

## Dear Camper and Parents/Caregivers,

You made a great choice in registering for Resident 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!

### 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 on-site at all times and we are within a 911 service area.

### LIVING ARRANGMENTS

Campers in a unit program live together in a close cluster of cabins with staff members sleeping nearby in a central cabin. Campers are assigned to cabins according to age and program choice. We will do our best to accommodate buddy requests for campers who are in the same program. Please note their buddy choices in CampDoc.com.

### 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 at least one ceremony and help with the overall cleanliness of their cabins and camp. This will include tidying their belongings, sweeping and picking up trash.

### 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
- 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 avoid travel, exposure and to quarantine for 2 weeks prior to camp. All caregivers and staff will be required to fill out a daily symptom screening for 14 days prior to camp. You will receive a reminder email from CampDoc.com where it will automatically record your answers. If you are unable to access CampDoc you may also turn in [this form](#) at check in. All campers and staff who have not been fully vaccinated will be required to show a negative PCR test result taken no more than 7 days before camp, but ideally 2 days. We will ask for this card upon arrival. Fully vaccinated people may show proof of their card instead.

If any camper or staff shows any symptom of 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 until a negative Covid-19 test result has been presented to the Camp Director.

We are enhancing our check in process, sanitizing and physical distancing efforts this summer in addition to reducing capacity and traveling in pods. We ask that you help us by adhering to CDC guidelines, and not sending you camper to camp if they are feeling unwell.

## DRIVING TO CAMP

Campers should start to arrive at camp on Sunday between 4 and 5pm. We will have 4 units at each camp and will assign drop off times according to the session being attended. You will receive your assigned time via email the week prior to camp. It will be important for families to follow updated drive-through check-in procedures. 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. Everyone in the car will need to wear a mask in their vehicle while on camp property.

## FORMS – CampDoc.com

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. 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 a sleeping disorder, learning difficulty, ADHD, bed-wetting problem, 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, 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. Please upload a copy of most recent physical into CampDoc.com or submit a paper copy to 4300 East Broadway Blvd, Tucson, AZ 85711 at least two weeks prior to camp starting. A standard sports or camp physical is acceptable. Our camper physical form can be found on our [website](#).

## IDENTIFICATION CHECK & PICK-UP AUTHORIZATION

For the safety of your camper, we require anyone picking up a camper to present current 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 on campdoc.com and have them be prepared to present I.D. **Pick up for resident camp is between 10am and 11am on Friday.**

## 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. 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's CampDoc.com health profile. This is really important and will save you 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. 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 and give them to the staff member or nurse at check-in time. Please remember to pick up your prescription and non-prescription medications at pick-up time.

## TRADING POST

The Trading Post will be open once a week for campers to shop. We recommend that campers not keep money with them. Money can be placed in an envelope with the girl's name and program name and turned in to staff at check-in. These funds will be available for them when they visit the Trading Post. Camp Whispering Pines is not responsible for money that is kept with the individual camper and not handed in at check-in.

## 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 her 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 her luggage to find while she unpacking. Letters can also be given to a staff member at check-in to be handed out throughout the duration of her week. Each letter should be labeled with the girl's name, program name, 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 — Camp Chemist, Girl's Choice, etc.)**  
**P.O. Box 760**  
**Mt. Lemmon, AZ 85619-0760**

## HOMESICKNESS

If this is your camper's first extended camp experience, she may miss home, especially the first day or two. You may receive letters from her indicating she is homesick. She 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 her 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 she cannot attend her 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 [CustomerCare@GirlScoutsSoAZ.org](mailto:CustomerCare@GirlScoutsSoAZ.org). After June 1<sup>st</sup> you can reach camp staff directly at (520) 576-1403.

## EMERGENCY CONTACT

If an emergency arises and your family needs to get a message to your camper while she is 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 resident camp 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 6 - 11:** Pajama Party

**Week 2, June 20 - 25:** Flower Power

**Week 3, June 11 - 16:** Cowgirls

## 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 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 toe-shoes are permitted.

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.

### **RECOMMENDED CLOTHING / EQUIPMENT 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 she will have it when she is 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 toe-shoes are allowed.
- 1 pair of shower shoes (flip-flops)
- 1-2 cloth masks per day

#### Gear

- Rain jacket or poncho
- Water bottle (stainless steel or plastic)
- Flashlight and extra batteries
- Mess kit (plate, bowl, cup, knife, fork, spoon and dunk bag)
- Knapsack or small backpack
- Sleeping bag (or blankets)
- Pillow

#### Toiletry Items

- Toothbrush and toothpaste
- Towel and washcloth
- Hairbrush
- Soap, shampoo and conditioner
- Deodorant
- Insect repellent (non-aerosol)
- Unscented lotion
- Tissues
- Sunscreen (SPF 30 and higher)
- Lip balm
- Shower caddy to carry toiletries

### Optional Items

- Trading Post Money
- 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 this season, 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 animals and insects to join you in your sleeping quarters. For the safety of your camper and her sister campers; 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 cook 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, blow dryers and similar devices at home. Encourage your camper to enjoy nature and explore her sense of adventure, social media will be there when she gets home.
- Please leave sandals at home. Bring only close-toed, sturdy shoes with tread, such as athletic shoes or hiking boots. Shower shoes, like 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, 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.



# CampDoc

Girl Scouts of Southern Arizona partners with CampDoc to better serve our campers and their families. CampDoc offers an electronic health record system for camps, and you can complete your camper's health information electronically. The security and privacy of your health information is important to us. The CampDoc site is secure, encrypted, and password protected. You can find additional information about CampDoc privacy and security information at [www.docnetwork.org/security](http://www.docnetwork.org/security).

After signing up for your session, you will receive an invitation email from CampDoc.

- Click on the green "Accept Invite" link within the email to create your CampDoc account.
- In the Confirm Email box, type your email address to confirm.
- In the Password box, type the password that you want to use.
- Click the CONTINUE button.

After you log in, select your camper's name and click on the health profile link to complete your camper's information. Required questions will be marked with an \* and outlined in red. Keep in mind that you can return to [app.campdoc.com](http://app.campdoc.com) at any time to make updates to your camper's health information before your camp session begins. You can log in using the email address and password you previously created.

## NEW

### Prescreening Tool:

**The American Camp Association and the Association of Camp Nurses recommend 14 days of pre-screening prior to attendance at resident camp. You will receive an email reminder from campdoc where you can easily record each day of pre-screening. If you do not enter temperature checks and pre-screening answers into campdoc, we will ask you for [this form](#) upon check in.**

Your camper's health information will save from year to year, so once you complete it in CampDoc this season, you won't have to start from scratch next year. Additionally, CampDoc sends out periodic reminder emails for incomplete health information. These notifications come from [campdoc.com](http://campdoc.com), so please add this to your safe sender list to avoid accidental delivery to junk and spam folders. We don't want you to miss important notices about camp!

Please note that CampDoc supports the current and previous major releases of Chrome, Firefox, Microsoft Edge, and Safari, which provide improved security and performance for health information. For additional assistance, you can navigate to [support.campdoc.com](http://support.campdoc.com) or contact the Support Team at [support@campdoc.com](mailto:support@campdoc.com) or 734-636-1000.