



girl scouts 
of south carolina
mountains to midlands

Summer Camp 2024

Guide to Camp

Overnight Camp
at
Camp WaBak

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A Day in the Life

Every day at camp brings a new adventure.

After check in, the unit will decide what activities they are most interested in.

The counselors will help the unit craft their open activity blocks to maximize their camp experience.

Activity blocks will be filled with programming such as traditional camp activities, specialty camp activities, badge work, and fun theme activities.

Traditional camp activities include activities such as swimming, archery, games, indoor and outdoor cooking, canoeing, kayaking, creek stomp, hiking, crafts, stem projects, and many other fun things.

Specialty camp activities include equestrian, adventure tripping, and leadership sessions.

Daily Schedule	
8:00 a.m.	Flag
8:15 a.m.	Breakfast
9:15 a.m. - 12:15 p.m.	Morning blocks (2)
12:15 p.m.	Lunch
1:30 p.m.	Siesta
2:30 - 5:30 p.m.	Afternoon blocks (2)
5:45 p.m.	Flag
6:00 p.m.	Dinner
7:00 p.m.	Evening activity
8:00 p.m.	Unit time
9:30 p.m.	Lights out!

Evening Activities

Each week follows the same evening activity schedule. But no two activities are the same!

Sunday: Opening Campfire

Wednesday: Themed All Camp Activity

Monday: Unit's Own

Thursday: Closing Friendship Circle & Baby Boats

(Units' Own is designed and voted on by the unit.)

Friday after lunch: Award ceremony

Tuesday: Cook-Out



Themes and Fun

Each week at camp is different! To see the descriptions of each week at camp, visit our website!

Week 1: Artful Antics

Week 2: Rock the Runway

Week 3: Zombie University

Week 4: Enchanted Forest

Week 5: Diggin' on Dinos (Half week)

Week 6: Around the World

Week 7: Holidays in July

Week 8: Olympics

Give your week an extra kick of fun by taking part in these theme days:

Monday: Crazy socks

Tuesday: Tie dye Tuesday

Wednesday: Go wild with your on-theme outfit!

(Shirts, hats, accessories, or a whole outfit, just rock it!!!)

Thursday: Camp Shirt day

(Current year or other shirts—all welcome!)

Friday: Pajama party breakfast!

Wild Wednesday Examples:

Enchanted Forest: Dress up in Fairy accessories

Holidays in July: Bring a costume for trick or treating.



Food and Dining

Camp meals are a balance of nutritious and kid-friendly foods. We know that busy, active campers are hungry campers and we make sure our offerings and portions reflect that.

Most meals will be served buffet style in our dining hall. Girls will be served by a staff member wearing gloves. Girls also enjoy at least one cookout a week to develop outdoor skills, and sometimes have sack lunches or picnics as part of programming.

Some meals will be enjoyed “al fresco” at the picnic seating outside. Units will rotate and be able to enjoy the outside eating area at least once a week (weather permitting).

Some examples of food you may see during your week are:

Breakfast Items:	French toast sticks, traditional eggs, bacon, breakfast potatoes, and Pajama Party Waffles
Lunch Items:	Meatball subs, chicken tenders, grilled chicken sandwiches, mac & cheese
Dinner Items:	Chicken teriyaki and rice, BBQ burgers, spaghetti and cheesy bread

Dietary Needs

Many dietary needs can be accommodated when communicated, in advance. Special food needs should be communicated to the Camp Director two weeks in advance, otherwise, you may be asked to provide supplemental food.

Snacks

Girls are offered one snack each afternoon and sometimes have evening snacks as part of programming.

Cook out

Every Tuesday (weather permitting), girls will work together to get dinner served using outdoor cooking techniques.

Some examples of some meal options:

Campout stoves meals:	Walking tacos, ground beef stew, fajitas
Campfire meals:	Tin foil turtles, pie iron pizzas
Charcoal meals:	Quesadillas, chicken bacon ranch potatoes
Dessert options:	Smacos, banana boats, Dutch oven cakes, fairy rings, smor-cones, ice cream

Lodging

Campers are pre-assigned to lodging based upon the program for which they are registered. Campers cannot request alternative lodging or lodging with campers in a different program. Campers may request to lodge with **one** buddy in the **same session & program**. Refunds are not provided based on lodging assignments. Additional photos and interactive facility maps can be found on our [website](#).

Please find the description of each unit's accommodations below.

We have three units at WaBak, each with unique lodging arrangements. All bathrooms have electricity and hot water. Younger camps will stay in either Rambler or Pathfinder.



Rambler: Rambler has five fully enclosed air-conditioned cabins with bathrooms and showers. Each cabin sleeps 10 people in bunk beds. Counselors sleep separately in another adjacent cabin.. Rambler also has a large lodge and outdoor pavilion.

Gypsy: Gypsy has five open-air cabins that sleep 6 people each in bunk beds. The cabins have electricity, including fans and outlets. Counselors sleep separately in one of these open-air cabins, and are quickly accessible. The bathrooms and showers are located in detached buildings in the unit.



Pathfinder: Pathfinder is a large open-air cabin with two bunk-style sleeping sections on each side (sleeping 10 per side in bunk beds), and one bunk section across the back (sleeping 6 in bunk beds). The cabin has electricity, including fans and outlets. The showers are attached to the outside of the building, and the bathrooms are nearby in a detached building. Counselors will sleep in the cabin, in the back bunkroom.



Communication

Calls & Phones

Girls may not bring cell phones or other technology to camp. Campers will not be able to make or receive phone calls except in emergencies. We encourage independence, self-reliance, and peer bonding during camp. Please let your camper know before camp that phone calls are not permitted and that you are comfortable with this. Phones are also expensive and delicate. We do not want campers or staff responsible for items that can get lost or broken.



Mail

Campers LOVE mail! Letters are a lovely way to encourage and support your camper's wonderful experience at camp! Keeping your letters positive and happy helps your camper without adding any extra worry about what is happening at home! Care packages with little knick-knacks are also a great way to add a little love. However, please do not send food, candy, or gum as it can bring pests and other campers may have allergies.

Address for snail mail
Camper's Name
Camper's Program
Camp WaBak
36 Camp WaBak Road
Marietta, SC 29661

We recommend sending snail-mail in advance or dropping it off during check-in because mail delivery these days can be slow. Simply label the envelope with your daughter's name, camp program, and day you want her to receive it. We will have drop off boxes available at check-in, labelled with her unit.

We are using CampGrams, the paid email application through CampDoc. You may want to use this to communicate with your camper. **Emails are printed and delivered once per day. Be sure to complete your emails the night before or by 12 noon as they will be printed after lunch.** Please note that campers cannot email back.

If you have sad or difficult news to share, please do not write it in a letter. Call the Camp Director and together we will develop a plan for how best to deliver that information.

Please provide pre-addressed and stamped envelopes so your camper can you mail too!!

Check-in and Out

We will be conducting check-in, check-out, and health screenings from the parking lot of the Administration Building. As you enter camp from Gap Creek, you will turn directly left into the drive of the parking lot.

We have a trading post full of amazing camp items for families to browse prior to checking in. If interested in shopping at the trading post, please pull into a parking space and enter the Administration building.

After you complete your shopping, return to your vehicle and enter the line up. You will remain in your car during the check-in process and health screening.

Arrival

Check-in times are split up by age levels. Staggered in times will allow us to properly screen and check-in without large wait times. If you have multiple age levels in your household, please choose which one is more convenient. **We know that summer camp is a special experience for both caregivers and campers alike, so guardians can enter cabins to help their camper set up their lodging.**

Level	Sunday (Full weeks, Artful Antics Half starting on June 2nd & Week 5)	Artful Antics Half starting June 5th
Daisy, Brownies (grades 1-3)	2:00 - 2:30 p.m.	9:00 - 9:30 a.m.
Juniors (grades 4-5)	2:30 - 3:00 p.m.	
Cadette, Seniors, Ambassadors (grades 6-12)	3:00 - 3:30 p.m.	

Departure

Check-out occurs on Fridays* at **2:00 p.m.** Check-out follows the same line up procedure as check-in. Please turn left into the Administration building parking lot and form a line. **The caregiver picking up will need to be listed on the pick up authorization form (on CampDocs) and will need to present a photo I.D. Medications will be returned to an adult at check- out.**

***Artful Antics (06/02/24) will be picked up on Tuesday at 2:00 p.m.**

Medical

Be sure to thoroughly fill out your camper's medical history forms on CampDoc. This allows our staff to prepare for any needs your camper may have. During check-in you will meet with the Health Supervisor, drop-off medications, or discuss any concerns you may have with us. If you have any concerns before your sessions, please reach out to the Camp Director.

Medications

Please bring all of your camper's medicine with you to **check-in**. Medication is defined as any substance a person takes/uses to maintain their health. This includes over-the counter (OTC) medications, topical creams, inhalers, epi-pens, sleep aids and natural remedies.

Safety standards require that all medications are in their original containers with prescription labels indicating the camper's name, dosage, and administration instructions. Please put these in a gallon plastic zipper bag with camper's full name on it.

All non-rescue medications are kept by our on-site, trained medical staff and are administered according to the instructions written on the label by the physician. If your camper requires specific type of food with her medication, please provide it, but remember that camp is a peanut-free environment.

Camp provides all as-needed medications listed on the Approved Medications form on CampDocs (such as Benadryl and Advil). Please do not bring these OTC medications to camp with you unless your camper requires them on a set schedule (for example; Benadryl nightly for allergies or ibuprofen three times a day for a recently sprained ankle).

If your camper requires a rescue medication such as an inhaler or epi-pen, please provide TWO. Rescue medication will be noted by the Health Supervisor but should be taken directly to the unit during check in. The rescue medication is carried by her counselor.

Special Needs and Concerns

Special needs may include a range of physical, medical, developmental, dietary, behavioral, or communicative abilities. It is our hope to be able to remain inclusive and to serve all girls wishing to attend camp. In many cases accommodations can be made, but each camper must be able to function safely adult-to-camper ratios listed in our Safety Activity Check-points. Providing a safe and positive experience to all campers is extremely important to us. We reserve the right to make decisions about participation based on the extent of the girl's special needs and our ability to meet those needs in a camp setting.

Equestrian

All equestrian campers will learn about safety around horses and will be paired with a horse for their skills and temperament. Campers All equestrian campers will ride Monday-Thursday, weather permitting. All equestrian campers will learn how to groom, saddle, and maintain a clean barn through barn chores.

Riding Groups

Campers will be broken into 2 riding groups per session. They will be assigned the group based on their riding experience survey.

Riding staff will be vigilant in providing a safe, comfortable, and fun experience and that means groups may be switched to provide the best experience for everyone including the horses.

Other activities at the Barn:

During the ground activity rotation, campers will have the opportunity to learn horsemanship skills such as but not limited to these activities:

- Feeding and nutrition
- Saddle care
- Riding Disciplines
- STEM with horses
- Training
- Parts of the horse
- First Aid
- History of the horse
- Bathing

Riding Lessons

Each group will be able to ride for about an hour every day, Monday through Thursday.

This riding period includes skill building like steering, stopping, circles, balance, and other increasingly difficult skills as students demonstrate proficiency.

Riders will also be able to take part in games such as cracker whistle, egg and spoon, 4 corners, Simon says, and red light/ green light.

Equestrian

Packing list

- ❑ **Smooth-soled boots with 1 inch heel (required, see examples below)**
(Hiking boots and steel toes not allowed.)
- ❑ **Bandanas (required, 2 or more)**
- ❑ **Long pants (required 2-4 pairs, Must meet ankle length)**
Can be legging or jean material as long as it is flexible for getting on and off the horse
- ❑ **Boot socks (required, 4 pairs)**
Over ankle length for protection from rubbing
- ❑ **Riding gloves (optional)**
- ❑ **Muck/ Rubber boots (optional)**
- ❑ **Personal riding helmet if dated within 5 years (Riding staff will check!) (optional)**
We have helmets to borrow!



- ❑ **Boot tip:** You can find some cheaper boots at Goodwill and thrift stores that will work well enough for the week. They do not need to be perfect just comfortable around the barn. They will switch out of their boots when walking around camp.

They WILL get dirty!



Leadership

All Leadership Campers are allowed to have electronics such as tablets and phones, under the parent's discretion. Electronics should stay out of sight during the day and will be collected, if seen. **GSSC-MM is not responsible for lost, broke, or stolen items.**

Although CIT leadership sessions are two weeks long, campers may not stay overnight between camp sessions. Check-out is Friday at 2:00 p.m. and camper should return from 2:00—4:00 p.m. on Sunday of the following session.

Counselor in Training I

CIT I will be learning the foundation of becoming a camp leader. During their first week at camp, they will have a healthy mix of traditional camp activities as well as work sessions in which they will break down what it means to be a good counselor. During their second week, they will work with each age level and developing an appropriate activity for their unit to take part in.

Counselor in Training II

CIT II will be reinforcing the foundations of becoming a camp leader by learning about all the roles and responsibilities at camp including Leadership and support staff. They will try their hand at and receive entry level training in activities that require certification. (They will not become certified in lifeguarding, horses, archery, or canoeing but will receive training that will allow them to have a head start!) They will also enjoy traditional camp activity sessions.

Junior Counselors

CIT I and CIT II are pre-requisites.

Junior Counselors will live and work in a unit while continuing to build their skills under trained staff.

All leadership candidates (campers) should bring the following items:

- Willingness to learn and work
- Kindness and care for younger campers
- Whistle with lanyard
- Full backpack (no tiny string bags)
- Wrist watch
- Over the ankle boots for the barn (Do NOT need slick sole! So hiking boots are ok!)
- 3- ring binder of their choosing (or we will provide a plain one!) (optional)
- Assorted pens they may want to use (or we will provide basic blue or black pens!) (optional)
- Any additional note taking items such as post-its or stickers (Optional)

Tripping

Adventure Tripping campers will be taking off site trips to fun, exciting locations. They will need a current (within 2 years) physical that should be uploaded to CampDoc before May 15th. Campers may need some extra gear for their adventure. Please make sure to include these items along with the other items listed on the main packing list. **Very important that the trippers have a proper backpack for their day trip gear, no tiny string bags, and a proper rain jacket or poncho!**

Week 2: Forge Ahead!

- Active swim suit (Think water rides!)
- Long sleeve water shirt (**optional** but encouraged for the water day)
- Water shoes/ sandals– closed toe with back strap
- Active bottoms such as longer stretch shorts, capris, or leggings for Dollywood.
- Active tennis shoes for Dollywood—no sore feet!

Week 3: Asheville Haunts

- Athletic closed toe shoes– please make sure your shoes are comfortable for miles!
- Active bottoms such as shorts, capris, or leggings–comfortable length and stretch to be comfortable for our walks!
- Light jacket for night tours
- Active swim suit
- Water shoes/ sandals– closed toe with back strap

Week 4: Surf's Up

- Suitable athletic closed toe shoes– please make sure your shoes are comfortable for miles!
- Active bottoms such as shorts, capris, or leggings–comfortable length and stretch to be comfortable for our tours!
- Active swim suit (Be sure to be able to stretch and climb without issue! - surf lesson!)
- Water shoes/ sandals– closed toe with back strap
- Long sleeve water shirt (**optional** but encouraged for the beach day)

All trippers need to be able to pack their 3 day adventure items in a duffle bag.
Large suitcases will not be able to fit in the van.
If you would like to bring your items in a suitcase with an additional duffle bag to take needed items, you will be able to store those items on camp for the other days.

All trippers need a sleeping bag.

Cell Phone Policy (as of 2023):

We will allow Adventure Tripping campers to bring their cell phones, under the discretion of their guardian. Campers will only use their phones for capturing memories during the trip and will not be allowed to use them when on camp property during their session. Inappropriate use of the device will result in confiscation until the end of the session. Policies will be outlined and signed at check-in for those wishing to bring their device. GSSC—MM is not responsible for lost, damaged, or stolen property. Questions? Give us a call or email.

Packing List

Having the right items with you makes camp so much more fun! Plastic totes/trunks and duffle bags are great options for packing for camp. We do not recommend rolling suitcases. It is very important that all belongings are contained and the camper can repack for check-out day.

MANDATORY ITEMS FOR ALL CAMPERS:

Clothing:

- Underwear for each day (plus 2 extra)
- Socks for each day (plus 2 extra)
- Shorts for each day
- T-Shirt for each day (full length, no crops)
- Sturdy closed-toed shoes
- Shower shoes (flip flops OK, Crocs best)
- Water shoes (old shoes or caged sport sandals such as Keens or Crocs)
- 1-2 pairs long pants
- Jacket/Fleece/Sweatshirt
- Pajamas (at least 2 sets)
- Rain Coat or Poncho
- Bandana or hat or both
- 1-2 Swimsuits (active styles)
- Face masks, if desired

Personal Care:

- 2 Shower Towels (and washcloths)
- 1-2 Swimming Towels
- Sunblock SPF 30+ and lip balm
- Toothbrush & toothpaste
- Soap, shampoo, body wash, deodorant
- Brush or comb, hair ties
- Detangler (optional)
- Bug repellent
- Plastic Bag/ tote to carry shower items
- Personal Sanitary Supplies (if needed)

Remember to LABEL all items! Items left will be kept for 2 weeks after Camp and can be picked up via appointment at a service center!

Gear:

- Sleeping bag or sheets (twin size), blanket, pillow
- Backpack
- Water Dry bag for swim suit/ wet items
- Laundry bag (mesh bag provides air flow)
- Flashlight and batteries
- Non-breakable cup/plate/utensils (For cookout- Full weeks only)
- Reusable Water bottle (Minimum 20 oz insulated with carry strap is best!)
- Personal medications in Original Containers with labels (to be turned in at check-in!)

NICE TO HAVE ITEMS:

- Camera (disposable recommended)
- Book for rest time
- Pre-addressed & stamped envelopes/postcards
- Stuffed Animal
- Sunglasses
- Fan
- Ear plugs or other sensory needed

Don't forget your theme day items! Those are listed on page 3

S'more Information

What life skills should my camper know to have a successful week at camp?

Camper must be able to meet personal needs (bathing, toileting, dressing, diet management, etc.). They must be able to manage their dietary restrictions, medication requirements, and potential restrictions on physical activity, and self-manage chronic illness enough to be able to alert counselors when they need additional assistance.

What paperwork do we need to bring? Most paperwork is completed online ahead of time using CampDoc. If you have trouble completing or uploading a form, please bring it to check-in. If your camper is going on an adventure trip, additional waivers may be required. These are provided at check-in.

Can I bring my pet to check-in/check-out? No. Family pets are not allowed on any camp property, including during camp check-in and pick-up.

Where can I smoke on property during check-in/check-out? Smoking is not permitted on any camp property by staff or visitors.

What if my camper is homesick? Our counselors are all trained to help campers with the adjustment to camp life. Generally girls are comfortable within a couple days. However, if your camper is excessively homesick and not adjusting after 1-2 days of camp, our Administrative Staff will call home.

What if my camper becomes sick or injured? Administrative staff such as the Camp Director or Assistant Camp Director will call the guardian should a camper become sick or injured at camp. If the guardians cannot be reached, the emergency contacts will be contacted.

What if my camper doesn't know any other girls at camp? Your child will make new friends at camp! Our camp staff are trained to lead games and activities that allow the girls to get to know each other, work together, and share their individual personalities with the whole group! With their counselor's guidance, your camper will have a blast with her new friends!

Can my camper bring electronics to camp? Cellphones, televisions, iPods, radios or game devices (anything with a screen) are NOT allowed at camp. Take a break and enjoy the outdoors for a week.

S'more Information

Who are your staff members? Camp staff go through seven days of training, including CPR and First Aid, safety and risk management, emergency response, activity leadership and outdoor skills, how to support campers' mental health (including homesickness and bullying), and much more. Staff who supervise specialized activities (such as swimming and archery) have additional training and qualifications.

Do you background check your staff? Yes. All of our staff members pass rigorous applications, interviews, reference checks, drug and criminal background checks before the start of every summer.

How will I know my camper is being supervised properly? Camp staff members are specially trained to focus on each camper's well-being and safety. Supervision not only includes making sure girls are safe during activities, but also that they are changing their clothes daily, drinking water, applying sunscreen, and that healthy relationships are growing in their cabin or tent. Girl Scouts place a high priority on safety and train staff in all aspects of camp life - from leading activities to cooking over a campfire. Our goal is to carefully prepare and plan for each camp experience with your camper in mind.

What happens if the weather is bad? Weather is closely monitored by the Camp Director. Our staff is trained to carry out emergency procedures in the event of a weather-related emergency at camp. Depending on the type and severity of the weather situation, certain camp activities may be canceled or postponed in order to ensure the safety of our campers and staff.

Can I visit camp to see my camper? Visitors are not allowed during the week at camp.

What number do I call if I need to reach camp for an Emergency during my camper's session? Please call the camp office at 864-836-3932. You can also email the Camp Director at lsmith@gssc-mm.org. Remember that while we do check messages frequently, we spend most of our time out in camp with the girls, so it may take us a little bit to check your message and get back to you.

We are eager to share this summer with our amazing campers. See you soon and let us know if you have any additional questions at Customercare@gssc-mm.org.