

Camp Lakota



2026

Camper
Packet





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Welcome to Camp Lakota!

Whether it's your first time at sleepaway camp or your 5th summer in a row, we can't wait to see you at camp! In this packet you'll find everything you need to know to make 2025 your best summer ever. Please read this packet carefully, there's a LOT of info! If you have any questions or need any extra support, please reach out to lakotacamp@girlscoutsla.org and we'll be happy to help.

Happy Camping!

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Camp Staff

We are enthusiastic, fun, caring, energetic, diverse, well-trained, and experienced adults of all genders 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.

In 2025, Lakota will have 40 highly skilled staff and 18 of them will be international. Can you guess what countries they are from?



Transportation



Long Beach: 4040 N. Bellflower Blvd. Long Beach, CA 90808

Camper arrival for check-in on Monday - 8:15am

Bus departs - 9:00am

Camper arrival from Lakota on Friday - 2:00pm

Inglewood: 423 N. La Brea Inglewood, CA 90302

CHECK IN STARTS Monday - 8:15am

Bus departs - 9:00am

Camper arrival from Lakota on Friday - 1:30pm

Arcadia: 145 E. Foothill Blvd. Arcadia, CA 91006

CHECK IN STARTS Monday - 8:15am

Bus departs - 9:00am

Camper arrival from Lakota on Friday - 1:00pm

Canoga Park: 22323 Sherman Way #4 Canoga Park, CA 91303

CHECK IN STARTS Monday - 9:30am

Bus departs - 10:30am

Camper arrival from Lakota on Friday - 12:00pm

New for 2026

Long Beach and Canoga Park will be a share joint bus.

Camp Lakota: 11220 Dorothy Ln, Frazier Park, CA 93225

Camper arrival for check-in on Monday - 11:00-11:30am

Camper departure for check-out on Friday - 11:00-11:30am

Slice of Camp Drop Off/Pick Up

Camper arrival for check-in on Monday - 9:00am-12:00pm

Camper departure for check-out on Wednesday - 1:00pm-3:00pm

*Please check Band and the Camp Lakota Instagram for bus and traffic updates

! If your camper is riding the bus, please select pickup and drop off location in CampDoc.

! Note: all campers must be picked up and dropped off at the same location.

! No bus transportation is available for Troop Camp or Slice of Camp

! Please have ID's ready for camper pick up both at camp and at the bus stop!

Health Screening

All campers and parents will be screened upon arrival to camp. The screening will include a lice check and an athletes foot check. If lice or knits are found, your camper will not be allowed to stay in camp until they are properly treated, and no lice or knits remain.

DO NOT PACK

- Mobile phones or electronic devices
- (getting outdoors means taking a break from technology)
- Knives or weapons, drugs, tobacco, or alcohol.
- Valuables that may be lost or broken
- Items of sentimental value

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

Please leave anything expensive or irreplaceable at home.

Campers will bring their own lunch to camp on Monday!



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.

Si necesita un formulario de historial médico en español, no tiene acceso a una computadora o tiene alguna pregunta sobre CampDoc.com, comuníquese con camphealthforms@girlscoutsla.org.



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

SET UP YOUR ACCOUNT:

Within a month or sooner of your registration, you will receive a “Welcome Invite Email” from CampDoc. Click the link in your welcome email to create a password for your CampDoc account. Please set register@campdoc.com as a safe sender to avoid accidental delivery to junk and spam folders.

COMPLETE CAMPER'S HEALTH PROFILE:

Follow the instructions and complete all sections in the health profile. This is where you will enter any medications your camper will be taking at camp. Please note: Our Camp Health Supervisor is not authorized to administer any medications not listed in CampDoc, any medications with improper instructions, or dosing that does not match prescription labels.

UPLOAD REQUIRED DOCUMENTS:

Upload the HEALTHCARE PROVIDER FORM, immunizations, and any additional documentation required. The Healthcare Provider Form must be completed and signed by a physician within 12 months of the start of your camper's session. Don't have a scanner? No problem! Use a smartphone or camera to take a photo and upload the picture just like you would to any website.

·UPDATES TO CAMPDOC:

All CampDoc paperwork is due 10 days prior to the start of your camper's session. If you have any updates to medications (i.e. new medications, dosing or instruction changes) after you have submitted your camper's health history form you must contact camphealthforms@girlscoutsla.org to have your account unlocked.

Once unlocked, you may submit any necessary changes.

Health Center

The camp community works together to take a preventative approach to health care at camp. Our Health Supervisor 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 Supervisor 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 Supervisor. In case of a serious accident or illness, parents/guardians are notified immediately.

Medications at Camp

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

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

For safety reasons, all medications for campers and camp staff are stored & locked in the Infirmary. The Health Supervisor will dispense medications as indicated by the physician's instructions for prescriptions and/or by label instructions for over-the-counter medications. Over-the-Counter medications are stocked in our Infirmary.

If you authorize administration of these medications as needed (authorization given via CampDoc), you **DO NOT NEED TO SEND THESE OTCs TO CAMP**. If your camper takes these medications daily, then you **MUST** send them with camper, (i.e. camper takes Zyrtec every morning).

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

Food At Camp

We provide three nutritious, camper-friendly meals and two snacks a day. Meals are prepared by certified food service personnel.

Campers bring their own lunch from home on the first day of camp!

Specific Diets

Special diets can be accommodated, including vegan, vegetarian, gluten-free, and lactose-free. Special dietary needs and all allergies must be listed in the health history form in CampDoc. Please identify the allergy along with information on managing an allergic reaction.

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



Gluten Free &

Lactose Intolerance

Although we do provide gluten-free and lactose-free options, our kitchens are not cross-contamination free for gluten, nuts, wheat, dairy, or soy. We suggest that you pack a small, well-labeled bag of supplemental food (regular grocery sack-sized or smaller) to have available to your camper. You can turn this in at check-in on the first day. We will do our best to return all unused food at the end of the session but please ask your camper to collect these items before leaving camp.

Nut Allergy

We minimize peanut and tree nut use at camp, however, we are not completely nut-free. Our kitchens are not cross-contamination free for gluten, nuts, wheat, dairy, or soy. Any snacks that are labeled as processed with or containing nuts will be restricted from campers with allergies.

Life At Lakota

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 and we recommend consuming bottle of water between each meal. Eating salty snacks will help too.

Most activities are outdoors so campers need to wear plenty of sunscreen and lip balm. Due to the terrain at camp, campers must be able to walk on uneven trails. Sturdy closed toed shoes and carrying a reusable water bottle (16oz+) are a must! Dressing in layers helps with the varying temperatures that can range between 60°F - 90°F (during day), and between 45°F - 60°F (at night).

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

OUR LOCAL WILDLIFE at Camp Lakota



California Black Bear

Our local mountains are home to the **black bear**. Even though they are called black bears, their colors can range from black to cinnamon brown, blond to silver-blue and, occasionally, even white. Black bears are typically shy, reclusive, and easily frightened. They typically avoid human contact and are not normally aggressive towards people.

Bear Safety:

- Never approach a black bear.
- Individual bears can display varying levels of tolerance and different temperament.
- Put garbage in tightly closed containers that cannot be tipped over.
- Remove sources of water, especially in dry climates.



California Bobcat

The **bobcat** is a relatively large cat with gray to reddish fur, spotted with brown or black. They are larger than domestic cats but much smaller than mountain lions. Bobcats survive on a diet of rabbits, ground squirrels, mice, pocket gophers and wood rats. Bobcats roam freely at night and are frequently asleep during the day except at the peak of summer.

Bobcat Safety:

- Do not approach a bobcat.
- Never feed bobcats.
- Remove all potential food sources.



California Cottontail Rabbit

There are several species of **cottontail rabbit**, and they range in color from reddish brown to gray, but all feature the distinctive "cotton ball" tail for which they are named. They seek out habitat on the fringes of open spaces, such as fields, meadows, and farms, but can adapt to other habitats—including those made by humans.

Cottontail Rabbit Safety:

- Do not feed cottontail rabbits.



California Coyote

The **California Coyote** has tawny to grayish color fur. Size variations depend upon geographic locale and subspecies. This permanent resident throughout our area frequents open brush, scrub, shrub, and herbaceous habitats, and may be associated opportunistically with agriculture lands.

Coyote Safety:

- Do not approach a coyote.
- Put garbage in tightly closed containers that cannot be tipped over.
- Remove sources of water, especially in dry climates.



California Jack Rabbit

Jack rabbits are really hares, not rabbits. Hares are larger than rabbits, and they typically have taller hind legs and longer ears. The jack rabbit is strictly herbivorous. They graze and browse and prefer grasses and forbs but will eat almost any vegetation that grows in their habitat 12 to 20 inches above the ground.

Jack Rabbit Safety:

- Do not feed jack rabbits.



Deer

Mule **Deer** are relatively calm animals, they are active primarily in mornings and evenings. Their inactivity during the heat of the day is a behavioral adaptation to the desert environment that conserves water and helps to regulate body temperature. This species is quite large, and some individuals can stand over 42 inches tall at the shoulder. Most weigh no more than 331 lbs.

Deer Safety:

- Do not feed deer.



Mountain Lion

Frazier Park is home to **mountain lion** habitat. They generally exist wherever deer are found. They are solitary, quiet, and elusive. Their nature is to avoid humans. Mountain lions often change their patterns to avoid human-occupied areas, or areas where humans are most active.

Mountain Lion Safety:

- Never approach a mountain lion. Give them an escape route.
- DO NOT RUN. Stay calm. Do not turn your back. Face the animal, make noise, and try to look bigger by waving your arms, or opening your jacket if wearing one; throw rocks or other objects. Pick up small children.
- Do not crouch down or bend over. Squatting puts you in a vulnerable position of appearing much like a four-legged prey animal.



Rattlesnakes

Rattlesnakes are shy creatures and like to keep to themselves. Give rattlesnakes a wide berth; if cornered or surprised they may strike. Be especially careful when walking through heavy brush or near downed logs and rocks. Rattlesnakes are the only poisonous snakes in this area.

Rattlesnake Safety:

- Be alert. Rattlesnakes are sensitive to temperature and adjust their behavior accordingly. They will become more active at dawn, dusk, or night.
- Wear boots and loose-fitting long pants. Startled rattlesnakes may not rattle before striking.
- When hiking, stick to well-used trails. Avoid tall grass, weeds, and heavy underbrush where snakes may hide.

Camper 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.

Village Life

Camp is organized into villages which either feature cabins both with and without electricity, or camping tents. The program you have selected will determine your housing. Older Girl Experience (CIT, and Star Trekkers) will be housed in tents and all other camp themes in cabins. Equestrian Campers will be living in cabins without electricity. Camper cabins will be filled with friends old and new! All buddy requests should be mutual and in CampDoc. Please note that campers must be registered in the same theme and age range to be buddies. This means that a camper in Mermaid Magic will be unable to share a cabin with an Equestrian Camp camper. Located in each village are restroom facilities, which are equipped with individual stall (hot) showers, flush toilets, and hand washing sinks. Each shower and toilet stall is completely enclosed for privacy.

Campers will get the opportunity to enjoy each program space at least once (Weather Permitting).

Equestrian Program will visit the Equestrian Center Each full day of camp.

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

Kapers

Kapers are daily chores completed by all campers/adults and are a part of the camp experience. With the assistance of the camp staff, campers work together for flag ceremonies and tidying villages, and other community spaces. We all work together to keep our camp community spaces clean!

Camp Values

Camp Culture

DEIB

Diversity, Equity, Inclusivity, Belonging

At Camp Lakota, every camper can expect to be treated like family. We foster a supportive, inclusive environment for all campers and staff. After camp, our campers report feeling a sense of belonging at camp, a strong sense of self, and healthy relationships.

Girl Scouts welcomes non-binary and transgender youth to GSGLA in addition to all girls. As a youth-serving organization, our priority is the safety and well-being of the young people in our community. Troop leaders and supportive families, and GSGLA staff can work together to support and empower transgender young within Girl Scouting.

Privacy

We understand that privacy is essential for all and a fundamental right to everyone at camp. Toilets, changing areas, showers, which as we know are all-gendered. Showers and bathrooms on camp are single use. At no point are bathrooms occupied by staff and campers at the same time. Campers and staff members can also utilize lockable bathrooms and showers when they need a private space. Campers will be encouraged to voice if they feel uncomfortable and need support with privacy.

One body per bed at camp!

Beds are considered private spaces that are not shared with others. Campers have separate sleeping spaces from staff members. If a camper needs the attention of a staff member during the night, they will have access to the staff member's cabin/ sleeping area

Camp Activities & Schedule

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

Bill Mingus Challenge Course

Consists of 2 parts: zipline, and low ropes. The courses are supervised by a certified Challenge Course Supervisor and highly trained certified staff.



Zip Line

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

Low Ropes

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

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.



Equestrian Center



Campers participating in Equestrian Camp are guaranteed daily horse time.* We do our best to provide interaction with horses to campers in Traditional Camp and CIT program. Campers must weigh under 200lbs and wear proper attire.



Archery

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

Swimming



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

Campers will get the opportunity to enjoy each program space at least once, and the Equestrian Program will visit the Equestrian Center each full day of camp. *Weather Permitting

Sample Schedule

7:30 Rise & Shine	9:30am Arts+Crafts	12:30pm Lunch	2:00pm Pool	6:00pm Dinner+Flag Down	10:00pm Lights Out
8:00am Breakfast	11:00am Archery	1:15pm Me Time	3:30pm Low Ropes+Zipline	7:30pm Campfire	

Prepare letters ahead and drop them at the bus or at drop off!

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

Communication

NO Cell Phones!

Mail

If your camper would like to write home during their stay, please include stamps and pre-addressed envelopes when packing.

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

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

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

Writing to Campers

What you write will affect your camper so choose your words wisely.

- Instead of writing “I miss you”, write about the great things your camper will experience while at camp or share your favorite outdoor memories.
- Believe in your camper’s ability to work through emotions and have fun at camp.
- Be visibly excited, even though you might miss your camper as much or more.
- Other resources for preparing for camp can be found at www.acacamps.org.

Special Accommodations

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



lakotacamp@girlscoutsla.org

Hygiene at Camp

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



Missing Home/Homesickness

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



- Encourage independence throughout the year.
- Discuss what camp will be like, such as using a flashlight to find the bathroom.
- Write letters to your camper!

Remember, the camp phone is for business and emergencies only. If you have an urgent need to talk with your camper, contact the camp office at (626) 677-3641. All designated emergency contacts should be available while your camper is at camp. Camp staff may call you for the following:

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

TOP 1/2

- Short sleeve shirts (3-5)
- Long sleeve shirts (1-2)
- Sweatshirts for morning & evening
- Hat for daytime sun protection
- Warm hat for evening
- Rain jacket
- Warm sleep top (2-3)
- Bathing suit*

*Please no string bikinis. One-piece is preferred for optimal pool fun!

BOTTOM 1/2

- Pants (1-3 for general sessions & 2-3 for equestrian camp)
- Shorts (3-5 pairs)
- Underwear (6-8)
- Socks (what you think you'll need plus 3)
- Warm sleep bottoms
- 2 pairs of shoes (Required to be closed-toed)

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

Please leave anything expensive or irreplaceable at home

LAKOTA PACKING LIST



Hot days and **chilly nights** are in your future, maybe even a rain drop or two! When packing for camp, please plan for all types of weather and random opportunities to play dress up.

EXTRAS

- Bath toiletries (soap, shampoo, hairbrush, hair tie, toothbrush and paste, sanitary products, etc.)
- Warm sleeping bag and pillow (pro tip: bring a fitted sheet for your camp mattress under the stars)
- Towels/washcloths / Shower Shoes
- Flashlight / batteries
- Insect repellent
- Sunscreen /chapstick
- Re-usable water-bottle (16oz or larger!)
- Backpack / drawstring bag
- Packed lunch for day one.

Plan to wear clothes that are comfortable to play in, hold no value if they get dirty or damaged, and showcase self-expression with slight modesty. That means your shorts must cover your tush, belly buttons must be covered, and images and text must be appropriate for people of all ages. Leggings or basketball shorts, and a t-shirt are the go-to outfit of choice for most campers and staff.



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 August 30th will be donated.

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

Do Not Pack

- X Open toe shoes (sandals or clogs)
- X Mobile phones or electronic devices (Smart watches, Kindles)
- X Knives or weapons, drugs or alcohol
- X Valuables that may be lost or broken
- X Items of sentimental value