

Camp Togowoods Helping Hands Work Weekend

May 26-28, 2017



Handbook for Families

OUR PHILOSOPHY AND GOALS

THE CAMP MISSION: Girl Scouting builds girls of courage, confidence and character who make the world a better place. In this spirit, we strive to create a community that helps campers unlock their potential and discover the world, while developing life skills that become habits of the heart.

THE CAMP PROGRAM PHILOSOPHY: Everything that happens at camp is program! Campers experience a community that fosters positive relationships, healthy risk taking and acceptance. At camp we provide a variety of experiences, some new, encouraging girls to stretch; and some old, reinforcing girls' confidence in their skills. Our program is the foundation upon which courage, cooperation, self respect, and a sense of contribution, inclusion, and responsibility are constructed.

CAMP GOALS AND OBJECTIVES:

Camp will provide an opportunity for each camper to:

Goal 1: Grow in her personal skills and self reliance.

Objective 1: Campers will identify at least one thing they are proud they accomplished

Objective 2: Campers will report they are willing to try new activities

Outcomes: Girls will be more able to care for themselves, have a greater awareness of their strengths and weaknesses, be more willing to take appropriate risks, use leadership skills and feel more capable of making a difference.

Goal 2: Learn about her environment.

Objective 1: Campers participate in at least one environmental ed. program block

Objective 2: Campers will spend 90% of their time outdoors.

Outcomes: Girls will feel more comfortable outdoors, become more aware of their surroundings and learn ways to respect and care for the environment.

Goal 3: Learn relationship and community living skills.

Objective 1: Campers will have daily girls' circles to discuss how the group is working.

Objective 2: Campers will learn and demonstrate how to express feelings verbally.

Objective 3: Campers will be able to name communication strategies that help them in their relationships.

Outcomes: Girls will learn to work as a team, have a sense of belonging with others and learn how to make new friends.

PACKING FOR CAMP

Packing for camp can be a challenge. Here are some tips:

- Old clothes are best. You'll work and play hard and get dirty!
- Put your name on everything!
- Pack toiletries in a separate, closeable bag or container, clearly marked with your name. All toiletries will be stored in the unit shelter.

EQUIPMENT AND PACKING LIST:

Clothing

- Underwear (for everyday)
- Jeans or sturdy pants
- Wool sweater, hooded sweatshirt or fleece jacket
- T-shirt
- Long sleeve shirt
- Warm pajamas/ sweats to sleep in
- Socks (enough for 2 a day)
- Work Gloves
- Long underwear
- Gloves or mittens
- Wool/stocking hat and/or bandana
- Sturdy shoes that tie
- Waterproof boots
- Flip flops for the shower
- Rain jacket or poncho

Miscellaneous

- Warm sleeping bag AND blanket –or- Cot sheets and 4 warm blankets
- Pillow & case
- Wash cloth and towel
- Shampoo and bar of soap in dish
- Toothbrush/paste
- Large plastic cup (for tooth brushing)
- Non-aerosol deodorant
- Comb or brush
- Sanitary napkins or tampons
- Flashlight with extra batteries
- Mosquito repellent (non-aerosol)
- Water bottle with non-leaking lid

Optional

- Camera & film
- Cards or board games
- Binoculars
- Fishing tackle and license

Leave at Home

- Radios, cell phones, beepers, iPods
- Laptop computers
- Candles, Kerosene lanterns, or stoves
- Loose open toed sandals and clogs
- Aerosol spray cans
- Hair dyers or curling irons

PERSONAL PROPERTY: Camp is not responsible for any personal belongings brought to camp. Camp does not assume responsibility for lost or stolen personal belongings. All personal property must be stored and handled safely for the protection of all people, and such that it is not an attractive nuisance inviting unauthorized use.

- **Electronic devices** (i-pods, video games, cell phones, etc.) should be left at home.
- **Personal sports/Outdoor equipment** such as backpacks that will be used by you in your camp program must be used in compliance with all camp policies.
- **Vehicles.** All vehicles should be parked in the parking lot for the weekend. Vehicles should not be driven around camp.

LAUNDRY FACILITIES: There are no laundry facilities at camp for campers.

FORMS/HEALTH AND SAFETY

FORMS: There are a few forms that will help us prepare for your stay at camp. **Forms must be completed and brought with you to camp.**

- **Permission Form:** If you are bringing any children (anyone under the age of 18) who are not your own – such as a friend of your own child – bring a parent permission form for them.
- **Health History:** Each family member (including each adult) is required to provide camp with a health history completed within 6 months of the camp program.
- **Special Dietary Needs:** Use this form to inform us of any food related allergies or restriction.

MEDICAL CARE: Camp staff are certified in First Aid/CPR by nationally recognized providers. If you need a Band-Aid or medical assistance find a camp staff member who will assist you.

MEDICAL INSURANCE: Sickness and accident insurance is provided for anyone attending this program. It is the plan's purpose to provide secondary insurance coverage. The Girl Scout insurance is not intended to replace the benefits that may be available under a family medical plan. A family's insurance is primary.

EMERGENCY PROCEDURES: Camp Togowoods has producers in place in case of an emergency. Emergency procedures will be reviewed when campers arrive (at the 8:30 pm meeting on Friday night).

WATER SAFETY: Swimming will not be available this weekend as the waterfront will be in the process of being set up. However, we have canoes and rowboats for families to enjoy. The waterfront is **off limits**, except when there is waterfront staff on duty. **Children must always have an adult buddy with them at the waterfront.** We assume adults know their boating ability and will engage only in those activities in which they feel comfortable and competent. Anyone wishing to use a boat (adult or child) must wear a PFD (life jacket) at all times. All families attend boating orientation prior to boating that includes proper boat entry and exit, paddling strokes, and emergency procedures.

TOBACCO, ALCOHOL, DRUGS and WEAPONS: Camp is a weapon-free, smoke-free, drug-free and alcohol-free environment. As a result, smoking is **ONLY** permitted in the parking lot. Do not drop cigarette butts on the ground; dispose of them in your car's ashtray. Alcohol and/or weapons are not permitted anywhere on camp property.

PETS: Pets should be left at home.

GETTING TO AND FROM CAMP

CANCELLATIONS: If you will be unable to attend as planned, notify us so that we can adjust our meal count & contact other families on the wait list.

ARRIVAL: This is a flexible weekend. Arrival and departure times depend on you and your family. Plan to arrive anytime after 7pm on Friday night. We will have a brief introduction to the flow of the weekend at 8:30 pm Friday night.

- Park in the designated parking area.
- Leave your luggage in the car when you check in. Depending on what unit you are assigned to, carrying luggage from the parking lot might be shorter than carrying it to Bailey Lodge and then to your unit.
- **Bring ALL forms to Bailey Lodge to check in.**
- Check in at Bailey Lodge to receive your tent assignment. If you are arriving after Friday night stop at the camp office to check in. If no one is in the office, go to the kitchen in Bailey Lodge. The cooks will be able to direct you to the right person.
- After check-in get your luggage and head to your unit.
- Come back to the flag pole area (in front of the dining hall) at 8:30 for a brief meeting to explain how the weekend works.

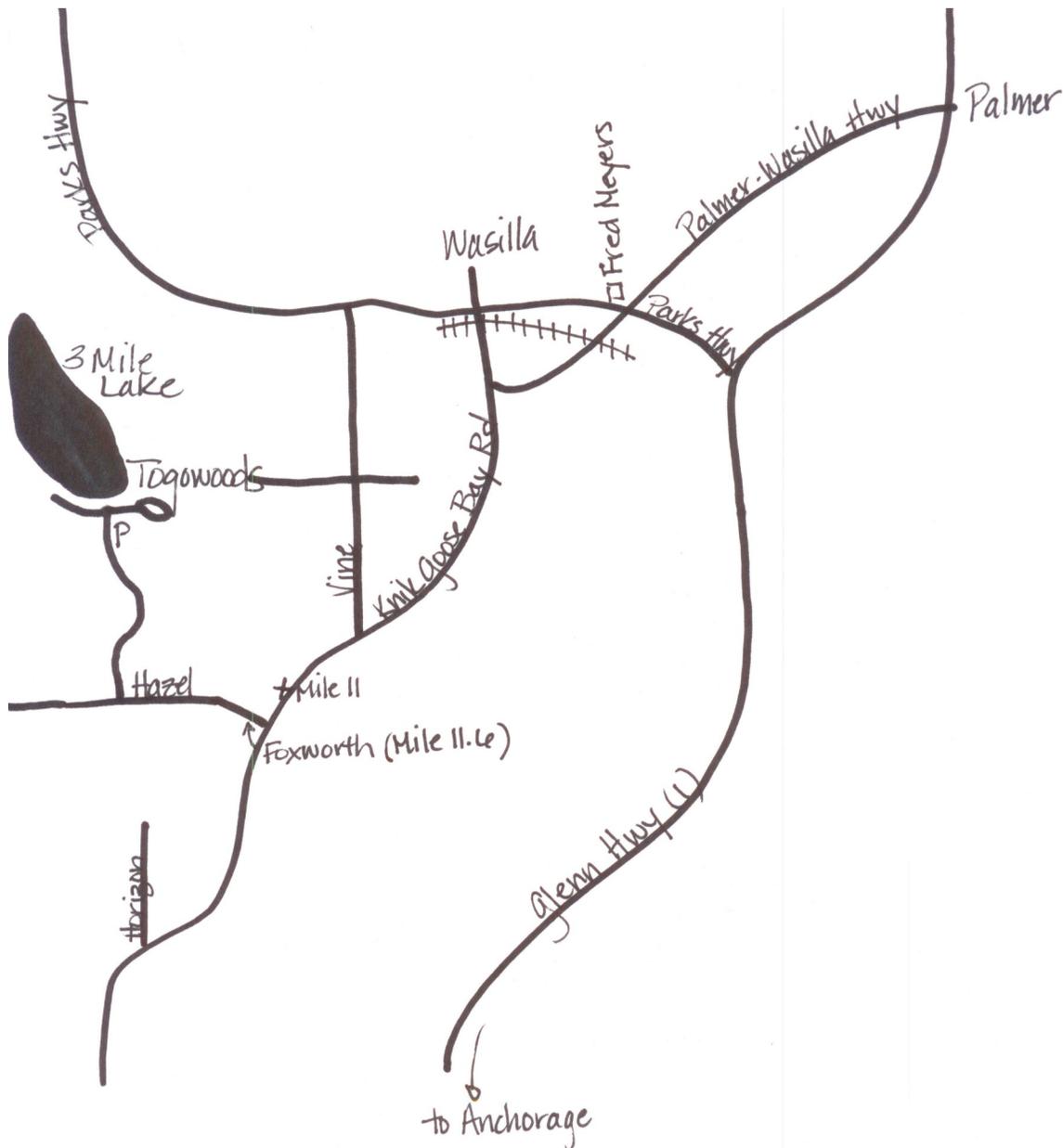
DEPARTURE: Families must check out by 4pm on Sunday however families will be coming and going all weekend. It is important for us to know you are leaving for our meal count. Before you leave, be sure to do the following:

- Check under cots and around tents to ensure that you don't leave anything behind.
- Sweep out your tent
- Get your toiletries in the unit shelter
- Check the Lost and Found
- Fill out an evaluation and turn it in to the camp director
- Tell the camp director you are leaving

LOST AND FOUND: Camp Togowoods is not responsible for items left at camp. Items will be transported to the Council Office in Anchorage and kept for 10-15 days following the close of the session. Unclaimed items will be donated to charity.

Driving Directions to Camp Togowoods

- From Anchorage, travel on the Glenn Highway (Hwy 1) toward Palmer.
- Follow the George Parks Highway (Hwy. 3) toward Wasilla.
- Turn left at the traffic light onto the Palmer-Wasilla Highway extension (Fred Meyers, Johnson Tires, Arbys)
- Left onto Knik-Goose Bay at the light and travel south to mile marker 11. At mile 11.6 turn right on Foxworth. You will immediately turn left on Hazel.
- Go 1.0 mile on Hazel and then turn right by the Togowoods sign and continue to camp.
- Once in camp, park in the parking lot and follow signs to Main Camp.
- Check in at the camp office with the ranger or camp director



WHILE YOU ARE AT CAMP

ACCOMODATIONS: Camp Togowoods is a woodsy environment nestled in among the birch and spruce forest. Camp housing is rustic, electric-free and offers an ideal nature-adventure experience. Families will sleep in platform tents, on cots with mattresses under mosquito netting provided by camp. Each tent holds 4-6 people. Generally we will assign one family per tent. However, if you are a twosome or threesome you may share a tent with another twosome. If your family is larger than 6, we will assign you two tents near one another. Every unit has a latrine, water spigot, and small log cabin, called a unit shelter. There is a centrally located shower house with designated showers for male and female.

CAMP FOOD: Food is not allowed in your tents, as it is an attraction for animals including bears. If you have brought snacks, please leave them in your car. We do our best to accommodate special dietary needs. If you have food allergies or other dietary restrictions indicate that on the enclosed form. Well-balanced meals, including snacks and desserts, are planned and served. *Here is a sample menu:*

Oatmeal	Hoagie Sandwich	Lasagna
Raisins/Sugar	Tomato Soup	Tossed Salad
Muffins	Carrots/Celery	Garlic Bread
Cold Cereal	Fruit Cocktail	Brownies/Milk
Juice/Milk/Coffee	Milk	Coffee

Helping Hands is peanut free due to multiple allergies.

MEAL TIMES: Breakfast and lunch will be served buffet style to allow for work crews to come and go when it is convenient. Dinner will be a sit down family style meal. All meals are served in Bailey Lodge.

7:30 – 9:00 A.M.	Breakfast
12:00 P.M. – 1:30 P.M.	Lunch
6:30 P.M.	Dinner

CAMP PHONE: The camp phone is a business phone. Family campers will not be permitted to make or receive phone calls except in the case of an emergency. **The camp phone number is (907) 376-1310 or (866) 376-1310.** If you are unable to get through, call the Council Office in Anchorage to have a message relayed (907) 248-2250 or (800) 478-7448, Monday – Friday, 9:00 A.M. to 5:00 P.M.

WEATHER: Be prepared for all types of weather from sunshine to rain to frost. The temperatures can range from 70° – 30° F in the summertime. Helping Hands happens rain or shine so don't forget your raingear!