The group can decide in advance how many touches they will allow themselves to have. When a participant or board touches the ground it goes back to the starting platform.

To increase the challenge take away their ability to talk, or limit their use to just one arm. Once the entire group is up the timing begins. Timing can be kept by the facilitator using a watch or by having the group count in unison. This element is good for groups of 4-15 participants.

This Activity:

1. Demonstrates group problem solving skills using creative thinking
2. Promotes cooperation through teamwork
3. Provides new leaders with the support they need to succeed
4. Helps vocal leaders to practice followership

STAYING SAFE

PRE-CHECK: *Facilitator's Responsibility*

1. Check the platforms for structural sturdiness and make sure they are on a firm, solid base.
2. Check boards for splinters and cracks.
3. Check the area for sharp or dangerous objects on the ground and in the trees above.
4. Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw-strings, water bottles, or anything else that could get caught on someone else or the equipment.
5. Closed toed shoes must be worn at all times.

RISK MANAGEMENT PROCEDURES:

1. Review the group task.
2. Boards may never be thrown!
3. When carrying or passing boards, caution the group to watch where the ends are at all times.
4. Caution participants to keep fingers and toes away from areas where two boards meet.
5. NO JUMPING! Participants must have one foot touching a platform or board at all times.

Discussion Questions:

What worked?

What didn't work?

What can we do better next time?



LOW ROPES

TRUST FALL

The Trust Fall is a powerful element that elicits trust. One participant climbs onto a tree stump 2-3 feet off the ground while the other participants (minimum of 10) stand in two single lines facing one another with arms outstretched and interlocking beneath the log. The “faller” stands with her back to the “catchers” on the edge of the log right behind the “faller.” The “faller” must cross their arms, close their eyes, and go through the spotting commands.

The group below must make sure that their arms are outstretched and interlocking with the line across from them, like a zipper, in order to make an even and stable “bed” for the faller to land on. After the verbal commands have been affirmed, the faller simply falls backwards. The last catcher stands at the outer end of the two lines, facing the faller. This catcher has their hands slightly higher than the side catcher’s hands and is responsible for the faller’s head and lining up the catchers with the faller. The two catchers closest to the faller should spot them. The facilitator should stand on the platform, eye to eye with the faller holding on to them until they are ready to fall.

This Activity:

1. Promotes trust in a team
2. Fosters teambuilding and communication skills

STAYING SAFE

PRE-CHECK: Facilitator’s Responsibility

1. Check the area for sharp or dangerous objects on the ground and in the trees above.
2. Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw-strings, water bottles, or anything else that could get caught on someone else or the equipment.
3. Closed toed shoes must be worn at all times.

RISK MANAGEMENT PROCEDURES:

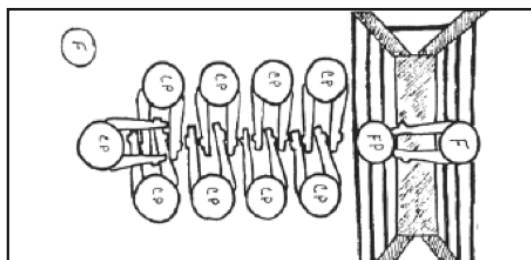
1. It is imperative that the faller **stay as straight as possible and keep her arms tightly across her chest** to prevent possibly hitting a catcher and for the safety of the group.
2. **Do not allow catchers to clasp or lock arms.** Catchers (3-5 per side) will stand in two parallel lines facing each other with arms outstretched, elbows slightly bent and aligned from the platform. Arms are arranged to alternate with the person across from them.

Discussion Questions:

What worked?
What didn’t work?
What can we do better next time?

Verbal commands used to operate the Trust Fall:

1. “Catcher’s ready?”
2. “Ready!” in unison when ready
3. “Falling”
4. “Fall on” in unison when ready



MAP



FLAG CEREMONY

FLAG CEREMONY

OPENING CEREMONY:

“Girl Scouts, attention”

Everyone present should stand silently at attention, and remove any hats or head coverings (including bandanas).

“Color guard, attention”

The Color Guard stands at attention and prepares to advance.

“Color guard, advance”

Guards come forward, stand in front of flag pole.

“Color guard, post the colors”

The Flag Bearer attaches the top clip, unfolds the flag and then attaches the second clip. The flag is raised briskly to the top of the pole. The rope is secured and the guard steps back into place.

“Girl Scouts, please join me in saying the Pledge of Allegiance”

The caller and audience salute the flag and recite the pledge of allegiance. Color Guard is silent.

“Please join me in saying the Girl Scout promise”

“Color guard, dismissed”

“Girl Scouts, dismissed”

CLOSING CEREMONY:

“Girl Scouts, attention”

“Color guard, attention”

“Color guard, advance”

“Color guard, retire the colors”

The flag is brought down slowly and folded properly (see image)

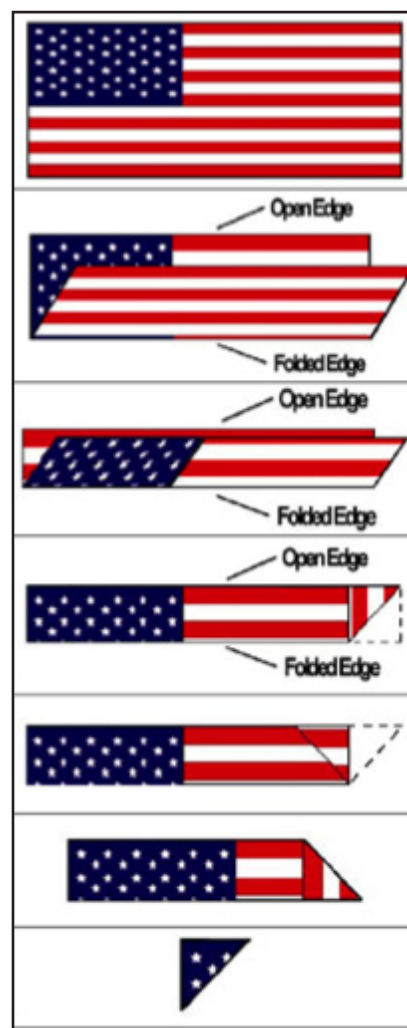
“Girl Scouts, please join me in the singing of Taps”

“Color guard, dismissed”

“Girl Scouts, dismissed”

TAPS

Day is done, gone the sun, from the lake, from the hill,
from the sky...All is well, safely rest, God is nigh



CRAFT & ACTIVITY IDEAS

CRAFTS

There are many fun and educational things to do while at camp that don't have to cost a lot of time or money to prepare. Here are some ideas of things you can do at camp using our natural resources.

PINE CONE ROSES

Gather the following supplies:

- Pine cones
- Twigs
- Scrap paper
- Paint
- Scissors
- Hot glue gun and glue



Directions:

1. Paint pine cones (for the roses) and twigs (for the stems).
2. Cut leaves out of the scrap paper and paint them green.
3. Using the hot glue gun, glue the pine cone roses to the twig stems. Then glue the paper leaves on to the stem.

Note: If the pinecones are too large, you can use gardening sheers to cut them in half. Then, use just the bottom half for your roses and they'll look more realistic.

Other craft ideas with pinecones: Pine cone wreaths, pine cone centerpieces, pine cone animals, mini Christmas trees or Holiday ornaments.

LANYARDS AND FRIENDSHIP BRACELETS

Lanyards and friendship bracelets are a camp craft staple and easy to learn. Few materials are required apart from the string. The internet is full of tutorials on how to make lanyards and friendship bracelets, and you can find books with picture guides to follow.



Here are some handy tips:

LANYARDS

1. It is easier to work with the lanyard string if you warm it up in your hands first and cut the ends at an angle.
2. Lanyards can be made into bracelets, key chains, zipper-pulls, etc...

CRAFT & ACTIVITY IDEAS

3. Hooks and lanyard string can be found at arts and crafts stores.
4. You can begin and end your lanyards with overhand knots.
5. Lanyards can be melted to end, but this requires much practice and can turn the plastic black.

FRIENDSHIP BRACELETS

1. Bracelets can be made with yarn, string or cording, but most are made with embroidery thread found at sewing or craft stores.
2. Generally speaking a string strand can be cut about the length of the chin to the hand on an adult. Looped threads are twice the length of single strands.
3. It is best to either braid both ends before you start the bracelet or leave extra on both ends so that you can tie the bracelet when you are finished.
4. Highly contrasting colors highlight patterns best.
5. The end can be secured while making the bracelet with a safety pin or tape.
6. Most bracelets begin or end with an overhand knot.
7. It is best to tie the bracelets on with a square knot.

PERSONALIZED HIKING STICKS

Gather the following supplies:

- A few long sticks
- Paint – acrylic paint stays on longer
- String
- Beads
- Feathers
- Old milk, juice or other cartons to mix your paints in and sort your beads and feathers

INSTRUCTIONS

1. Get the Sticks Ready: Make sure your sticks are dry. Break off any protruding branches. You can either remove the bark, or leave some on to add texture.
2. Paint the Sticks: Brightly colored paint works best. Mixing in white acrylic paint will help the paint stay on longer. Let the paint dry fully.
3. Choose decorations: See what decorative items you can find. Beads, feathers and colored yarn (friendship bracelet string too) looks great.
4. String the Beads: Tie your string around your feathers, then add a bead and secure the feathers inside the bead. Add more beads.
5. Finish by tying your string to your stick with a simple knot.



SUGGESTED BADGE WORK

SUGGESTED BADGE WORK

While Osito is extremely versatile, there are a few badges that work particularly well at the property due to our unique mountain location, access to remote natural wilderness and adventure amenities.

Daisy Outdoor Journey and Buddy Camper; Brownie Outdoor Journey, Bugs, Cabin Camper, Outdoor Adventurer; Junior Outdoor Journey, Eco Camper, Art Explorer; Cadette Outdoor Journey, Night Owl badge, Primitive Camper, Archery; Senior Outdoor Journey, Adventure Camper, Paddling; Ambassador Outdoor Journey, Survival Camper, Ultimate Rec Challenge



Osito is the ideal place to complete any of the outdoor badges, but especially those listed above. The camp, being on 160 acres of stunning, privately owned land, makes it easy for girls to hike, camp, observe wildlife, learn survival skills and explore. In addition to having a variety of bugs, wildlife, plants and trees on site, Osito is also close to many outdoor wonders, including Bluff Lake reserve, Castle Rock, the San Bernardino National Forest and Big Bear Lake where you can rent canoes, paddle boards and kayaks (seasonal).

Daisy Mari Petal, Brownie Snacks, Junior Simple Meals, Cadette New Cuisines, Senior Locavore, and Ambassador Dinner Party



Osito offers a full kitchen with an oven, stove, refrigerator, ice machine, and freezer. We also have a few pots, pans, and cooking utensils. It is a great space to let your aspiring chef's go wild! Keep in mind that due to the camp's remote location (it will take you 25-35 minutes to get into town), you will want to bring in all the supplies you need without relying on easy access to the supermarkets for ingredients. There are two grocery stores in Big Bear, Vons and Stater Bros where you can buy what you need.



ICEBREAKERS

Group Juggle into Warp Speed

Group Juggle – the ball/object gets thrown from one person to another so that each person gets it once & it ends up with the person who started (to get to know names, say the name of the person you are throwing it to before you throw it & thank the person by name that you received it from). Can expand this to several objects, one after another. Warp Speed – using the order of people from the group juggle, figure out (let the participants figure out) how to do it the fastest, only rule is that everyone must touch the ball/object in the original order.

Two Truths and a Lie

Ask each person in the group to think of two true facts about themselves, and one lie. Each person in the group takes a turn telling the group their three facts. The group then has to agree on which fact they think is a lie. Once the group announces their decision, the speaker tells the group the correct answer. The group then can talk about any of the interesting things they just learned about the new person.

Adjective with first letter of name

Everybody introduces themselves with a descriptive adjective starting with the same letter as their name (e.g. Charismatic Carolyn, Smarmy Susan, Egalitarian Elizabeth, Vivacious Vicky, Bouncing Bob, Friendly Fred, etc., etc.)

10-Fingers

Have everyone sit in a circle or close enough to be able to hear everyone. Tell them to hold up all 10 fingers. A counselor can start off by stating one fact about themselves. For ex: “I have never been to Florida.” or “I have blue eyes.” Then the participants who have been to Florida, or don’t have blue eyes, will put one finger down. This will continue around the circle, having each person share one fact about themselves until someone is all out of fingers. Whoever has the most fingers left at the end Wins!



Face-To-Face

The leader has the group randomly pair up. Once introductions between partners are made, the leader gives the group a topic to discuss with their partner for 30 seconds or so. At the end of the time, the leader will call for the group to switch partners and call out a new topic. Try to choose topics that are both fun and insightful. Examples include: “If you could have lunch with anyone from the entertainment world, who would it be?” OR, “If you could be granted one wish, what would it be?”

CAMPFIRE SONGS

CAMPFIRE SONGS

THE BASIC 8: SONGS EVERY GIRL SCOUT SHOULD KNOW!

BROWNIE SMILE SONG

I've got something in my pocket that belongs
across my face,
I keep it very close at hand in a most
convenient place. I'm sure
you couldn't guess it if you guessed a long, long
while,
So I'll take it out and put it on, it's a great big
Brownie Smile.

G FOR GENEROSITY

She wears a G for Generosity
She wears an I for her Integrity
She wears an R for Real Good Sportsmanship
She wears an L for Loyalty, for Loyalty
She wears an S for her Sincerity
She wears a C for Courtesy, for Courtesy
She wears an O-U-T for Outdoor Life, Outdoor
Life
And that Girl Scout is ME!

GIRL SCOUTS TOGETHER

Girl Scouts together, that is our song,
Winding the old trails, rocky and long.
Learning our motto, living our creed,
Girl Scouts together in every good deed.

Girl Scouts together, happy are we;
Friendly to neighbors far o'er the sea.
Faithful to country, loyal to home,
Known as true Girl Scouts wherever we roam.

HELLO (Parts Song)

(Each part holds their "hello" until all 4 are done)

1: Hello, 2: Hello, 3: Hello, 4: Hello

All: We are glad to meet you

We are glad to greet you

1: Hello, 2: Hello, 3: Hello, 4: Hello

MAKE NEW FRIENDS (Round)

1: Make new friends but keep the old

One is silver and the other gold

2: A circle is round, it has no end

That's how long I want to be your friend.

ON MY HONOR

CHORUS

On my honor I will try

There's a duty to be done and I say "Aye"

There's a reason here and a reason above,

My honor is to try and my duty is love.

People don't need to know my name,
If I've done any harm, then I'm to blame.
If I've helped another, then I've helped me
If I've opened up my eyes to see.



CAMPFIRE SONGS

I've tucked away a song or two...
If you're feeling low there's one for you.
If you need a friend, then I will come
And there's many more where I come from.

Come with me where a fire burns bright,
You can even see better by candlelight
And we'll get more meaning from a
campfire's glow
Then we'll ever learn in a year or so.

We've made a promise to always keep
And we sing Day is done before we sleep
We'll be Girl Scouts together and when
we're gone
We'll still be tryin' and a singin' this song.
We'll be Girl Scouts together and when
we're gone
We'll still be tryin' and a singin' this song.

SING SING TOGETHER (Round)

- 1: Sing Sing together, merrily merrily sing,
- 2: Sing Sing together, merrily merrily sing,
Sing, Sing, Sing, Sing

WHEN E'ER YOU MAKE A PROMISE (Round)

- 1: When e'er you make a promise,
- 2: Consider well its importance
And... when.... Made....
Engrave it upon your heart

TAPS

Day is done...
Gone the sun
From the lake
From the hill
From sky.....
All is well....
Safely rest....
God is nigh.

THE WORLD ASSOCIATION SONG

Our way is clear as we march
And see our flag on high
never furl'd throughout the world
For hope shall never die.
We must united for what is right
In friendship true and strong
Until the earth in its rebirth
Shall sing this song.

LITTLE RED WAGON

This is a "repeat after me" song.

You can't ride in my little red wagon.
Front seats broken, and the axle's dragging
Chugga, Chugga, Chugga Chugga Chugga

SECOND VERSE, SAME AS THE FIRST
A WHOLE LOT LOUDER AND A WHOLE LOT WORSE!
(Repeat)

Third verse same as the first, a whole lot softer and
a lot less worse
(Whisper Repeat)

Fourth verse same as the first but a WHOLE LOT
LOUDER AND A WHOLE LOT WORSE
(Repeat as many as times as you would like)

THE PRINCESS PAT

This is a "repeat after me" song.

The princess pat,
Lived in a tree,
She sailed across,
The seven Seas,
She sailed across,
The channel two,
And she took with her,
A rick-a-bamboo,

CAMPFIRE SONGS

A rick-a-bamboo,
 Now what is that?
 Its something made,
 By the Princess Pat,
 Its red and gold,
 And purple too,
 That's why it's called,
 A rig-a-bamboo,
 A rig-a-bamboo,
 Now Captain Jack,
 Had a mighty fine crew.
 He sailed across,
 The channel two,
 But his ship sank,
 And yours will too,
 If you don't take,
 A rig-a-bamboo
 A rig-a-bamboo,
 Now what is that?
 Its something made,
 By the Princess Pat,
 Its red and gold,
 And purple too,
 That's why it's called,
 A rig-a-bamboo,
 A rig-a-bamboo.

BOOM-CHICKA-BOOM

I said a boom chick-a boom
 I said a boom chick-a boom
 I said a boom chick-a rock-a chick-a rock-a
 chick-a boom
 Uh-huh
 Oh yeah
 One more time!

Farm Style

I said a Moo Chicka Moo.
 I said a Moo Chicka Moo, Cock a Doodle Doo

Star Wars Style

I said a zoom chicka zoom
 I said a zoom chicka zoom
 I said a Luke I am your father Join the Dark Side
 chicka zoom.

Janitor Style

I said a Broom Sweep-a Broom ...
 I said a Broom Sweep-a Mop-a Sweep-a Mop-a
 Sweep-a Broom

Astronaut Style

I said a moon shoot the moon ...
 I said a moon blast-me shoot-me blast-me shoot-
 me-to-the-moon

Parent Style

I said a boom GO TO YOUR ROOM...
 I said a boom GO TO YOUR ROOM and don't come
 out 'til next June

Taco Bell Style

I said a bean chicka bean
 I said a bean chicka bean
 I said a bean and cheese burrito and a nacho
 supreme.

THERE WAS A GREAT BIG MOOSE

This is a "repeat after me" song.

There was a great big moose!
 He liked to drink a lot of juice.
 There was a great big moose!
 He liked to drink a lot of juice.
 Singin' oh way oh
 Way oh way oh way oh way oh
 Way oh way oh
 Way oh way oh way oh way oh
 The moose's name was Fred.
 He liked to drink his juice in bed.
 The moose's name was Fred.
 He liked to drink his juice in bed.

CAMPFIRE SONGS

CHORUS

Singin' oh way oh
 Way oh way oh way oh way oh
 Way oh way oh
 Way oh way oh way oh way oh
 He drank his juice with care,
 but he spilled some in his hair.
 He drank his juice with care,
 but he spilled some in his hair.
 Singin' oh way oh
 Way oh way oh way oh way oh
 Way oh way oh
 Way oh way oh way oh way oh
 Now he's a sticky moose because he's all
 covered in juice!
 Singin' oh way oh
 Way oh way oh way oh way oh
 Way oh way oh
 Way oh way oh way oh way oh

BUBBLE GUM SONG

My mother gave me a penny, to go and see
 Jack Benny, but I didn't see Jack Benny!
 Instead I bought bubble gum.

CHORUS

Bazooka zooka bubble gum, Bazooka zooka
 bubble gum. I bought bubble gum.
 My mother gave me a nickel to go and buy
 a pickle, but I didn't buy a pickle! instead I
 bought bubble gum.

CHORUS

My mother gave me a dime, to go and buy a
 lime, but I didn't buy a lime! instead I bought
 bubble gum.

CHORUS

My mother gave me a quarter, to go and tip
 a porter, but I didn't tip a porter! Instead I
 bought bubble gum.

CHORUS

My mother gave me fifty cents, to go and buy a
 picket fence, but I didn't buy a picket fence! Instead I
 bought bubble gum.

CHORUS

My mother gave me a dollar, to go and buy a collar,
 but I didn't buy a collar! Instead I bought bubble gum.

BABY BUMBLE BEE

I'm bringing home a baby bumble bee,
 Won't my Mommie* be so proud of me?
 I'm bringing home a baby bumble bee...

Ouch! It stung me!

I'm squashing up my baby bumble bee, Won't my
 Mommie be so proud of me?

I'm squashing up my baby bumble bee...

Ew! What a mess!

I'm licking up my baby bumble bee,
 Won't my Mommie be so proud of me? I'm licking up
 my baby bumble bee...

Ugh! I feel sick!

I'm barfing up my baby bumble bee,
 Won't my Mommie be so proud of me?
 I'm barfing up my baby bumble bee...

Oh! Another mess!

I'm mopping up my baby bumble bee,
 Won't my Mommie be so proud of me? I'm mopping
 up my baby bumble bee...
 Mommie, aren't you proud of me?

The motions:

Verse 1: Hands are cupped together as if carrying a
 captured bee. – Sad, hurt face on Ouch!

Verse 2: Hands are mashed together then look at the
 mess

Verse 3: Pretended to lick hands. Then look sick & rub
 tummy

Verse 4: Holding stomach, & simulate barfing.

Verse 5: With "mop" in hand, mop up bumble bee

CAMPFIRE SONGS

ON THE LOOSE

CHORUS

On the loose to climb a mountain, on the loose
where I am free
On the loose to live my life the way I think my
life should be
For I've only got a moment and this whole
world yet to see
I'll be looking for tomorrow on the loose
Have you ever watched the sunrise turn the
sky completely red?
Have you slept beneath the moon and stars, a
pine bough for your bed?
Do you sit and talk with friends though not a
word is ever said?
Then you're just like me and you've been on
the loose

CHORUS

There's a trail that I'll be hiking just to see
where it might go
Many places yet to visit, many people yet to
know
And in following my dreams, I will live and I will
grow
On a trail that's waiting out there on the loose

CHORUS

Have you ever heard a whippoorwill singing to
the morning dew?
When you hear the bells ringing, do you know
they ring for you?
And when you look back on the past, all I really
ask
Is to remember me when you're out on the
loose

CHORUS

So in search of love and laughter I'll be traveling
'cross this land
Never sure of where I'm going for I haven't any
plan
And in time when you are ready, come and join

me, take my hand
And together we'll share life out on the loose

CHORUS

As I sit and watch the sunset and the daylight
slowly fades
I am thinking of tomorrow and the friendships we
have made
I will value them for always and I hope you'll do the
same
And forever we'll explore life on the loose

ON MY HONOR

CHORUS

On my honor, I will try.
There's a duty to be done and I say aye.
There's a reason to be here for a reason above.
My honor is to try and my duty is to love.
People don't need to know my name.
If I've done any harm, then I'm to blame.
If I've helped someone, then I've helped me.
And I've opened up my eyes to see.

CHORUS

I've tucked away a song or two.
If you're feeling low, there's one for you.
If you need a friend, then I will come.
And there's many more where I come from.

CHORUS

Friendship is the strangest thing
if you keep it to yourself, no reward will bring
but you gave it away, you gave it to me
and from now on great friends we'll be

CHORUS

Come with me where the fire burns bright,
We can even see better by the candle's light.
And we'll find more meaning in a campfire's glow,
Than we've ever found in a year or so.

CHORUS

CAMPFIRE SONGS

MOON ON THE MEADOW

Moon on the meadow, bugs in our ears
Smoke in our eyes, wet wood and tears
Up on the meadow, water somewhere
We were the only ones there
Wild horse and slushy, dry lake and creeks
Finding the love there everyone seeks
Hiking through rainbows, sunsets and stars
Just finding out who we are

CHORUS

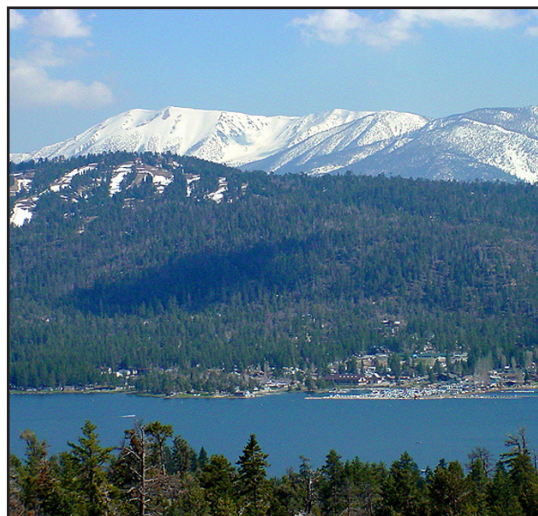
We will return here, one lucky day
Our hearts will guide us, they know the way
People in cities can't understand
Falling in love with the land.
Moon on the meadow, bugs in our ears
Smoke in our eyes, wet wood and tears
On up the meadow, water somewhere
With you my friend I am there.

THINGS AROUND CAMP OSITO

THINGS AROUND CAMP OSITO

The city of Big Bear and Big Bear Lake are popular travel destinations and a holiday hotspot. A small town located 7,000 feet in the San Bernardino Mountains, it experiences the range of all four seasons yearly and with the array of weather comes a variety of activities.

During the summer and spring months the lake is a popular attraction where you can walk on its beaches or take a boat tour or rent a canoe or kayak. For an amazing view, take the chair lift up to the top of Snow Summit in summer! In winter, the slopes are the big attraction where you can ski, snowboard or go tubing. Snow is common in winter, and there are plenty of snow play areas.



The Village is the main shopping district, and there are plenty of boutique shops, restaurants and cafés. There are two supermarkets on the mountain, Vons and Stater Bros, and a Kmart, Walgreens and CVS Pharmacy.

The Visitor Center located in The Village has information on all the local attractions and events, and most shops carry maps with all the forest trails. The local Zoo is a fun place to visit; it's a wildlife rescue facility which takes in animals that are injured or for some other reason can't be released into the wild. Visit www.bigbear.com or call the Big Bear Visitor Center on (909) 866-7000 for more information.



CAMP OSITO EVENTS AT A GLANCE

CAMP OSITO EVENTS AT A GLANCE

Did you know Camp Osito offers many opportunities throughout the year to experience all the great outdoors and our camp property has to offer? From resident camp during the summer months to weekend adventure camps, there is something for everyone!

Resident camp runs from June to August, and we offer 5-night sleep away camps for girls in grades 2 to 8, plus a Counselor-in-Training leadership program for girls in Grades 9 to 12. Daily activities during resident camp include swimming in a heated pool, archery, canoeing, ropes challenge course, zip lining, horses, hiking, arts and crafts, learning survival skills like shelter and fire building, evening activities including campfires with songs and skits, dances, talent shows and making new friends while enjoying nature.

Campers get the opportunity to grow in independence away from their home environment, socialize with girls their age and challenge themselves with new skills and activities. Camp is also a wonderful opportunity to get kids engaged with Science, Technology, Engineering and Math (STEM) in the outdoors, and all our themed camp weeks incorporate STEM activities into our program.

Here, the Girl Scout Leadership Experience comes to life. Girl-led opportunities and decision-making are encouraged throughout each camp session to promote independence and teach problem-solving skills. Our camp program focuses on giving girls the opportunities to discover themselves and connect with others as they fully engage in the camp experience, creating memories and shaping abilities that last a lifetime. At each session, campers also have the opportunity to earn new Outdoor Adventure badges.

If you would like to experience camp with your troop and/or family, we also have five to six weekend events every year that are fully led by our staff. Weekend events run Friday night to Sunday midday and include Family Camps, Adventure in the Great Outdoors, She & Me Relaxin' at Osito and Work Party weekends where you can come and volunteer with various service projects around camp. At these weekend events, all meals are provided and adventure activities are led by qualified and experienced staff, so you'll get the chance to learn skills including archery, climbing, survival, horse riding, swimming, canoeing, arts and crafts and conquering a challenge course along with much more!

For more information about our summer and weekend camps, contact Alicia Brown, **Abrown@girlscoutsla.org**. On the next page, you'll find a sample camp clock which gives an overall view of a day in the life of an Osito camper. We look forward to seeing you at resident camp and/or a weekend camp!

CAMP OSITO EVENTS AT A GLANCE

CAMP OSITO EVENTS AT A GLANCE

*Sample schedule, each group rotates through activities listed

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-		Get up & dressed	Get up & dressed	Get up & dressed	Get up & pack up	Get up & pack up
7:45-8:00am		Flag Up	Flag Up	Flag Up	Flag Up	Flag Up
8:00-8:45am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:45-9:15am		Prepare for activities	Prepare for activities	Prepare for activities	Parent pick-up Busses Arrive	Parent pick-up Busses Arrive
9:15-10:45am		Low Ropes	Canceling	Archery	Scavenger Hunt	Goodbye Campers!
10:45-12:15am	Campers Arrive!	High Ropes/ Climbing Wall	Outdoor Cooking	STEM Lab	Survival Skills/ Shelter Building	
12:15-1:00pm	Lunch	Lunch	Lunch	Lunch	Lunch	
1:00-2:30pm	Units Assigned	Unit Time	Unit Time	Unit Time	Unit Time	
2:30-4:00pm	Settling into units / health center visits	Archery	Horses	Nature Hike	High Ropes/ Climbing Wall	
4:00-5:30pm	Ice-breakers & name games	Arts & Crafts	Swimming Pool	Canoeing	Swimming Pool	
5:45-6:00pm	Flag Down	Flag Down	Flag Down	Flag Down	Flag Down	
6:00-7:00pm	Dinner	Dinner	Dinner	Dinner	Dinner	
7:00-7:30pm	Prepare for Evening Activity	Prepare for Evening Activity	Prepare for Evening Activity	Prepare for Evening Activity	Prepare for Evening Activity	
7:30-9:00pm	Opening Campfire	Unit Activity: S'mores or a night hike / astronomy	Theme night dress-up & Camp Dance	Talent Show	Closing Campfire	
9:00-10:00pm	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	
10:00pm-	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	

*Activities subject to change, three meals provided per full day of camp

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



DAY CAMPS

EL RANCHITO

LA CASITA

MARINE LANDING

MARIPOSA

RESIDENT CAMPS

LAKOTA (will reopen in 2020)

OSITO RANCHO