

## Letter from the Director . . . . .

Dear Camp WaBak Families,

I am so glad you have a camper (or campers) registered for resident camp at Camp WaBak. Camp is so much more than archery, themed meals, campfires, and baby boats. Experiences at camp encourage girls to develop the characteristics embodied in a G.I.R.L. (Go-Getter, Innovator, Risk-Taker, Leader), while building confidence, lifelong friendships, and outdoor skills.

Each camp week includes an opening and closing flag ceremony, opening campfire, an all-camp activity, countless songs, a campfire cookout, themed meals, and a closing ceremony. During the week girls participate in traditional camp programming such as archery, hiking, swimming, canoeing, arts and crafts, and outdoor cooking. In addition, this year, girls will participate in program-specific opportunities dependent upon their session enrollment and age. The program offerings are progressively more advanced, allowing all girls age-appropriate skill enhancement and leadership development.

Trusting our camp staff with your girl for an entire session is a big deal. If I could sit and talk with each of you personally and answer your questions, I would do so. Since I am not able to do that, I have answered frequently asked questions over the next few pages to help girls and families prepare for camp. If you have additional questions, our Customer Care Team is prepared to help. They can be reached at **1-800-849-GIRL (4475)** or by email at [customercare@gssc-mm.org](mailto:customercare@gssc-mm.org).

I look forward to seeing you and your girl at camp!

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## Let's talk about ... **Check-In and Check-Out!** . . . . .

**When and where is check-in?** Camp WaBak check-in takes place on **Sundays**. This year check-in will take place in the **Dining Hall**. Please report directly to the Dining Hall upon arriving to camp. Staff will be available to help with parking and directions. **Check-in times are assigned (below) by Girl Scout age-level**. If you have campers in multiple age-levels, you may choose the most convenient arrival time and complete check-in for each girl simultaneously. Please do not arrive early. Check-in for each group begins at the assigned time and camp remains closed until 1:30 PM to finish preparations for the week.

<b>Sunday Check-In Times:</b>	
<b>Daisies &amp; Brownies (entering grades K-3):</b>	<b>1:30 PM - 2:00 PM</b>
<b>Juniors (entering grades 4-5):</b>	<b>2:00 PM - 2:30 PM</b>
<b>Cadettes, Seniors, Ambassadors (entering grades 6-12):</b>	<b>2:30 PM - 3:00 PM</b>

**Does my camper have to come inside for check-in?** Yes. Campers must be present to complete the check-in process. A health check is part of the process.

**What is the health check?** All campers and staff go through a health check-in when arriving at camp. This consists of a wellness check, temperature check, and lice/nit check.

**Fevers:** If your camper has a fever she cannot stay at camp. She can return to camp when she has been fever-free without fever-reducing medication, for twenty-four hours. (Campers complete a repeat health check-in at camp upon arrival.) Refunds for illness are handled on a case-by-case basis.

**Lice/Nits:** Campers cannot be at camp if they have lice/nits. Parents/guardians are responsible for treatments. Campers can return to camp when lice/nit free. (Campers complete a repeat health check-in at camp upon arrival.) No refunds are given due to lice/nits.

**What paperwork do we need to bring?** Most paperwork is completed online ahead of time using CampDocs. 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 emailed ahead of time or provided at check-in.

**Will my camper get a camp T-shirt?** Yes! All campers receive a camp T-shirt at Check-In. Shirt sizes are recorded in CampDocs during registration. When in doubt about sizes, please size up, as size exchanges may not be available.

**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.

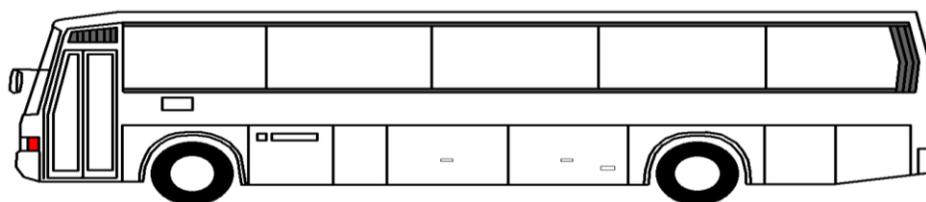
**Where can I smoke on property during check-in/check-out?** Smoking is not permitted on any camp property by staff or visitors.

**What time is check-out?** Camp WaBak check-out is at **2:00 PM** on the final day of your camper's session. Our staff will direct you as you enter camp. The adult picking up your camper is required to show an official photo ID (please have it ready!) and must be authorized on the pick-up form on your child's CampDocs account. Medications are returned to the adult during check-out.



Check-Out 2:00 PM

Let's talk about ... **WaBak on Wheels!** . . . . .



**What is WaBak on Wheels?** This summer, for the second year, we will offer WaBak on Wheels (WOW) for each Camp WaBak session. This service provides Charter bus transportation to and from the **Cathy Novinger Girl Scout Leadership Center in Columbia and Camp WaBak**. During the two-and-a-half hour ride, girls enjoy singing songs, playing games, and making new friends while supervised by trained camp staff.

**What about Check-In Procedures like turning in medications and health checks?** Girls will go through the Check-In process in the outside pavilion of the Cathy Novinger Girl Scout Leadership Center in Columbia with their parents/guardians before boarding the bus.

**Who can ride WaBak on Wheels?** Any camper from the Midlands area registered to attend Camp WaBak.

**How do I sign up?** You can register your girl for WOW as an add-on through CampDocs. The WOW add-on closes May 1, 2019 and girls cannot be added after this time.

**Is there a cost for this?** Yes. This year we will charge a small fee to cover transportation and staffing costs. The fee is **\$15 each way**.

**What happens if we register and then change our mind?** You can make changes to WOW registration in CampDoc until May 1, 2019. For assistance, or to make changes after May 1, 2019, please call our Customer Experience Team at 1-800-849-GIRL (4475). Cancellations after May 1, 2019 will not be refunded.

**Where and when is Drop Off/Check-In and Pick Up/Check-Out?**

**Cathy Novinger Leadership Center**  
1107 Williams Street  
Columbia, SC 29201

**Drop Off/Check-In: 11:30 AM**

**Pick Up/Check-Out 4:30 PM**

**Who do I call if I have questions about the WOW transportation on pick up and drop off days?** This phone number will be published closer to the start of camp.

**What else do I need to know?** Your camper will need a peanut-free bag lunch for the ride to camp.

## Let's talk about ... A Typical Day at Camp . . . . .

### What is a typical schedule at camp?

Girls prepare for the day in their units and walk with their counselors to the amphitheater where they sing songs before breakfast—as they will do briefly before each meal.

Throughout the day, there are a number of activity blocks. Scheduling for those blocks will look different every day. These might be general camp activities like archery, swimming, and boating, or patrol activities like badge work. To keep camp life varied, some days we substitute all-camp activities or My Choice blocks in the schedule. We strive for a balance of structured activity and supervised free-play that encourages friendship building, creativity, and imagination.

An afternoon rest time in the unit helps everyone rejuvenate for the evening. Daisies and Brownies stay on their bunks during rest hour, but older girls may have the opportunity to do quiet activities. After resting, girls complete their unit kapers (chores). Kapers are one of the ways we teach responsibility and pride for your community. Each girl will participate in jobs like tidying her cabin, raising and lowering the flag, picking up litter, collecting firewood, and setting up and cleaning up meals.

In the evening, campers have additional activity blocks and then a cabin chat with their counselors before bed to review the day. We work hard to balance plenty of playtime with plenty of sleep to prepare everyone for the next day.

Daily Schedule Snapshot	
8:00 AM	Wake Up / Tidy Cabin
9:00 AM	Breakfast
10:00 AM - 1:00 PM	Activity Blocks
1:00 PM	Lunch
2:00-3:00 PM	Activity Block
3:00-4:30 PM	Rest Hour / Kapers
4:30-5:45 PM	Activity Block
6:00 PM	Dinner
7:00 PM	Evening Program
9:00 PM	Cabin Chat / Bed



### Are there special opening and closing routines?

Yes, absolutely. On opening day, campers spend time learning the names of the other girls and counselors in the patrol, settling in to cabins or tents, and learning the layout of camp. Patrols also review basic camp rules, generate ideas about activities for the week, and participate in an all-camp campfire after dinner.

On the last night of camp we have a closing ceremony where we hand out awards, participate in a friendship circle, and have a special candlelit ceremony. Then, on closing day, girls spend some time packing belongings, enjoy a special last-meal celebration, and share goodbyes with new friends!

## Let's talk about ... Medical Care! . . . . .

**What do I do with my camper's medicine?** 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 her 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 labels indicating the camper's name, dosage, and administration instructions. 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 food with her medication, you must provide it, but please remember that camp is a peanut-free environment. In order to best serve all campers, medical personnel cannot administer non-medicinal items (such as yogurt) as a medication without a doctor's note indicating medical necessity.

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.** You may choose to sign a form allowing your camper to keep the rescue med with her—otherwise the rescue medication is carried by her counselor.

**What if my camper has special needs?** Special needs may include a range of physical, medical, developmental, dietary, behavioral, or communicative abilities. It is our hope to be able to serve all girls wishing to attend camp. In many cases accommodations can be made, but each camper must be able to function safely in a 1:6 adult-to-camper ratio.

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, as well as other factors deemed appropriate. We are concerned about the health and safety of all campers, and we want to ensure we have appropriate professional and medical services to meet needs. Please contact the Camp Director if you have any questions or concerns about your daughter attending camp.

**What if my camper has other medical needs?** During check-in, each family has the opportunity to speak with the medical staff about concerns or requests.

**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, our Administrative Staff will call home.

## Let's talk about ... **Food!** . . . . .

**What is the food like at camp?** Most meals will be served family-style in our dining hall. Girls also enjoy at least one cookout a week to develop outdoor skills, and sometimes have sack lunches or picnics as part of programming. Camp meals are a healthy 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. Staff sit at each table to encourage conversation and healthy eating habits.



**What if my camper has special dietary needs?** Many dietary needs can be accommodated when communicated in advance. In order to support our kitchen staff in preparing appropriate quantities, dietary needs must be adhered to throughout the session. Campers with extreme allergies who are accustomed to particular diets should consider bringing supplementary familiar and comfortable foods from home. These items must be packed separately from other belongings and turned in at check-in. Appropriate storage is provided for all supplied food. Special food needs must be communicated to the Camp Director two weeks in advance, otherwise you may be asked to provide supplemental food.

**Can my camper keep food in her lodging?** No, she cannot—for many good reasons! First, animals and insects are attracted to food. Ziplocs and Tupperware do not deter animals. Second, eating is an important communal part of camp. We want all campers and staff sharing meal and snack time. Third, some campers have dangerous food allergies. You might accidentally provide your camper with a snack food that is harmful to other campers.

**Are there snacks at camp?** Yes! Girls are offered one snack each afternoon and sometimes have evening snacks as part of program. Girls registered for night programs will have adjusted snack times.

## Let's talk about ... **Communication!** . . . . .

**Can campers have visitors?** No. We do not allow visitors at camp because it takes away from the independence we are working so hard to develop. The reunion at the end of the session will be even more special, and your camper will have so many stories to share with you after days away from home! The no-visitor policy also enables us to provide a more secure and supervised environment for our campers.

**Can campers receive phone calls?** No. Campers cannot 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. Girls may not bring cell phones or other technology to camp.

**But, what about her cell phone?** Girls may NOT bring cell phones or other technology to camp—and we have many reasons for this decision. First, we want to create a culture where girls strive to spend all of their time outside making friendships and gaining independence. A direct line home takes away from that independence, undermines our camp staff's authority, and often detracts from making strong friendships. Second, we very rarely have cell service at camp anyway, so in essence a cell phone becomes a costly paperweight. That leads us to our third reason—cell phones are expensive and delicate. We do not want campers or staff to be

responsible for expensive cell phones at camp. Please help us maintain our camp culture by supporting this policy.

**How can campers receive communication?** Campers LOVE mail! We recommend sending snail-mail in advance or dropping it off during check-in because mail delivery in the mountains can be slow. Simply label the envelope with your daughter's name and camp program. We will have boxes available at check-in. Keeping your letters positive and happy helps your camper enjoy camp without adding any extra worry about what is happening at home! 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.

**What is the address for snail mail?** Mail is delivered daily to campers. Mail that arrives after campers leave camp will be returned to sender. Letters without return addresses are kept until two weeks after camp ends.



### Can campers receive packages?

Yes! You are welcome to send your camper a care package, but do NOT send food, candy, gum, scented products, or electronics. We have care-packages available for pre-order as an add-on during registration. Changes to this add-on can be made through CampDocs until April 28 2019. A limited number may be available for purchase at check-in.

**Can campers send mail?** Yes! We suggest pre-addressed, stamped envelopes if your camper intends to mail letters from camp. Please remember that due to our remote location, mail may arrive home after your camper's session has ended. Also, please remember that a camper's first letter home is sometimes emotional as she adjusts to a new routine and surroundings. Typically, by the time the parents receive the letter the girl is happily adjusted and loving camp! When girls are having an especially hard time at camp we reach out to parents personally!

**What about email?** We are using CampGrams, the paid email application through CampDocs this year. You may use this to communicate with your camper. Emails are printed and delivered once per day. Please note that campers cannot email back. Remember that while the mountains are wonderful for a camp setting, they make internet access a bit of a struggle. On occasion, we lose connection and the printing of emails is delayed. In that event, we print as soon as we regain access. Also, remember that while email is a wonderful communication tool, nothing beats the personalization of a hand-written letter or postcard while away at camp! Additional information about CampGrams will be emailed closer to camp.

**Why haven't I seen any information about the trading post?** To allow girls to spend more time enjoying program activities, GSSC-MM will not have a trading post at camp this summer. Instead, we will have Camp Care Packs available as an add-on purchase during CampDoc registration. A flyer with information is at the end of this packet.

**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**. 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.

## Let's talk about ... Lodging! . . . . .

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**Where do campers sleep?** Campers are pre-assigned to lodging based upon the program for which they are registered. Daisies and Brownies will have counselors in their cabin. Campers cannot request alternative lodging or lodging with campers in a different program. Campers may request to lodge with **one** buddy in the same program. Refunds are not provided based on lodging assignments. Please find the description of each unit's accommodations below.

We have four units at WaBak, each with unique lodging arrangements. All bathrooms have electricity and hot water.



**Rambler**: Rambler has five fully enclosed air-conditioned cabins with bathrooms and showers. Each cabin sleeps 10 people in bunk beds. Counselors sleep separately (except for Daisies and Brownies), in one of these cabins, easily accessible.

**Gypsy**: Gypsy has five open-air cabins that sleep six 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 ten per side in bunk beds), and one bunk section across the back (sleeping eight 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, typically in the back bunkroom.

**Pioneer**: Pioneer has seven platform tents, each sleeping four people on cots. These are three-season, semi-permanent canvas tents on wooden platforms. The tents have no electricity, though there is electricity in the bathrooms, showers, and unit house. The bathrooms and showers are located in detached buildings in the unit. Counselors sleep separately in a centrally located platform tent.



**Can my camper lodge with a friend?** Absolutely! For each camper we guarantee one bunkmate request per session. Since making new friends is an important part of summer camp, and we want independently registered girls to feel comfortable too, we do not honor bunkmate requests exceeding one friend. **Please note that bunkmate requests must be mutual, and are limited to one buddy.**

## Let's talk about ... Other Frequently Asked Questions!

**Can girls bring technology to camp?** No. We want girls to enjoy nature, develop deep friendships, and participate in new activities. Technology serves as a distraction. We ask that parents support this effort to allow camp to be one of the few remaining technology-free zones. Parents allowing girls to bring technology—including, but not limited to, cell phones, tablets, computers, gaming devices, iPods, MP3 players—sends a conflicting message about following camp rules and adhering to the Girl Scout Law, which includes respecting authority. Any technology brought to camp is collected and kept in the camp office until pick-up. **Camp staff members are also expected to adhere to the technology-free policy while on-duty.** (Girls in CIT, CIT II, and CA Programs will receive a separate communication with slightly expanded technology guidelines.)



**How will I know if my camper is OK?** At camp, no news is good news! Be assured that a camp staff member will contact parents/guardians if a camper has a high fever, vomits more than once, sustains an injury that requires advanced medical care, is excessively homesick, or has any other special need.

**Should I worry if camp calls home?** A call from camp is not necessarily a cause for alarm. Parents and guardians are their experts on their children. When we encounter any situation where we feel a camper's family might be able to provide guidance, we have a member of our Administration Team call home for input. This could be a medical or behavioral concern, homesickness, a popped braces wire, cracked eyeglasses, or simply a camper whose only pair of sneakers broke during a soccer game. We want every camper and family to know that the camper's well-being is our top priority and sometimes that means involving families in decisions.

**Are campers ever sent home from camp?** Rarely—but, occasionally. We do expect campers to follow the Behavior Contract signed in CampDocs. When behavior problems arise, unless the safety of the camper or other campers are immediately at risk, we typically try to work through challenging situations. Our first step is to work with the camper directly. Next, we might involve family to develop a plan of action. If that is not effective, we may contact family to pick up the camper. This happens very infrequently, but sometimes camp is not the best fit for a particular child at a particular time in her life.

**Will Camp WaBak be posting photos of campers to social media?** We post a random selection of photos throughout the summer camp season to show highlights to those considering camp in the future. We do not feature all activities, nor all campers, because our staff is focused on engaging with girls instead of snapping a large quantity of photos. Additionally, some camper families prefer not to have photos on social media, and this is the best way for us to respect all families and their wishes. Campers are encouraged to bring their own disposable cameras to capture memories to share with family after camp. Remember, cell phones and tablets cannot be used at camp, even as cameras!

**What Safety Measures does Camp WaBak Take?** The safety of our campers is our top priority. Camp WaBak is proud to be accredited by the American Camp Association (ACA), a national organization that has established high standards for the health and safety of campers and staff and the delivery of quality programs. In addition, Camp WaBak meets the established standards for health, safety, program, and personnel criteria set by federal, state, and local governments and the stringent GSUSA Safety Activity Checkpoints. Additionally, all of our staff are background checked and drug tested and attend an extensive staff training program.

# WaBak 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 them herself 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 (NO tank tops)
- Sturdy closed-toed shoes
- Shower shoes (flip flops OK)
- Water shoes (old shoes, sport sandals)
- 1-2 pairs long pants
- Jacket/Fleece/Sweatshirt
- Pajamas (at least 2 sets)
- Rain Coat or Poncho
- 1-2 Swimsuits (1 piece or tankini required)

### Personal Care:

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

### Gear:

- Sleeping bag, sheets (twin size), blanket, pillow
- Book Bag / Day pack
- Laundry bag (mesh bag provides air flow)
- Flashlight and batteries
- Non-breakable cup/plate/utensils (For cookouts)
- Reusable Water bottle
- Personal medications in Original Containers **(to be turned in at check-in!)**

Please note that as of summer 2019, completely **closed, sneaker-like shoes are required at camp**. For safety reasons, sports sandals (Keen, Chaco, etc.) will only be permitted during water activities.

## NICE TO HAVE ITEMS:

- Camera (disposable recommended)
- Book for rest time
- Pre-addressed & stamped envelopes/postcards
- Stuffed Animal
- Bandana
- Hat
- Sunglasses

## Equestrian Campers Should also Bring:

- Smooth-soled shoes or boots with ½ inch heel (Hiking boots NOT acceptable. No steel toes.)
- Bandanas (2 or more)
- Long pants (2-4 pairs, jeans work well!)
- Riding gloves
- \*Do not bring your own riding helmet.\*

**\*Girls Attending Specialized Programs such as Tripping will be sent additional packing lists two to three weeks prior to the program, if necessary.**

## Please do NOT Bring:

- Technology of ANY kind
- Cell Phones
- Gum, Candy, Snacks, or Food
- Tobacco, illegal drugs, alcohol, weapons
- Expensive name-brand items
- Matches or candles
- Pocket knives
- Irreplaceable items
- Personal sports equipment
- Pets
- Campers are not permitted to have personal vehicles on camp property