

# Dear Campers and Parents/Caregivers,

You made a great choice in registering for Overnight Camp at Camp Whispering Pines (CWP) on Mount Lemmon. We have an exciting summer ahead, and we are so happy you will be joining us!

Please read the following information carefully, even if your child has been to camp before. This packet holds important information for a great camp experience. We're so glad that you are a part of the CWP family!

Please remember that Camp dropoff is at 4pm on Sunday, and pickup is on Friday at 10am for the full camp weeks.

#### **STAFF**

Our camp staff are thrilled to be back with some returners and some incredible new additions! We work and train as a team to provide campers with fun, safe, and enriching programs. Staff members attend a pre-camp training which includes safety management, child development, CPR and First Aid, and mental health awareness. There is a nurse or EMT on-site at all times and we are within a 911 service area.

# **SWAG-NEW Offerings This Year!**

For campers that register and pay in full for 2 full weeks of overnight or day camps, they will receive a custom Nalgene during their second week of camp. For campers that register and pay in full for 3 full weeks of overnight or day camps, they will also receive a custom camp sling bag during their third week!

#### LIVING ARRANGMENTS

Campers are placed in a unit with other Girl Scouts according to age. In units, campers live together in a close cluster of cabins or bungalows with staff members sleeping nearby in a central area. Campers are assigned to cabins according to age. We will do our best to accommodate buddy requests for campers who are the same age or extremely close in age range with buddy choices in UltraCamp. Please note that we cannot accommodate buddy requests when there is a significant difference in age.

#### **CAMP LIFE**

Camp is a communal living experience. The success of this system depends on the cooperation and involvement of all participants. As part of this process, campers are expected to contribute to the camp by doing kapers (chores). During their stay at camp, campers will participate in traditions and ceremonies and help with the overall cleanliness of their cabins and camp. This will include tidying their belongings, sweeping and picking up trash, and perhaps even winning the "Golden Dustpan Award" for the tidiest bungies.

#### A TYPICAL DAY

7:00am Wake Up
7:45am Flag and Hoppers
8.00am Breakfast



8:45am Kapers
9:00am Camp Programming
11:30am Hoppers
12:00pm Lunch
1:00 - 2:00pm Hour of Tranquility or HOT (rest time)
2:00 - 5:45pm Camp Programming
5:45pm Flag and Hoppers
6:00pm Dinner
7:00 - 9:30pm All-Camp Programming
9:30 – 10:00pm Scouts Own (wind down in unit time)
10:00pm Lights Out

## COVID-19

Our goal is always to provide a safe camp experience for all. We need your help to ensure that Covid-19 stays out of camp this summer. We ask all families to do their best to avoid exposure prior to camp.

If any camper or staff shows symptoms and tests positive for Covid-19 during camp, we will immediately isolate the camper and contact the caregiver for immediate pick up. That child or staff may not return to camp for five days after the positive test and must be asymptomatic. Unfortunately, we are no longer able to process refunds due to Covid-19 when a camper becomes unwell during a session. For campers who test positive prior to camp, we will do our best to find space in a later session, but are unable to provide refunds less than 14 days prior to sessions.

We ask that you help us by not sending you camper to camp if they are feeling unwell.

#### **DRIVING TO CAMP**

Campers should arrive at camp on Sunday between 4 and 4:30pm, as we close our gates at 5pm. It will be important for families to follow drive-through check-in procedures, as staff will instruct you where to stop and pull forward for drive-through dropoff. Bathrooms for anyone other than campers are not readily available, so please do your best to plan ahead as much as possible. Campers will receive a health check at their vehicle and families will not be permitted inside camper living spaces. We ask that you limit passengers in each car to only members of your household, and we ask that only campers exit the vehicle. Counselors are happy to help campers with their personal items.

# FORMS – UltraCamp

The information you provide by filling out the **Health History** and **Camper Profile** in their entirety gives us the tools to be able to respond to your child's individual needs. **To find these forms- consult your registration receipt- toward the bottom, highlighted in yellow, you will fin your unique link to create your UltraCamp profile. Some parents hesitate to provide us with personal information about their camper's behavior. They may be concerned that the information will be misused or cause a camper to be singled out or treated differently. We understand these concerns, but please know how invaluable such information can be in assisting us to help your** 



camper make a smooth and happy adjustment to camp. Having prior knowledge about any sleeping needs, learning needs, ADHD, bed-wetting, recent loss, or major life change makes a tremendous difference in enabling us to be sensitive to your camper's need for extra patience, understanding, or reassurance, and support, especially in the first days of camp. Information is reviewed by only those staff members who will work directly with your camper. Otherwise, all information is kept strictly confidential.

#### **HEALTH HISTORY**

A documented health examination by a licensed physician, completed in the preceding 12 months, is required prior to your camper's attendance at camp. We also request recent vaccination records. Please upload a copy of most recent physical into UltraCamp at least two weeks prior to camp starting. A standard sports, school or camp physical is acceptable.

#### **IDENTIFICATION CHECK & PICK-UP AUTHORIZATION**

For the safety of your camper, we require anyone picking up a camper to present current photo identification upon pick-up. If someone other than the parents / guardians listed on registration will be picking up your camper, you must list them in the pick-up authorization in UltraCamp and have them be prepared to present a photo I.D. **Pick up for overnight camp is between 10am and 10:30am on Friday at the same location as dropoff.** 

#### **MEDICATIONS**

If prescribed medications are needed, please turn them in to the camp nurse at check-in.

Medications must be in their original prescription container which lists patient's name, medication, dosage, doctor's name and phone number. Or, for everyone's convenience, we prefer printed Pill-Packs that share this information, when possible. We will not dispense prescription medication unless the camper is under current doctor's orders to take the medication. Please make sure all medications are listed in your Girl Scouts' UltraCamp health profile. This is really important and will save you so much time at check-in!

All over-the-counter medications must also be turned over to the nurse at check-in, including vitamins. Our infirmary keeps a sufficient supply of most over-the-counter medications, including pain relievers, cough and sore throat medication, eye drops, etc., and are available for campers as needed, and as indicated via your UltraCamp selections. Please do not send over-the-counter medications unless your camper takes one on a routine basis.

If you have any special instructions regarding medications or medical situations for your camper, please submit them in writing both in UltraCamp, and give them to the nurse at check-in time. Please remember to pick up your prescription and non-prescription medications from your campers counselors at pick-up time.

### TRADING POST



The Trading Post will be open once a week for campers to shop. We highly recommend that campers not keep money with them. Money can be placed in an envelope with their name and turned in to staff at check-in. These funds will be available for them when they visit the Trading Post later in the week. Camp Whispering Pines is not responsible for money that is kept with the individual camper and not handed in at check-in. Any remaining Trading Post funds will be sent home with the camper during checkout.

#### **MAIL**

Mail is a nice addition to every camper's experience. Your camper will be looking forward to receiving mail from home. We recommend letters from home be cheery and full of inquiries about their camping experience. Upbeat letters from home can be the perfect antidote for homesickness. Please allow enough time for your letters to arrive. You might consider sending a note a few days before your camper leaves for camp. You might also want to hide a letter in their luggage to find while they are unpacking. Letters can also be given to a staff member at check-in to be handed out throughout the duration of their week. Each letter should be labeled with the Girl Scout's name, Week Theme, and the date it should be delivered to the camper.

Camp Whispering Pines' mailing address is:

Your Camper's Name c/o Camp Whispering Pines (Your Camper's Program Session Date and main theme—Under the Sea etc.) P.O. Box 760 Mt. Lemmon, AZ 85619-0760

#### **HOMESICKNESS**

If this is your camper's first extended camp experience, they may miss home, especially the first day or two. You may receive letters from them indicating they are homesick. They will most likely be over the homesickness by the time the letter reaches you. Homesickness is a normal emotion for new campers, and the staff is trained to handle these situations. In order to make the transition to camp life go smoothly, we recommend the campers are not told you will come pick them up if they are homesick, or that they will be able to call home. A camper will feel successful and improve their self-esteem by learning to cope with homesickness. We will do our best to make camp a fun and memorable experience for your camper, however, if the homesickness persists, you will be consulted.

#### REFUND POLICY

If you have not yet paid your fees in full, please note that the balance due must be paid at least 14 days before the starting date of the session. Also, if you have paid in advance, refunds of camp fees (less your deposit) are only available when requests are received in writing at the council office at least 14 days before the session begins. Refunds do not include the per person / per session deposit; deposits are not refundable or transferable. Every effort will be made to place your camper in another camp if they cannot attend their scheduled program due to illness (doctor's note is required) or family emergency.



#### **CONTACT INFORMATION**

If you have any special needs or questions please contact our Customer Care Team at <u>CustomerCare@GirlScoutsSoAZ.org</u>. After June 1<sup>st</sup> you can reach camp staff directly at (520) 576-1403 or connect with us via email at cwpcamp@girlscoutssoaz.org

#### **EMERGENCY CONTACT**

If an emergency arises and your family needs to get a message to your camper while they are at camp, you may call (520) 576-1403. This line is strictly for emergencies and camp business; it may not be used for visiting purposes. We do not allow campers to use the phone except in emergencies.

#### **THEMES**

Each week at Camp Whispering Pines we have a designated theme night. The theme night varies by week, so please check the schedule below. You may bring costumes and props for the theme night, but it is not necessary to enjoy the festivities.

Week 1, June 2-7: Camp Rock

Week 2, June 9-14: Welcome to Wonderland

Week 3, June 23-28: The Great Games

Week 4, July 7-12: Nature Quest

#### PACKING FOR CAMP

CWP is located at an elevation of approximately 8,000 feet. Daytime temperatures usually range from the mid-70s to the low-90s. Nights are cool, often in the 40s and 50s. Mount Lemmon temperatures are typically 20 degrees cooler than the temperatures in Tucson and other low desert areas, but weather patterns are similar. Shorts and t-shirts are appropriate during the day, while sweatshirts and jeans/long warm pants are usually sufficient for outdoor evening activities. A warm sleeping bag is preferred, but if unavailable, you may substitute several warm blankets. Old, comfortable clothes are best for camp. Good sturdy shoes, with tread, are REQUIRED! No sandals, flip flops, or open toeshoes are permitted outside of showering. We recommend that all clothing and belongings be marked with the camper's name. Due to limited storage space in the bungalows and cabins, each camper may bring ONLY one suitcase or bag, a pillow and one bedroll / sleeping bag, and should be able to carry her items independently.

## RECOMMENDED CLOTHING / EQUIPMENT PACKING LIST

All items should be marked with your camper's name! Please print a copy of this list to send with your camper to camp. That way they will have it when they are packing at the end of the week.

## **Clothing**

☐ 5 t-shirts or	shirts
-----------------	--------

☐ 3 pairs of shorts



		2 pairs of long pants
		6 pairs of underwear
		6 pairs of socks (preferably not cotton; synthetic blends work best on active camper feet)
		1 warm sweater / sweatshirt or light jacket
		1 pair of pajamas
		Bandana and hat
		1-2 pair(s) sturdy closed-toed shoes or hiking boots; athletic shoes with a tread are
		preferred.
		NO sandals or open toe-shoes are allowed.
		1 pair of shower shoes (flip-flops)
<u>Gear</u>		
		Rain jacket or poncho
		Re-usable Water bottle (stainless steel or plastic)
		Flashlight/headlamp and extra batteries
		Knapsack or small backpack
		Sleeping bag (or blankets)
		Pillow
<u>Toile</u>	try	<u>Items</u>
		Toothbrush and toothpaste
		Towel and washcloth
		Hairbrush
		Soap, shampoo and conditioner
		Deodorant (unscented)
		Insect repellent (non-aerosol)
		Unscented lotion
		Tissues
		Sunscreen (SPF 30 and higher)
		Lip balm
		Shower caddy to carry toiletries
<u>Optic</u>	nal	<u>Items</u>
		Trading Post Money in labeled envelope
		Stationery, pre-addressed envelopes with stamps
		Pen / pencil
		Book to read; journal to write in
		Camera and extra batteries
		Outfit for the theme night (See weekly Themes)



\*All of the water used at Camp Whispering Pines is collected from Mother Earth. With limited precipitation, water is very precious. We ask campers to bring at least 2 gallons of drinking water up with them if they are able to.

#### **IMPORTANT**

- PLEASE DO NOT PACK FOOD, CANDY OR GUM OF ANY KIND. Food is an open invitation to all animals and insects to join you in your sleeping quarters. For the safety of your camper and their bungalow mates; candy, food or gum in their personal items and / or in their sleeping bag will be confiscated. There will be plenty of food provided at camp. If your camper has special dietary items, they must be given to the camp chef at check-in. Please contact staff prior to check-in to make arrangements for storage of special dietary items.
- Please be sure that sleeping bags and backpacks are clean. If these items may have had food spilled on them, they should be washed before camp.
- Body care products should be unscented, including soap, deodorant, lotion, etc. Animals and insects are more attracted to scented products. (Can find at sporting goods stores such as REI, Summit Hut and Sports Authority.)
- Leave cell phones, radios, CD / MP3 players, electronic games, makeup, blow dryers and similar devices at home. Encourage your camper to enjoy nature and explore their sense of adventure, social media will be there when they get home. Cell phones and other connected devices will be confiscated and held until checkout.
- Bring only close-toed, sturdy shoes with tread, such as athletic shoes or hiking boots. Shower shoes, like crocs and flip-flops, can be brought to wear in the shower only.
- Remember, all prescription and non-prescription medications and vitamins are to be given to camp staff at check-in. Be sure medications are in their original containers, or in commercial Pill Packs marked with your camper's name.
- Please note that open-flame campfires on Mt. Lemmon are subject to cancellation per Forest Service Restrictions.

#### **DIRECTIONS TO CAMP WHISPERING PINES**

Take Catalina Highway up Mount Lemmon. About a half-mile past Milepost 19 turn left on Organization Ridge Road. If you get to Palisades Ranger Station you have gone one block too far. Organization Ridge Road is paved for the first few yards, where the pavement ends bear right onto the dirt road. Whispering Pines is the last camp on the road, about one mile down. Go past the signs that say "Turn around - No Outlet" and you have arrived! Please follow drive through instructions once at camp.









Girl Scouts of Southern Arizona partners with UltraCamp to better serve our campers and their families. UltraCamp offers an electronic health record system for camps, and you can complete your camper's health information electronically. We also utilize UltraCamp to send out reminders before camp, as well as share photos during camp. The security and privacy of your information is important to us. The UltraCamp site is secure, encrypted, and password protected.



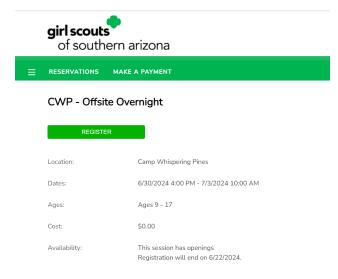
#### **ULTRACAMP 101**

1. For every session of camp that is purchased, you will be provided a link to Ultra Camp. These links will allow you to provide the necessary health information for each participant prior to the start of camp. Find the links in the highlighted sections of your DoubleKnot receipt.



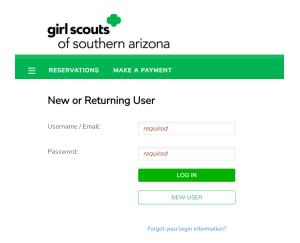
To Manage your Recurring Payments:

2. When you copy and paste the link, you should find a page that looks like this:





Click the "REGISTER" button to get started. You will be redirected to a login page that looks like this:



Select "NEW USER" to make an account – you will be the holder of the account and responsible for adding other members of your household (if they will be attending camp). Provide the requested information, then ADD INDIVIDUAL(s) to your account. Every person in your household (including adults) who is attending camp must be added as an individual in your account.

- 3. When you have added all members of your household, you can continue with your reservation of the camp session. Select the individual who is attending that session, and fill out the forms that follow, including their medications, if applicable. If you need to leave the website and come back, be sure to save your progress and return to the site later. You can access the site by using the same link you copied earlier, and signing back in.
  - If you have multiple people attending the same session of camp, copy and paste the link from the receipt again and follow the same steps for the other person(s). You should NOT need to fill out the forms all over again, simply confirm that the information you have already put is correct.
- 4. When you have completed the forms for your camper, congratulations, they're ready for that session of camp! To make sure your reservations are accurate, you can select "RESERVATIONS" to see all of the sessions that members in your account are signed up for:



If there appears to be a discrepancy between the camps that were paid for and the camps that are listed, please look back at your DoubleKnot receipts to ensure all the UltraCamp links were



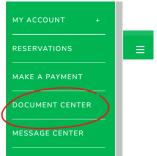
used. If there is a discrepancy or the wrong individual was placed into a certain camp, please contact Sequoia Smith at <a href="mailto:ssmith@girlscoutssoaz.org">ssmith@girlscoutssoaz.org</a> with the details of the issue.

5. If you have incomplete forms or tasks for an individual or individuals in your account, there

will be a notice at the top of your account profile: — click on "tasks" to complete the necessary forms. These forms MUST be completed before the start of camp — if they are not, we will not be able to welcome that person to camp. You can also visit the "DOCUMENT CENTER" on your account to see which forms are incomplete. You will receive emails from camp staff letting you know if you have incomplete forms or missing documents.

1 0

6. For some camp sessions, we require that a recent physical be uploaded in their "documents" page on Ultra Camp. In your account, select the "DOCUMENT CENTER" on the left:



Then, click the button that states, "If a member of your account is attending a camp that requires the upload of a recent physical, click here" and follow the proceeding instructions.

#### **Document Center**

Below are a list of available documents. Background checks are not available at this time.

IF A MEMBER OF YOUR ACCOUNT IS ATTENDING A CAMP THAT REQUIRES THE UPLOAD OF A RECENT PHYSICAL, CLICK HERE

ONLY the following camps require a physical to be uploaded:

Camp Fury

CWP: Camp Rock

- CWP: CIT

CWP: Welcome to Wonderland

CWP: Camp Sampler

- Operation Purple Shirt

- CWP: CIT II

- CWP: The Great Games

- CWP: Offsite Overnight

- Day Camp Overnight: Holidazzle



- CWP: Nature Quest

# FAQ's

- Payments through UltraCamp?
  - o Payments will NOT be processed through UltraCamp, and any balances that may be visible in UltraCamp are to be ignored and may not reflect that account's actual balance. To check your current balance, login to your DoubleKnot account.
- Background checks?
  - o Background checks are not necessary nor currently available through UltraCamp.
- Camp Store?
  - The camp store on UltraCamp is currently unavailable, however most camps will have a trading post open at a certain time during each session.
- Photo Gallery?
  - As camps commence, GSSOAZ will be uploading photos from camp onto UltraCamp. The password to access these photos will be sent to the UltraCamp account holder in an email that will be sent a week before and the day before the start of that camp session. You will only be able to view photos from the sessions that members of your account have registered for.