



Summer CAMP

2022 Guidebook

at

TIK-A-WITHA



girl scouts 
heart of the south



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2022 Camp Guidebook

This guidebook is full of useful info and forms to prepare you & your camper for her adventure at Girl Scouts Heart of the South Summer Camp. Read each section carefully, as our procedures evolve from year to year. We want to ensure we provide the best experience for you & your camper.



get ready for adventure!

Camp is a magical place where girls can make new friends, try new things, develop leadership skills, and build their confidence in a safe environment.

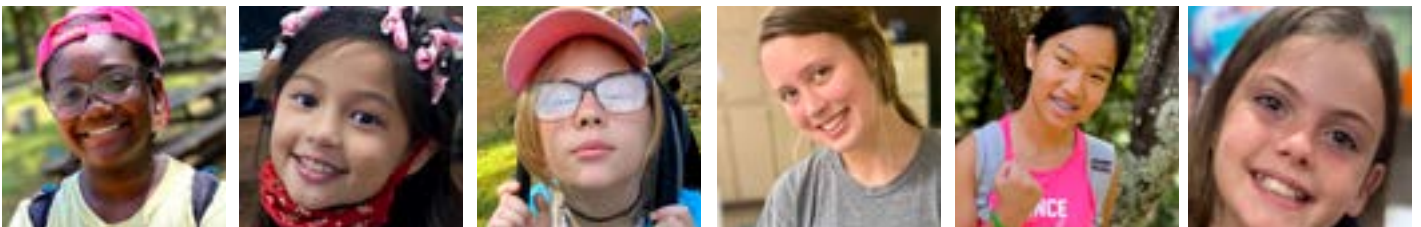
Our goal is that every camper will:

Work with camp staff to select, plan, and carry out activities that build character, responsibility & an appreciation for nature.

Practice healthy relationship skills by living harmoniously with others in a culturally diverse environment.

Grow her self-esteem through interactions with others & participate in new, challenging activities.

Have fun while learning new skills that will benefit her for years to come.



We're so happy your camper wants to join us at Camp Tik-A-Witha!

Welcome to



Tucked away on 310 beautiful acres, Camp Tik-A-Witha is an outdoor enthusiast's dream. Adjacent to the Tombigbee National Forest, we're just 30 minutes south of Tupelo, MS, 123 miles south of Memphis, TN, and 127 miles south of Jackson, TN — centrally located and designed to bring kids, and adults alike, together to make memories for a lifetime.

Tik-A-Witha features a 20-acre lake with water inflatables, a swimming pool with slides and diving board, a challenge course, rock climbing tower, zip line, archery field, crafts hut, and playground. During the summer campers can enjoy the large water inflatable in the lake.

The main camp area includes our in-ground swimming pool, the Infirmary, Trading Post, playground, and the Becky Cook Hall. Becky Cook Hall features a commercial kitchen, large stone fireplace, and is climate-controlled.

The camp is divided into nine main camp units which offer lodges, cabins, screened in tents, and shower houses. Three of the units are climate-controlled offering a more comfortable environment for younger girls. All units are located a short distance from the main camp area.

Camp Tik-A-Witha is accredited by the American Camp Association (ACA)!



This means that we undergo a thorough review of 300+ operational standards — from staff training and qualifications to emergency management by the ACA.

The ACA collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to ensure that current practices at our camp reflects the most up-to-date, research-based standards in camp operation.

CAMP SESSION DATES

Summer Camp

Session 1:

June 26th-July 1st

Session 2:

July 3rd-July 8th

Daisies

1st Grade

Price \$400

Brownies

Grades 2nd-3rd

Price \$400

Juniors

Grades 4th-5th

Price \$400

Cadettes

Grades 6th-8th

Price \$400

Seniors &

Ambassadors

Grades 9th-12th

Price \$400

Special Camps

Family Camp

All Ages

June 17th-19th

Friday 6 p.m. - Sunday 10 a.m.

\$55 per person

Elizabeth Gwin Special Needs Session

Ages 6-21

July 11th-July 16th

\$175 per person

Troop Camping

All Ages

July 22nd-24th

\$45 per person

CIT Program

Grades 11th-12th

June 25th-July 8th

\$400 each

[Details on next page ...](#)



Registrations will not be processed without the \$50 deposit. The final balance may be made in payments as long as the total balance is paid in full two weeks prior to the camp session. Resident Summer Camp cost covers programming, staffing, meals, and overnight accommodations. Non-Members or girls Out of Council have an additional fee of \$50.

CAMP SESSIONS *more details*

summer camp

Session 1: June 26th-July 1st

Session 2: July 3rd-July 8th

Daisies

1st Grade

Price \$400

Camp comes alive with magic! Come and join our fairy friends as we enjoy the week at camp, swimming, canoeing, doing arts and crafts, and some special surprises we can't let out of the bag just yet!

Brownies

Grades 2nd-3rd

Price \$400

The best way to know if you are good at something is to try it! Come play and do all the camp activities to see what makes you uniquely you! Try your hand at making a pretty craft or friendship bracelet! See how many diving rings you can get from the bottom of the pool. Do you think you can make it to the top of the rock wall? You will only know if you try!

Juniors

Grades 4th-5th

Price \$400

Come kick it Camp Style! Spend the week with us as we make new friends, hang out with counselors, and try something new during your week at camp! This session's awesome activities include swimming, archery, boating, hiking, crafts, and so much more. The best thing about this session? You get to work with your group to decide what you want to do this week!

Cadettes

Grades 6th-8th

Price \$400

On the loose to climb a mountain...on the loose where I am free! Are you excited to get lost in the magic of camp as you seek out what it has to offer! Find hidden places to rest along your expedition to the challenge course. Trek alongside a stream as you hike a trail where red robins lead the way! Sleep under the stars and marvel at the beauty of our world! Wander through the week taking in all the marvelous things around you!

Seniors & Ambassadors

Grades 9th-12th

Price \$400

Do you love the feel of the great outdoors? Do you enjoy viewing nature in the morning before breakfast and learning about new and exciting things about camp? This session has been planned with you in mind! From boating at night to late breakfast so you can sleep in, you will be sure to find an activity at camp that you love!

family camp

June 17th - 19th

Friday 6 p.m. - Sunday 10 a.m.

All ages

Price \$55 per person

(all meals, lodging, and programs are included)

What better way to experience camp than with your family! Spend time boating, lounging by the pool, climbing the rock wall, and even more! Pack your bags and family and head outdoors for a family experience you are sure to remember!

troop camping

July 22nd-24th

All ages

Price \$45 per person

Would your girls love a weekend in the outdoors with their troop? Would you like to not have to worry about the programming and staff? This event is for you! Pack your food and overnight supplies and join us at camp as we plan the fun! TCL or Camp Skills-certified adults must be present if food is to be cooked over the fire. Troops will be placed in cabins, tents, or lodges based on age, number of members, and lodging availability. Dinner on Saturday night will be provided, but troops will be responsible for all other meals. Don't forget to meet the troop girl/adult ratios.

CIT program

June 25th-July 8th

Grades 11th-12th

Price \$400

The Counselor-In-Training advanced leadership course is open to girls who are interested in preparing for a position on a camp staff, learning job skills, and having the best time of their lives! This two-year program gives girls the chance to develop their camp skills, learn teaching techniques, explore counselor responsibilities and discover camp operations. You will learn how to help Susie through her homesickness, work with a unit of Juniors, find Lillian's lost sock, and get 15 Brownies to remember their water bottles for the hike, all while everyone (including you) has fun! After we receive your registration, you will be sent a CIT application. CITs will arrive Saturday, June 25th, 4 p.m. Girls should plan to stay at camp until July 8th.

[Continued...](#)

CAMP SESSIONS *more details*

Elizabeth Gwin special needs session

July 11th - July 16th

Ages 6-21

Price \$175

Exciting and enriching activities include games, swimming, canoeing, fishing, hiking, crafts, outdoor cooking, horseback riding, and singing. All activities are adapted to meet individual camper's needs and are designed to help individuals grow, be creative and have fun. We hope you will join us this summer!

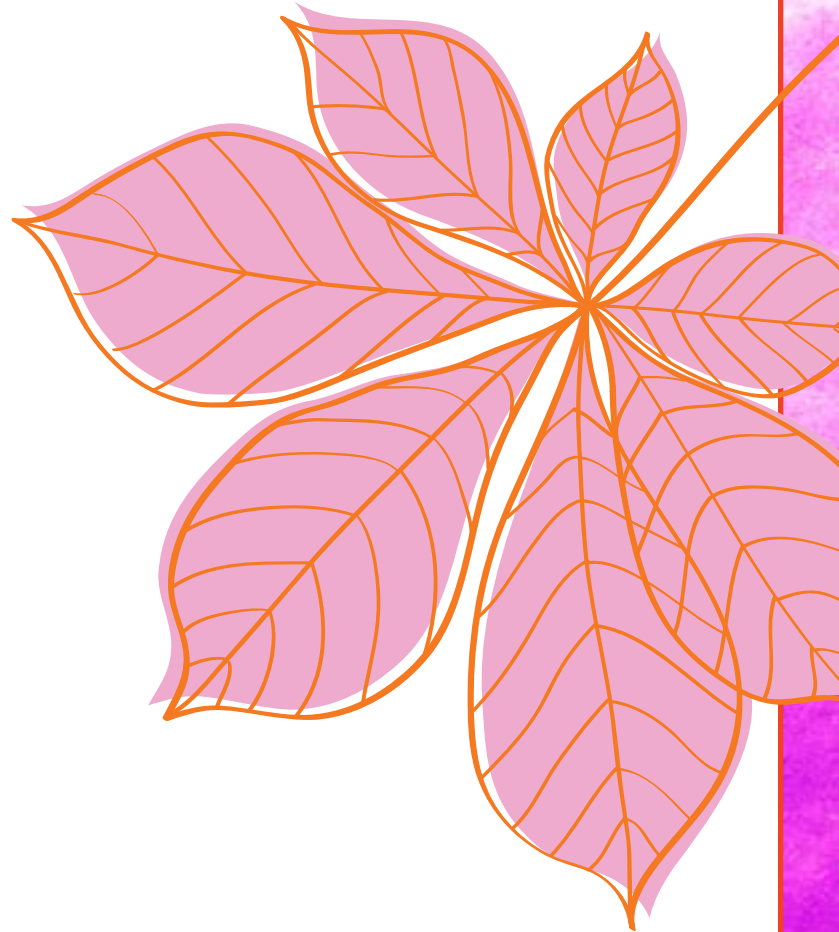
For over 40 years, Girl Scouts Heart of the South has hosted the Elizabeth Gwin Special Session, an inspiring resident camp program that allows children with special needs to experience and explore their capabilities in the great outdoors.

This session is staffed with well-qualified and experienced adults who provide challenging, safe and fun opportunities to each camper that are adapted to meet individual's needs and are designed to help them grow, be creative, and have fun.

Activities include games, swimming, canoeing, fishing, hiking, crafts, outdoor cooking, singing, all-camp final campfire, and wish boats. All camp special events are held daily including a carnival, theme parties, and a dance.

Girls and boys ages 6-21 who have special needs are encouraged to apply for the six-day, five-night, residential camp program held at Camp Tik-A-Witha, an American Camp Association Accredited Camp.

The cost to attend the Elizabeth Gwin Special Session is \$175 and includes all activities, accommodations, and meals. Partial financial assistance is available thanks the generosity of many contributors.



CAMP SENIOR STAFF

We want your girl to have the best experience at our summer camps, so we hire the best, the brightest and the most qualified summer camp staff!

Each staff member has been carefully interviewed, screened, and trained. We expect our staff to maintain high moral standards and act responsibly in all areas of their lives during their time of employment. Our staff are experienced in many different fields of interest, including outdoor living, arts, aquatics, horseback riding, and more. Many are college students studying child development in preparation for future careers as teachers, child psychologists, and recreational leaders. All staff members are trained in first aid and CPR — some have higher levels of emergency response training.



Chicken
Director of Outdoor Leadership

Chicken is all things outdoors for the council! She has been on camp staff for 10 years and on council staff leading our Outdoor Experience for ten years — that's 20 years of

introducing and inspiring a love for the great outdoors. Her past experience as a camp director, assistant camp director, arts and crafts director, and wranglers-in-training director helps her create an outstanding summer camp program for our girls. Chicken is First Aid and CPR certified, and holds certifications in lifeguarding, archery, challenge course, advanced backpacking, and wilderness first aid. She is also a certified American Camp Association Director. Chicken graduated from The University of Mississippi with a Bachelors of Education degree.



Dixie
Camp Director

Dixie returns for her second summer as Camp Director. Dixie grew up at Girl Scout Camp where she developed a love for the outdoors and also completed the Counselor-In-Training program. Dixie

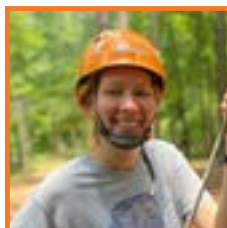
is also a Girl Scout Gold Award Recipient! She has served as the Assistant Camp Director, Business Manager, Waterfront Director, and Lifeguard over the past 20 years. She is a certified American Camp Association Director, Lifeguard, and First Aid/CPR/AED Instructor. During the school year, Dixie is an Associate Professor of Instruction of Chemistry at The University of Texas at Tyler, which allows her to be creative and use her passion of chemistry and teaching.



Ranger Moss
Camp Ranger

Nicholas Moss currently works at Girl Scouts Heart of the South Camp Tik-A-Witha as the Camp Ranger. He graduated from Mississippi State University in 2018 where he studied

forest and wildlife management. His work experience includes various maintenance positions across three states. His wife, Katie Moss, is also a Mississippi State Alumna with a degree in forest policy. A fun fact about Nic is that he worked three summers during high school at the camp as a maintenance technician.



Clue
Business Manager

Clue began coming to camp at age 5 as a camper. She completed the Counselor-In-Training Program, then worked as a Counselor and Lifeguard, before serving as the Business Manager. After raising

two girls (13 and 7) that now attend camp as campers, Clue returned to work as a Lifeguard. This year she will also serve as the Business Manager for camp. She is certified in First Aid, CPR, Lifeguarding, and Ropes Course. Clue graduated from The University of Mississippi with a degree in Chemistry. She currently works at Independence High School as a Chemistry and Physics teacher.



Momma Hen
Food Service Supervisor

Momma Hen has been involved in camp for the past five years. She returns this summer as excited as ever to cook for our girls and provide them with amazing options for fun and nutritious food!

Momma Hen has ServSafe training, and is also trained with over 30 years of experience in kitchen management as well as a specialty as a pastry chef. Momma Hen loves to make unique fun meals that involve creativity and getting girls excited about trying something new!

COVID PROTOCOL

The health and safety of our campers and staff remain our highest priority. Below, you will find a summary of actions we're taking to help ensure we're lowering any COVID risk as much as possible.

Due to COVID policies, parents are not permitted to walk through camp during check-in or to campers' lodging. We are asking that all parents assist their campers with unloading luggage at the last station and give last hugs and goodbyes there before heading home.

In order to make this a safe and successful summer, we are not only hiring an additional staff member as a safety officer to ensure sanitization and cleanliness, but all staff will be trained on these same guidelines. Campers will have similar conversations on hand-washing and social distancing while at camp. We'll have additional time slots set into the daily schedule for cleaning and sanitizing program areas and for hand-washing.

SOCIAL DISTANCING

All campers will be placed in a tribe, and will rotate with their tribe for activities and meals during their stay at camp.

MASKS

Masks will be mandatory for all campers and staff. We will have opportunities throughout our schedule for campers and staff to take off their masks when 6 feet of distance is possible.

COVID-PREVENTATIVE DOCUMENTATION

To maintain a healthy environment for our campers and staff, we ask that parents include one of the following in their child's health record:

- A negative COVID test result obtained within seven days of arriving at camp
- A copy of their COVID Vaccination Card
- Signed letter stating that the family has been quarantined from large group gatherings for at least 10 days prior to camp arrival

COVID AT CAMP

In the event that we have a camper with COVID symptoms during the camp session, we plan to quarantine the camper, call parents or guardians, and send the camper home. If a staff member is experiencing symptoms, that staff member will be sent home immediately. All tribes in contact with a suspected COVID patient will be quarantined in their units.



We ask that you help us protect the health of campers this summer.

Anyone who is sick or recently in contact with someone with COVID in the last seven days — including staff, campers, and families — should not come to camp. Be on the lookout for symptoms of COVID, which include fever, cough, shortness of breath, chills, muscle pain, sore throat, and loss of taste or smell. Call your doctor if you think you or a family member may be sick.

refunds

If CDC, state or local mandates prevent summer camp activities from occurring, a full refund is possible.



HEALTHCARE at CAMP

Girl Scouts Heart of the South summer camps have designated healthcare providers available 24-hours a day to handle any illness or injury.

In addition, all adult staff are trained in CPR and first aid and can treat minor injuries and illnesses. Specific adult-to-camper ratios are set with our campers' needs in mind.

The **Camper Health Form** must be completed and signed by a parent/legal guardian by June 12th for Session 1 and July 19th for Session 2.

Physical exams with a doctor's signature are not required. However, we do require that each camper fill out a new Health History Form each year with a parent's signature.

HEALTH SCREENING AT ARRIVAL

Upon arrival at camp, each camper will participate in a mandatory health screening:

- Campers begin with a health screening of any COVID-related symptoms and a temperature check.
- Camper's Health Form will be reviewed and any special needs will be discussed.
- Prescribed medications will be collected and confirmed.
- Camper will be checked for possible communicable illnesses.
- Camper will be checked for head lice/nits.
- Any observable medical conditions will be discussed.

During check-in, we encourage you to speak with our healthcare provider about any concerns you have in regard to your camper's health and safety during her stay at camp. If your camper follows a regular medication schedule at home, please maintain this schedule while at camp.



A camper will be sent home following the health screening if:

- She has a temperature of 100°F.
- Exhibits COVID symptoms
- She has head lice, or nits. Campers found with head lice will be sent home to be treated. All clothing and sleeping bags must be treated. Campers can return to camp 24 hours later if free of head lice. This is to assure the health and safety of everyone.

MEDICATIONS

All medications brought to camp, both prescription and over-the-counter, must be listed on the medication section of your camper's **Camper Health Form**.

We will collect all medication during check-in and store in the healthcare center where girls will go to receive their prescribed dosages. Do not pack medications in your camper's suitcase.

Place all medication containers in a clear, sealable bag. Make sure each container of medication is labeled with the camper's name before placing it in the bag. Also label the outside of the sealable bag with the camper's name.

Prescribed medicine, over-the-counter medicine, vitamins, and creams must be brought to camp in their original containers. All prescription medicines must bear the name of the camper on the original pharmaceutical label.

Only medications listed on your camper's Health Form can be administered at camp. Inaccurate information will delay the check-in process at camp.

WELLNESS DURING CAMP

If a camper requires a visit to the health station for any reason, other than taking their normal medications, you will receive written documentation of the cause and treatment when you pick up your camper at the end of her stay.

Each camper's Health History Form should contain emergency contact information. Every effort will be made to contact parents/guardians by phone regarding an emergency as soon as possible. Camp staff will leave call back instructions and contact numbers on voicemail in case you miss a call.

If a camper needs emergency care beyond what can be provided onsite, you will be notified immediately by phone. In the case of non life-threatening injuries, we will give you the choice of picking up your camper or allowing us to transport her to the emergency care facility closest to camp.

REGISTERING & PAYING for CAMP

Camp registration begins online on February 1st, 2022 at 10 a.m. at girlscoutshs.org/camp.

A \$50 deposit is required to register your girl for camp. The full payment is due no later than two weeks prior to her session's start date.

NOTE! Non-Members or girls Out of Council have an additional fee of \$50. *But it's never too late to join!*

If your girl plans to use Passport Bucks from the Fall Product or Girl Scout Cookie Program to pay for camp, register her as soon as possible and pay the \$50 deposit. Passport Bucks cannot be used to pay the deposit. Once she receives her Passport Bucks, she can apply them toward her camp session balance.

FINAL DUE DATE OF COMPLETE PAYMENT

Final payment for resident camp is due no later than two weeks prior to her session's start date.

FINANCIAL ASSISTANCE

Financial assistance ("Campership") is available only to members of Girl Scouts Heart of the South who were active members as of December 1, 2021. [Click here](#) for the application.

Important info:

- Girls, who are not members by the eligibility date, can still apply and may be considered. All applications are confidential and won't be considered until the \$50 deposit is received.
- *No Shows* from the previous year who were granted financial aid are not eligible to apply for financial assistance this year.
- Financial Assistance applications are due by May 15, 2022. Applicants will be notified of the amount awarded, if any, before attending camp.
- Scholarships may be available. Visit girlscoutshs.org/camp to see the most current list of available scholarships.



We have a new registration system.

When you go online to register, you may be asked to create an account unless you already have one.

GIRL SCOUT PASSPORT BUCKS

Girl Scouts who participate in the Fall Product and Girl Scout Cookie Program can select *Passport Bucks* as part of their rewards. Passport Bucks can be applied toward the cost of camp. Ask your troop leader for more information.

Passport Bucks can also be used to purchase goodies from the Trading Post. Please email info@girlscoutshs.org to apply Passport Bucks to the Trading Post.

Campers can use their Trading Post money for camp swag, postcards, stamps, patches, and more.

Will my daughter need money while at camp?

Meals and snacks are included in the session cost. Campers can purchase t-shirts, souvenirs, stamps, etc. from the Trading Post. All money should be submitted at the time of online registration. We will not accept any money at camp.

Girl Scouts can also use their Passport Bucks to purchase items at camp. Please email info@girlscoutshs.org to apply Passport Bucks to the Trading Post.

What if we need to cancel?

Please let us know as soon as possible if your girl is unable to attend her session. Refunds will not be given after the registration deadline. Your deposit is only refundable under the following circumstances: absence due to a camper's illness or injury, exposure to COVID within two weeks of your camp program, death or serious illness of an immediate family member prior to the start of camp, or camp cancellation due to CDC, state, or local mandates that prevent summer camp activities from occurring.

PREPARING YOUR CAMPER

Camp is an encouraging environment where girls can be themselves. It provides the opportunity for girls to be independent from their home life and interact with girls their age who share similar interests.

Going to camp for the first time can be a bit daunting, but it's a very exciting experience!

Here are some ideas to help your girl prepare:

- Help her become confident with washing, combing, and pulling her hair back on her own. Show her what to do when her hair is wet from showering or swimming.
- Teach her how to identify a daddy-longlegs spider, which is completely harmless. Practice what to do if she finds one in her tent — remind her to relax and gently sweep it outside.
- Step out into a natural setting at night, such as a park or nearby woods. Identify common sounds you hear to prepare her for sleeping outdoors.
- Explain the importance of staying hydrated, especially while being active outdoors. We encourage campers to carry a water bottle with them at all times.
- Show her how to properly apply sunscreen and bug repellent.
- Familiarize her with what a tick looks like and how to properly check for them.
- Encourage her to try new foods at camp by preparing some new dishes at home together.
- If your camper is old enough to begin her first menstrual cycle, discuss this with her before coming to camp. We have supplies on hand if the situation does occur.
- Practice packing her bag together and go over all the items she'll be bringing to camp. Have her practice repacking her bag and rolling her sleeping bag, like she'll do at the end of camp.
- Learn a camp song together, like the *Milkshake* or the *Moose* song!



Being prepared can make a big difference in a camper's first adventure at camp.

Help us by doing a little prep work, and we'll make your camper's experience magical and memorable!

Click me
to
take a tour
of Camp Tik-A-Witha
with our very own
Chicken!

PACKING for CAMP

Camp is all about active outdoor play, getting dirty, being safe, and having fun!

DRESS CODE

Camp dress code requires closed-toed shoes with a secure heel be worn at all times. When planning what your camper will bring to camp, keep in mind that there are no laundry facilities for campers.

Shoes must be secure and supportive for active outdoor play like running, hiking, and other summertime adventures. If she can kick it off or not run at full speed while wearing them, they should be left at home.

TIP! Campers should arrive at camp dressed and ready for outdoor fun. Make sure your camper has tennis shoes on her feet, not in her bag.

Masks will be mandatory for all campers and staff. Please pack a couple of masks for your camper. We will have some masks, but campers should pack their own. We will have opportunities throughout our schedule for campers and staff to take their masks off when 6 feet of distance is possible.

Old, comfortable t-shirts, shorts, and jeans are recommended for daily camp wear. Sleeveless shirts are discouraged, as they don't help protect you from the sun. Halter tops, spaghetti-strap tops, and other overly revealing shirts are prohibited.

LUGGAGE

Girls should bring their personal belongings to camp in a duffel bag, an unlocked footlocker, or an old suitcase; moisture and general camp treatment are rough on high-quality luggage. Milk crates or open caddies are discouraged. Pack all items in luggage that is a manageable size.

Waterproof everything! Pack her sleeping bag in double garbage bags or wrap it in plastic. Line the inside of your camper's duffel bags and suitcases with plastic garbage bags. Upon arrival at camp, rain or shine, all luggage is piled according to living unit assignments and taken to the units by truck.

TIP! Label every item you pack! Mark all baggage and clothes with the camper's name. We try very hard to help girls keep up with their belongings; however, it is not uncommon for a camper to return home missing a shirt or a towel. If necessary, the staff will identify lost items and contact the parents.

Lost & Found will be held at the camp until September. It's your responsibility to make arrangements to retrieve any lost items. The camp cannot be held responsible for lost or unclaimed items.



The following items are not permitted at camp:

- alcohol
- drugs
- pets
- weapons

If any of these items are present, the camper will be immediately removed from camp.

What else not to bring to camp:

- electronic devices like tablets, iPads, iPods, gaming systems, mp3 players
- cell phones
- hair dryers
- fans
- personal sports equipment
- personal/sentimental items that could be lost or broken at camp
- snack foods or candy

These items will be collected from the camper and returned upon their departure.

What if she forgets something?

Please tell your camper that if she gets to camp and realizes she has not packed her shampoo or maybe forgot her socks, she should tell her counselor as soon as possible.

Whenever possible, the staff will take care of getting what she needs. If need be, the camp director will call you to make arrangements to get the forgotten items to camp.

TIP! Don't forget to pack a laundry bag or a mesh bag for dirty clothes. Washing facilities are only available for campers staying longer than one week and in emergencies.



PACKING CHECKLIST

This is your recommended packing list for camp during typical summer weather. Remember to check the forecast for your session before packing. Our summer camps do not have laundry facilities for campers, so please pack enough clothing for every day of your camp session.

Clothing

- 8 pairs of shorts
- 9 t-shirts
- 8 pairs of socks
- face masks, at least 2 per day
(Staff & campers should have more than one mask on hand each day, so they can easily replace a dirty mask with a clean one.)
- underwear, bras & socks
(1 for each day, plus at least 1 extra)
- 2 pairs of pajamas
- 1-2 bathing suits
- 1 rain coat or rain poncho
- 2 pairs of tennis shoes
(no open toe/heel shoes allowed)
- 1 pair of water shoes for lake
- 1 pair of shower shoes
(flip flops or clog-like shoes)
- warm jacket or sweatshirt

Personal Care

- prescription medication in original containers
(packed separately)
- toothbrush & toothpaste
- shampoo, conditioner & soap/body wash
- deodorant
- sunscreen
- lip balm
- feminine hygiene products *(if needed)*
- bag or caddy to carry items to the shower house
- hairbrush, comb & ponytail holders

Bedding & Linens

- sleeping bag or bed roll
(2 twin-sized sheets & a blanket)
- 6 towels
- washcloths, loofah, or bath poof
- 1-2 beach towels
- pillow & pillowcase

Other Required Items

- small backpack
- flashlight & extra batteries
- water bottle or canteen
- bandana
- sunscreen
- bug repellent
- laundry bag or extra pillow case

Optional Items

- brimmed hat
- stuffed animal
- stationery, stamps & pen
- disposable camera
- swimming goggles
- reading material
- card games
- battery-operated fan
- mess kit
(unbreakable plate, cup, silverware, mesh bag)

CONQUERING HOMESICKNESS

Homesickness affects nearly everyone at some time or another. Camp puts girls in situations that are new to them, with new people, in a new environment — this can sometimes generate homesickness.

Some campers may feel a little sad, while others may experience physical symptoms, such as stomachaches, headaches, or anxiety.

Stressful situations at home can increase the likelihood or severity of homesickness. It's important to inform the camp staff of any changes in your camper's home life, including a recent death in the family, divorce, or sickness of a family member.

Although our staff is trained to help your daughter work through her feelings of homesickness, we will give parents/caregivers a call if the situation is severe or remains ongoing.

4 tips to avoid homesickness!

1 Give it a trial run.

If your camper has never been away from home for a long period of time, you might suggest she spend a night or two with a friend or relative. This way, she'll be able to practice being away from home with people or places that are familiar.

2 Tell her how proud you are.

It takes courage to stay away from home for an extended amount of time. Let her know how excited you are to hear all her fun camp stories. Focus the message on her. Avoid saying things like "I don't know what I'll do without you here." Make her feel comfortable leaving home and not worried about how things will be while she's away.

3 Encourage participation.

Children are more likely to be homesick when they're bored or sitting on the sidelines. Encourage her to take advantage of as many activities as she can. Staying active will help the time pass more quickly and allow her to forget about her homesickness.

4 Remind her that feeling homesick is normal.

Many people have felt homesick at some point. Encourage her to talk to friends or a counselor about it if necessary — everyone wants her to have a successful experience at camp!



Please:

Do not tell her that she can call home.

We don't allow campers to call home. This typically results in an unwavering desire to go home. Without the fixation on calling or going home, most campers will adjust to camp and conquer their homesickness on their own!

Do not make a pick-up plan.

Telling your camper that you will pick her up if she gets homesick results in her feeling that you aren't confident in her ability to overcome her homesickness. It also acts as a fixation point, decreasing the chances that she'll be able to focus on the fun of camp.

ARRIVING AT CAMP

When you arrive at camp, you will be greeted by staff who will tell you what camp unit your girl is in for her session. We will direct you through the check-in drive-thru.

Camp is paperless! This includes cash and paperwork. We are asking all participants to have their registration fees, including Trading Post money added to your camper's account by June 12th for Session 1 and June 19th for Session 2.

- Camper Conduct Contract, Permission Form, and Health History Form
- Passport Bucks Request Form

Want to use Passport Bucks to pay her balance? You can use Passport Bucks at the Camp Trading Post, too! Email info@girlscoutshs.org to request that Passport Bucks be transferred to her Trading Post Account! All balances must be paid by June 12th for Session 1 and June 19th for Session 2.

Upon arrival, we will perform a Health Check that will include a temperature check, and COVID symptom screening. You will be able to meet the nurse and discreetly check for head lice and turn in any medications.

Then it's off to the parking lot to leave her luggage and give those last hugs as you say goodbye until Friday.



TIP! Practice saying goodbye. Let your girl know she is safe, and she is going to have a wonderful time. Assure her everything will be fine at home including her family, friends, and pets.

Every girl is different. If you see your girl is ready to meet friends and enjoy camp, know you've done your job in preparing her for overnight camp, and let her go explore.

If you see she is getting teary, involve her counselors in the conversation to help her feel at ease. Show your camper that you trust us, and that you know that we will take good care of them. Encourage your camper to come to us if they are upset later, and promise that you will check in with us to ask how the rest of the night went.

We're going to have a great time — and take the best possible care of your girl!

Arrival

All regular sessions start on Sundays; campers should arrive between 2-4 p.m.

CIT arrival is 4 p.m. on June 25th.

Departure

Camper pick-up is between 2-3 p.m. on Friday of each week. Every person picking up a camper is required to show a government issued photo ID.

ALTERNATE ADULT PICK UP

If someone other than a parent or guardian is picking your child up, written consent must be given by the parent or legal guardian. You can submit this when turning in your paperwork online.

If for any reason you cannot make the times listed above, please contact the camp director to make other arrangements.

Camp Tik-A-Witha:
662.447.3400



free t-shirt

for every girl when arriving at camp. We'll be tie-dyeing them during camp!

CAMPER CONDUCT

Campers are expected to actively and positively participate in creating a respectful, caring, and nurturing environment.

We strive to create an atmosphere where girls feel safe and supported by their peers and camp staff. In doing this, they are able to explore and grow as strong, kind, and independent young women.

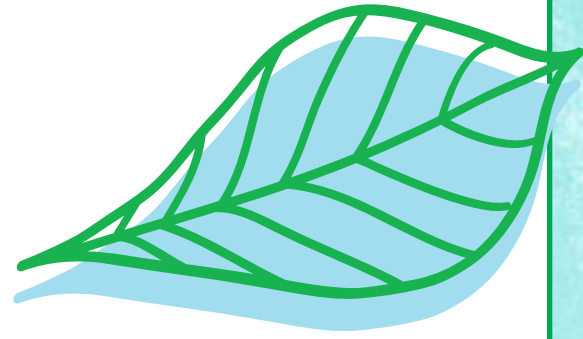
Please be sure to read over and have you and your camper sign electronically the **Camper Conduct Contract and Permission Form**. An advisory team of girls and adults has developed this form as a way to help families and campers understand expectations during camp. We encourage you to discuss this contract with your camper and both sign it together online.

Help us by reviewing the following expectations with your camper:

- Treat each person with respect and dignity.
- Follow the rules and procedures.
- Demonstrate responsibility.
- Participate in activities, including campers (*camp chores*).
- Live by the Girl Scout Promise and Law.
- Know what to do if lost from the group.
- Show respect for other living things.

We have zero tolerance for:

- Foul language
- Threats on the life of self or others
- Possession or use of illegal substances, alcohol, or tobacco
- Deliberate defiance of directions issued for safety
- Intimate relationships with anyone while at camp
- Sneaking out at night
- Hazing or initiation tricks
- Possession of any weapon
- Theft



Bullying

Our camp staff is trained to recognize the difference between normal peer conflict and bullying. It is perfectly normal for girls to get mad at each other on occasion. In normal peer conflict, the power between the two people involved is about the same. Both parties are emotionally affected, generally in the same way. When this happens, our staff is trained to help girls learn to resolve their conflicts through effective communication and understanding of the conflict. We consider these teachable moments.

In a situation where bullying is present, the playing field is not level; one person consistently gets picked on by another. It happens when adults are not around, there is a perceived imbalance of power, and there is a different level of emotional affect for the victim and the bully.

Bullying is not a one-time action. A bully is often quite adept at hiding their behaviors from adults: a momentary look, an under-breath insult, mocking, teasing, spreading rumors — often out of view of camp staff, but within view or ear-shot of other campers.

We would like to encourage you to talk with your camper about situations where bullying is present. Coach her through what might take place and how she might alert a staff member.

Help her understand that any time she feels that she or another girl is being treated unfairly, she should feel comfortable about confiding in one of her counselors.

It is important that she bring the problem to the attention of our staff so it can be addressed properly. Assure her it's the right thing to do and she will never be named as the source of information, or be considered a "tattle-tail."

CAMP SCHEDULE:

what to expect each day

Here is what a typical day at camp looks like!

7 a.m.	Rise & shine
8 a.m.	Flag ceremony & announcements
8:15 a.m.	Breakfast
9 a.m.	Themed activities
Noon	Camp kapers
12:30 p.m.	Lunch
1:30 p.m.	Rest time
2 p.m.	Snacks
2:30 p.m.	General activities
5:50 p.m.	Flag ceremony
6 p.m.	Dinner
7 p.m.	Free choice or all-camp activity
8:30-10 p.m.	Get ready for bed <i>(time varies by age)</i>

Showers and unit kaper times are based upon campers' age.

Activities may change based upon the session your girl is attending, weather and other factors.

What's to Eat?

Meals at camp are kid-friendly and healthy. We prepare many dishes from scratch, which allows us to accommodate most common allergies and dietary restrictions.

Campers also enjoy campfire cookouts, where they'll get to help plan and prepare the meals.

PICKY EATERS

At every meal, we offer a salad bar and cereal or sandwich station. If a camper does not want to eat the main dish, they still have plenty of options.

FOOD ALLERGIES

If your girl has a food allergy please let us know so we can ensure her meals are prepared properly. Dietary restrictions should be discussed with camp health staff upon arrival and submission of your Camper Health Form.

We prepare vegetarian entrees on a regular basis and can easily alter our recipes to serve vegan, nut-free, and dairy-free diets. We encourage parents to call ahead of time to discuss dietary restrictions so we can prepare for campers.

Campers should be mature enough to understand their allergies and ask before eating something to which they might be allergic. If you have a younger camper, talk to her about her allergies and types of dishes that she should not eat.

Parents/caregivers are encouraged to talk about their camper's dietary needs with our healthcare staff at check-in. We want to make sure we understand exactly what campers can and can't eat.

SNACKS

Each full day campers enjoy a visit to the camp's snack bar to enjoy drinks, grab & go snacks like chips and granola bars, along with ice cream and popsicles. The snack bar is included in the camp fee.



COMMON QUESTIONS

It's OK to be nervous, but rest assured, your camper's safety and well-being are our main priority. We have more than 80 years of experience running successful, safe, and fun camp programs.

In addition, we meet or exceed national camp standards — earning accreditation from the American Camp Association.

We've compiled a list addressing our most common parent/caregiver questions and concerns.

Do we need to get a physical exam?

No. Physical examinations are not required; however, we do require campers to fill out a Health Form with a parent's signature every year. **Health Forms** are available online.

My camper has special needs. Will she be successful at camp?

Many kids find that camp is a place where they are not judged for their differences, but embraced for their unique skills and traits. Campers do need to have a certain level of independence to attend camp.

For campers that may need assistance, the Elizabeth Gwin Special Session is able to accommodate both girls and boys with special needs. There is a separate application process for this session online at girlscoutshs.org/egsession.

Can campers stay with a sister or friend?

Yes! If girls are registering for the same session, they can request one other girl as a buddy. Every effort is made to honor this request.

Will my daughter earn Girl Scout badges while at camp?

Some sessions will have Girl Scouts earning badges this summer, others will have them checking off requirements towards earning them. A list of requirements met will be sent home with your camper.



If you have any questions, please contact

EMILIE HUTCHESON

*Director of Outdoor
Leadership Experience*

info@girlscoutshs.org

800.624.4185

Are cell phones, tablets or laptops allowed?

No. Camp gives girls the opportunity to unplug and be present in their experience. Campers are not allowed to have cell phones at camp. Allowing your camper to sneak a cell phone to camp tells her it's okay to break rules that you disagree with — this is contradictory to Girl Scout values.

Cell phones detract from the camp experience in the following ways:

- **Distraction from our camp program.**

We want campers to unplug from technology and tune in to the present experience. It's difficult to become fully engaged in the world around them when they are tied to their electronics.

- **Crutch for homesickness.**

A camper cannot benefit from the experience of being independent and away from home if they are retreating to their bunk to text friends and family.

- **Causing commotion.**

Service is very limited. If your camper's contraband cell phone has service, while others do not, expect for it to get passed around to multiple girls who all want to contact home. The battery will die quickly and your data plan could see a costly spike in use.

[Continued ...](#)

COMMON QUESTIONS *continued*

How can I communicate with my daughter while at camp?

We highly encourage parents, siblings and family to write to their campers either electronically or by mail.

How to email your camper:

camps@girlscoutshs.org

Include the camper's name and unit name in the subject line.

NOTE! Your girl will not be able to reply electronically, but camp staff will print your email and deliver it to her during mail call. We do encourage the campers to write home, but don't be worried if you don't hear from her. She's likely having too much fun to stop and write!

How to write to your camper:

Camp Tik-A-Witha
Camper's Name
Unit Name
P.O. Box 126
Van Vleet, MS 38877

TIP! If you want your camper to receive mail on the first day, send a letter a couple of days ahead of time or drop a card off at the registration table on opening day.

Can I visit the camp?

Due to COVID health regulations, parents/caregivers should only plan to be on campus for drop-off and pick-up times.

How can I contact the camp?

We realize parents/caregivers may have questions or concerns to share with our camp staff. You can email your questions to emilie.hutcheson@girlscoutshs.org.

If you need to reach us directly at camp, call:

Camp Tik-A-Witha: 662.447.3400

To reach the Council Headquarters, call 800.624.4185.

We do not have regular office hours at camp. Our staff are working around camp; therefore, you will most likely have to leave a message on the answering machine. We will return your calls soon as possible.

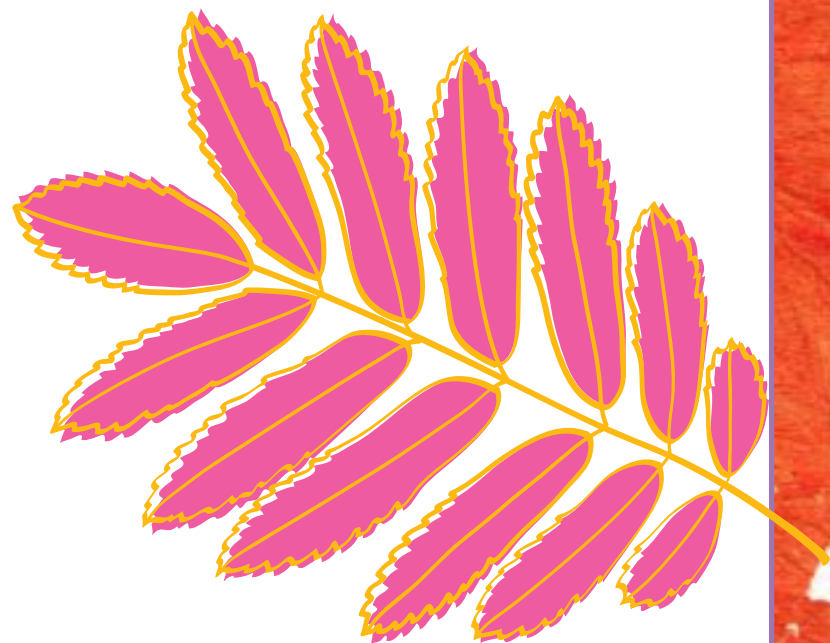
If your camper has fallen ill, feels extremely homesick, or in any way needs your attention, you will be contacted by a staff member immediately.

EMERGENCY COMMUNICATION

We have only one business phone line at camp.

Excessive calls can block the line from people trying to get through with an emergency situation.

If there is a real emergency, parents/caregivers will be contacted directly by the Camp Director.



CAMP SAFETY & WELLNESS

HYDRATION

Dehydration is the number one cause of health problems while at camp. If your camper doesn't drink enough water, she may develop a headache, stomach cramps, or even feel lightheaded and dizzy.

Many campers aren't used to being outdoors in the summer heat for long periods of time. Our staff makes sure all campers take frequent water breaks and drink water at every meal. You can help by getting your camper in the habit of carrying a water bottle to sip throughout the day and by drinking a glass of water with each meal at home.

HYGIENE

All camp units have bathroom facilities. These may be inside lodges or centrally located within the unit. Each group of campers has shower time scheduled every day, as well as time in the morning to handle personal hygiene.

WEATHER EMERGENCIES

Thunderstorms are a common occurrence during the summer. If thunder or lightning occurs, certain program activities are postponed until the threat has passed. These include, but are not limited to, swimming, canoeing, and activities in open fields.

For normal thunderstorms, campers will seek shelter in any building. In the case of severe storms, campers go to their local bathhouse, which will safely house them until the threat passes. If there is a real emergency, parents/caregivers will be contacted by the camp director.

SUN SAFETY

Campers will be outdoors and should expect to be exposed to the sun. The American Academy of Dermatology recommends everyone use sunscreen that offers an SPF (sun protection factor) of 30 or higher, protects against both UVA and UVB rays (a "broad-spectrum" sunscreen), and is water-resistant (protecting kids while in the water for 40–80 minutes).

Counselors will remind campers to apply sunscreen, but please help your camper practice this at home before camp.

WATER SAFETY

Every camper is screened to determine her swimming skills. This screening allows our staff to place the campers in the right swimming group for their safety.

If your camper is not placed in the group you expected, do not be concerned. Our waterfront staff has very strict guidelines they must follow.

INSECT SAFETY

Campers are responsible for providing their own protection against mosquitoes, ticks, and other insects. We encourage parents/caregivers to keep up with current health department and medical information on proper insect

protection by consulting with your pediatrician or a source such as the American Academy of Pediatrics.

Recommended insect safety tips:

- Avoid wearing floral fragrances from perfumes, soaps, hair care products, and lotions. These may attract mosquitoes.
- Spray clothing with an insect repellent to help prevent mosquitoes from biting through.
- Read the label of your bug spray; some sprays will harm synthetic materials.
- Avoid applying repellent to the hands of children. Repellents may irritate their eyes and mouth.
- Never spray bug spray on, in, or near tents. It degrades the water repellency and can eat through synthetic materials.
- Teach girls to check themselves for ticks every day. Pay attention to common areas ticks like to bite: along the hairline, waistbands, and underwear lines. The camp healthcare provider will promptly remove any ticks.

NIGHTTIME SUPERVISION

Most campers live in a tent, cabin, or bunkhouse with three to seven other girls their age. With the exception of campers sleeping in our lodge, counselors do not stay in the same sleeping quarters as campers.

Counselors sleep near the center of the unit, where they can supervise all of the girls in their group. At night, counselors check on girls to make sure they are settling in. They often read stories or sing our younger campers to sleep.

We stress the importance of the buddy system and nighttime safety so campers feel comfortable going to the bathroom at night. Counselors do not go to sleep until all of their campers are asleep; they are always within ear-shot of campers if needed.

CAMP SECURITY

Our camp is accredited by the American Camp Association and is in compliance with the health and safety standards of the Girl Scouts of the USA and the state of Mississippi. Procedures for handling emergencies have been established and the camp staff is trained to follow them. The camp also maintains communication with local authorities, including the local sheriff, fire and emergency departments, and animal control units.

CONCEALED CARRY FIREARMS

Firearms or weapons of any type are strictly prohibited anywhere on council-owned premises, even if permitted by state law. With the exception of the police or sheriff personnel, Girl Scouts Heart of the South does not permit its members, guests, employees, or any other individual to carry weapons on their body, or in their belongings, while engaged in Girl Scout activities or on Girl Scout property.

THE TRADING POST

At the Trading Post, campers can take a bit of their camp experience home with them!

Various items are available for purchase including, t-shirts, journals, a walking stick, water bottles, plush animals, etc..

