

# **Camp Togowoods**

# **Troop Camp**

**June 4-6, 2017**

**2017 Handbook for Troops**

## 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.

# CAMP FINANCIAL POLICIES

**CANCELLATIONS AND REFUNDS:** If your camper will be unable to attend as planned, notify us immediately so we can contact someone from the waiting list.

Refund of fees (excluding the deposit) is given if:

1. cancellation is made 4 weeks before the session begins
2. the camper has moved out of the council area
3. the camper has personal illness/ injury confirmed by a physician or
4. family emergency

**Change Fees:** A \$25 change fee will be assessed every time a girl's camp session, camp dates or program change. Change fees are due at time of change.

**Early Departure:** If for any reason your child leaves early, parents/guardians are responsible for making all travel arrangements.

- If a camper leaves camp early due to homesickness, conduct (see page 8), or upon parental request, there will be no refund.
- If a camper leaves camp early due to illness/injury any refund will be prorated.

**CONFIRMATION** Fees must be paid in full or arrangements made for a payment plan, in order for your camper to attend. The balance due reflects any financial aid you may have received.

**COOKIE CREDITS:** Troops may not use cookie credits for troop camp.

**FINAL INVOICES:** A final invoice reflecting cookie credits and any other applicable discounts will be emailed and mailed to you in late April/early May. Payment in full is due upon receipt of final invoice.

**QUESTIONS ABOUT PAYMENTS:** If you have questions contact our camp registrar at 907-248-2250 or toll free at 800-478-7448.

## FORMS

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

- **Health History:** Each troop member (including each adult) is required to provide camp with a health history completed within 6 months of the camp program. **Note: this is a different health history than the one required for Encampment.**
- **Special Dietary Needs:** Use this form to inform us of any food related allergies or restriction.
- **Note:** Troop leaders should collect permission slips for each girl attending troop camp and keep the permission slips with them.

# HEALTH AND SAFETY

**STAFF:** The key to our success is our experienced and enthusiastic staff. They are selected on the basis of their experience, maturity and ability to be a positive role model.

**KAPERS:** At camp everyone lends a hand to make the whole operation run smoothly, especially around meal time. From setting the table to helping with dishes, there is always something to be done. In order to share the load, each troop will be assigned kapers while they are at camp.

**MEDICAL CARE:** Camp Togowoods has a health care director on staff. In addition, all 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 or go to the health center for help.

**MEDICAL INSURANCE:** 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 with troops before supper on Friday night.

**WATER SAFETY:** These areas are OFF LIMITS at all times, except when there is a waterfront staff on duty. This includes swimming, boating, and the sauna. **GIRLS MUST ALWAYS HAVE AN ADULT BUDDY WITH THEM AT THE WATERFRONT.** Our entire swimming area is in the "shallow" section. Campers do not need to take a swim assessment at Togowoods. We assume adults know their swimming 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 troops 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.

# GENERAL PACKING FOR CAMP

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

- Old clothes are best. You'll 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)
- 1 pair of Jeans or sturdy pants
- 1 pair of shorts
- Wool sweater, hooded sweatshirt or fleece jacket
- T-shirt
- Long sleeve shirt
- Warm pajamas/ sweats to sleep in
- Socks (enough for 2 a day)
- Swim suit and beach towel
- Long underwear
- Gloves or mittens
- Wool/stocking hat and/or bandana
- Sturdy shoes that tie
- Waterproof boots
- Flip flops for the shower
- Tevas or aquasocks for swimming
- 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)
- Mess kit (plastic mug, bowl, utensils)
- Non-aerosol deodorant
- Comb or brush
- Sanitary napkins or tampons
- Flashlight with extra batteries
- Mosquito repellent (non-aerosol)
- Water bottle with non-leaking lid
- Day pack (backpack)

### 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.

# WILDERNESS PACKING LIST

## ABOUT EQUIPMENT AND FABRIC TYPES...

- It is important that you note fabric types when they are listed. They can make the difference between slightly wet and uncomfortable or life threatening hypothermia.
- Make sure hiking boots are properly sized and thoroughly broken in at least two months before the camper arrives at camp.
- Sleeping bags are important. Cotton is heavy and bulky. Select a synthetic fiber bag that will stuff into about 12"x 12" x 6" stuff sack. Lightweight slumber bags are not warm enough. We recommend a bag that is rated for 0-20°.
- Raingear is essential. Campers in rain ponchos will be wet and cold. Make sure you include a rain jacket and rain pants.

Campers do not take everything with them on the trip that they brought to camp. They will pack for the trip in re-sealable bags. (1-2 gallon zip locks work well.)

- A good WATERPROOF rain-jacket/rain-pants:** The rain-jacket needs to have a hood and keep you dry.
- A warm winter hat:** Be sure to pack a wool or fleece hat to keep you warm.
- At least 4 pairs of comfy, well-fitting wool or synthetic socks:** Cotton or cotton-mix socks suck the heat out of your feet.
- 1 pair quick-drying pants** (not jeans)
- 2 long underwear tops/2 long underwear bottoms (only 1 top and bottom is needed for backpacking treks):** Your long underwear will be your pajamas while on trail. Tops and bottoms should not contain **ANY** cotton.
- 1 Non-Cotton Fleece sweatshirt or 100% wool sweater:** This will be your main warming layer and extremely important to keeping you warm.
- A stuffable synthetic sleeping bag (i.e. no cotton fill):** This sleeping bag should fit easily into its stuff sack and then inside your backpack. You should be able to stuff your own sleeping bag into its stuff sack. Practice at home.
- 1 pair durable and comfy hiking boots/mud boots:** Make sure these boots are broken-in (i.e. not brand new) when you get to camp. **These boots will be worn all day while paddling or hiking and will get wet.** For paddling treks this shoe can be a mud-boot.
- 1 pair of "camp shoes":** These shoes should be super comfy tennis shoes that are lightweight and compact-able.
- Internal or external frame backpack:** This pack should be large enough to hold everything on this list plus group gear such as food, tents, pots, and stoves. Camp has a few to borrow.
- 1 cup, 1 bowl, 1 spoon:** Small plastic insulated mugs make the best cups. A durable plastic bowl is best because unlike metal bowls you won't burn your fingers!
- 2 sturdy non-leaking water bottles:** The bottles should each hold approximately 32 ounces of liquid because water sources are scarce on some parts of the trail.
- Ensolite pad, thermarest or other sleeping pad**
- 1-2 gallon size re-sealable zip lock bags (5-10)/3 large plastic garbage bags**

# 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 troops on the wait list.

**ARRIVAL PROCEDURES: Plan to arrive between 11 a.m. and 12 p.m.**

**Note that your entire troop does not have to arrive together.**

When you arrive:

- Camp staff will greet you as you drive in and direct you where to park.
- 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 the check in table and then to your unit.
- **Bring ALL forms to Bailey Lodge to check in.**
- Check in at Bailey Lodge to receive your tent assignment.
- In the lodge you will be able to view trading post items, the “Meet the Staff” board, and have refreshments.
- 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 12:30 pm for a brief introduction to the staff and how troop camp works.

**If you are an outlying troop coming from Encampment Camp Togowoods will be picking you up by bus. Watch your email for details.**

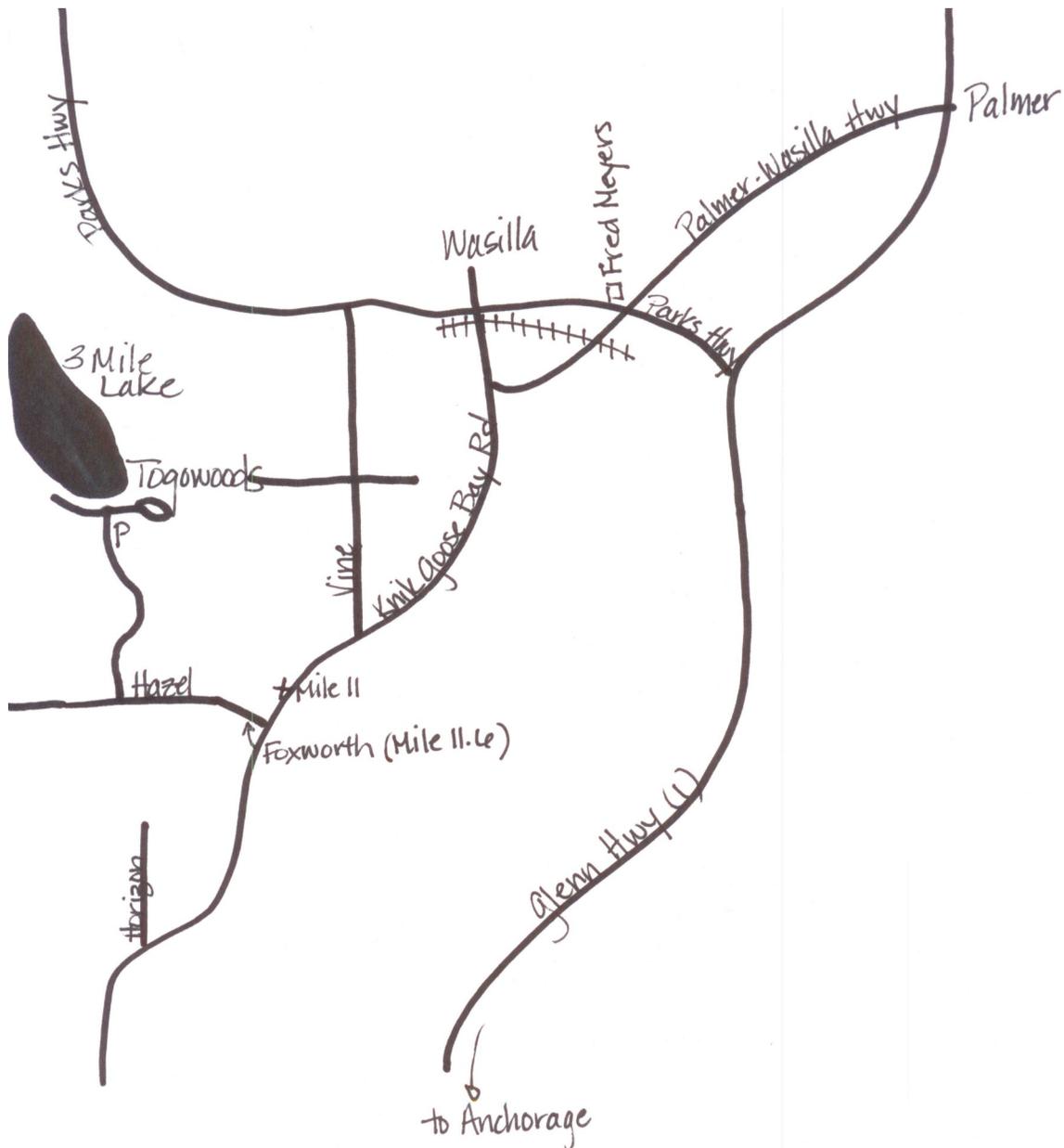
**DEPARTURE: Check out is at 11 a.m.** Before you leave, be sure to do the following:

- 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. Every unit has a latrine, water spigot, and small log cabin, called a unit shelter. There is a centrally located shower house.

Girls will sleep in platform tents, on cots with mattresses under mosquito netting provided by camp. Each tent holds 4-6 girls. Girls will be supervised at night by Togowoods staff.

Troop adults will sleep in unit shelters (next to the platform tents) on cots with mattresses. Unit shelters have a wood stove for heat.

**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 dietary form. Well-balanced meals, including snacks and desserts, are planned and served. ***Here is a sample menu:***

Oatmeal	Grilled Cheese	Soft Tacos
Raisins/Sugar	Tomato Soup	Refried Beans
Muffins	Carrots/Celery	Spanish Rice
Cold Cereal	Fruit Cocktail	Chips/Salsa
Juice/Milk	Milk	Brownies/Milk
Coffee		

**CAMP PHONE:** The camp phone is a business phone. Troop 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.

**TRADING POST:** Trading post is at designated times during the weekend. Below you will find a typical list of items for sale and prices:

Stickers	\$0.50-\$1.00
Patches	\$1.00
Bandanas	\$3.00
Stuffed Animals	\$5.00
Water Bottles	\$7.00
Journals	\$7.00
Pillowcases	\$7.00
Magnetic Picture Frames	\$7.00
T-shirts	\$12.00

# TROOP TRIPS

**OUT OF CAMP TRIPS:** Troops at camp for six days are in programs involve troops leaving Camp Togowoods. We follow State of Alaska, Girl Scouts of the USA, and American Camp Association standards with regard to all our programs both on site and out of camp. Because we travel to remote areas sometimes hours from professional medical care, staff are trained in emergency backcountry procedures, carry satellite phones and at least one staff member is certified in Wilderness First Aid/CPR or higher.

## **If your troop is going canoeing...**

On this wilderness trek the group will travel by 15 passenger van to the Nancy Lakes State Recreation Area in the Mat-Su Burrough. The group will be paddling approximately 7 miles over the course of 3 days. This trip requires a physical ability to carry a 20-25 lb. backpack, share the load of an 80 lb. canoe and hike over root-bound trails on approximately ¼ mile portages each day.

The safety and success of the group depends on each camper's physical and emotional readiness for the trip. Prior to heading out, the group will practice paddling skills, wilderness camping techniques, and learn emergency rescue skills and protocols. It is the responsibility of each camper to maintain a level of fitness necessary to participate in this trek. Some type of exercise (walking, biking, yoga, swimming, etc) is a great way to prepare for the trek prior to coming to camp.

## **If your troop is going backpacking...**

On this wilderness trek the group will travel by 15 passenger van to the trailhead in Hatcher's Pass. The group will be paddling approximately 7 miles over the course of 3 days. This trip requires a physical ability to carry a 20-25 lb. backpack for 6-8 hours a day.

The safety and success of the group depends on each camper's physical and emotional readiness for the trip. Prior to heading out, the group will practice paddling skills, wilderness camping techniques, and learn emergency rescue skills and protocols. It is the responsibility of each camper to maintain a level of fitness necessary to participate in this trek. Some type of exercise (walking, biking, yoga, swimming, etc) is a great way to prepare for the trek prior to coming to camp.

All trek groups spend time in remote wilderness areas and at many points on trail groups will be more than 2 hours from professional medical care. Staff are trained in emergency backcountry procedures, carry satellite phones and at least one staff member is certified in Wilderness First Aid.

# TENTATIVE SCHEDULE FOR TROOP CAMP

## Day 1

- 11:00a.m.-12 :00p.m. Arrival and settle in.
- 11:00a.m.-12 :00p.m. Visit the Beaver Art Studio, garden or wetland boardwalk
- 12:15 p.m. Group guidelines with your troop and counselors
- 12:45 p.m. Gather at flagpole for welcome, orientation and pre-meal routine
- 1:00 p.m. Lunch at Bailey Lodge
- 2:00 p.m. Activity Time
- 4:15 p.m. Snack
- 4:30 p.m. Activity Time
- 6:15 p.m. Gather at flagpole for songs and pre-meal routine
- 6:30 p.m. Supper in Bailey Lodge
- 7:15 p.m. Evening Activity Time
- 10: 30 p.m. Lights out

## Day 2

- 7:30 a.m. Rise and shine!
- 8:05 a.m. Flag Ceremony
- 8:15 a.m. Breakfast at Bailey Lodge
- 9:00 a.m. Kaper Time
- 9:30 a.m. Activity Time
- 12:45 p.m. Gather at the flagpole for announcements and games
- 1:00 p.m. Lunch at Bailey Lodge
- 2:00 p.m. Activity Time
- 4:30-6:30 p.m. Cookout in units
- 6:30 p.m. Dinner
- 7:30 p.m. Activity time
- 9:00 p.m. Campfire and Sing-a-Long
- 10: 30 p.m. Lights out

## Day 3

- 7:30 a.m. Rise and shine
- 8:05 a.m. Flag Ceremony
- 8:15 a.m. Breakfast at Bailey Lodge
- 9:00 a.m. Kaper Time
- 9:30 a.m. Activity Time
- 11:00 a.m. Departure