



GSCSA Camp Policies

Updated October 2020

Contents

Prerequisites for Camping and Making a Reservation.....	6
Prerequisites/Training Required.....	6
Reservation Procedure at Council Owned Sites	6
Camp and Travel Forms for Trips to Non-Council owned Properties	7
Selecting a Non-Council Owned Camp Site	7
Health History and Permission to Seek Medical Attention.....	8
First Aid and CPR.....	8
For medical treatment of Girl Scout members	8
For medical treatment of nonmembers	8
Sleeping & Restroom Arrangements for Females and Males at Camp.....	9
Camp Adahi.....	9
Camp Tanasi.....	9
Camp Wildwood.....	10
Supervision Ratios.....	10
Supervision Procedures for Volunteers at Camps	10
Appropriate Camper/Volunteer (Chaperone) Interactions	10
Supervision Requirements during Council Staff-Led Activities.....	11
Supervision Requirements when “On Duty”	11
Girl-led Planning and Progression.....	12
Outdoor Philosophy	12
Travel Progression Checklist	12
Determining the Trip’s Focus	13
Outdoor Progression.....	14
Example Progression by Grade-level	15
Planning Steps for an Overnight	16
Sample Schedule for Troop Camping Weekend	17
Scouts’ Own	18
Kaper Charts.....	18
Sample Kaper Chart	19
Emergency Procedures	20
Natural Disasters.....	20
Severe Thunderstorms/Lightning when Cabin and Tent Camping	20

Tornado when Cabin Camping.....	20
Tornado when Tent Camping.....	20
Forest Fire	20
Building or Structure Fire	21
Site Evacuation.....	21
Other Emergencies	21
Minor/Moderate Injury or Illness	21
Cardiac Emergency.....	21
Major Medical Emergency	21
Lost or Missing Person	22
Unauthorized Person on Campsite (Intruder) Day or Night	22
Bear Spotting.....	22
Tick Bites	24
Insect Stings and Bites	25
Spider Bites	26
Animal Bites	27
Special Note About Bats.....	28
Stray Animals at Camp	28
Bed Bugs.....	29
How do you know if you have bedbugs?	29
How can you treat bedbug bites?	29
What to do if you think you have found a bed bug:	30
Camp Site Selection	33
Types of Camping.....	33
Platform Tents.....	34
Cabins.....	35
Outdoor Cooking.....	35
Progression in Outdoor Cooking.....	35
Food Allergies.....	35
What is the difference between food intolerance and a food allergy?	36
Dealing with Food Allergies and Intolerances While Camping	36
Sample Outdoor Cooking Kaper Chart.....	36
General GSCSA Camp Information.....	39

Safety Comes First.....	39
Emergency Calls	41
Phone	41
Emergency Phone Numbers	41
Flag Ceremony	42
Flag Ceremony Terms	42
Traditional Flag Ceremony	42
Folding the American Flag	43
Camp Adahi.....	44
History of Camp Adahi	44
Emergency Calls	45
Phone	45
Emergency Phone Numbers	45
Medical Information for Camp Adahi	46
Camp Gate	47
Parking	47
Check-In	47
Check-Out	47
Garbage.....	47
Firewood	47
Dining Hall.....	47
Weather	48
Directions.....	48
Camp Tanasi.....	50
History of Camp Tanasi	50
Emergency Calls	52
Phone	52
Emergency Phone Numbers	53
Medical Information for Camp Tanasi	53
Camp Gate	53
Parking	53
Check-In	53
Check-Out	54

Garbage.....	54
Firewood.....	54
Dining Hall Procedures.....	54
What’s a Kaper?.....	54
Who is Responsible for Kapers?.....	54
What is Each Kaper?	54
Hoppers.....	54
Pre-Meal Procedures	54
During Meals.....	55
Post-Meal Procedures.....	55
Dismissal.....	56
Tree House	56
Composting at Camp Tanasi	56
Recycling	56
Ice.....	56
Alice Heap Library	56
Raccoon Run	57
Radio Care.....	57
Directions.....	57
Camp Wildwood.....	58
History of Camp Wildwood.....	58
Emergency Calls	59
Phone	59
Emergency Phone Numbers	59
Medical Information for Camp Wildwood.....	59
Camp Gate	60
Parking	60
Check-In	60
Check-Out	60
Garbage.....	60
Firewood.....	60
Additional Sleeping Arrangements	60
Directions.....	60

Prerequisites for Camping and Making a Reservation

This guide was created to compile most of the information you will need to take a troop/ group camping at a GSCSA-owned property (Camp Adahi, Camp Tanasi, or Camp Wildwood) or to camp at a public/non-council-owned campground. No written information can replace experience or good decision making. Some requirements for camping are different than for other Girl Scout activities because GSCSA follows both standards set by leaders in the camping industry, and GSUSA. The standard with the strictest requirements will be used. There are additional sources to consult when planning a camping trip. Some include:

Girl Scout Safety Activity Checkpoints
Volunteer Essentials

Prerequisites/Training Required

At least two non-related, background checked volunteers must accompany the group at all times during a camping trip.

For any camping trip with an EMS response time of less than 30 minutes, at least one approved volunteer must be currently certified in First Aid and CPR. For any camping trip or activity site with an EMS response time of more than 30 minutes, at least one approved volunteer must be currently certified in Wilderness First Aid or Wilderness First Responder and CPR.

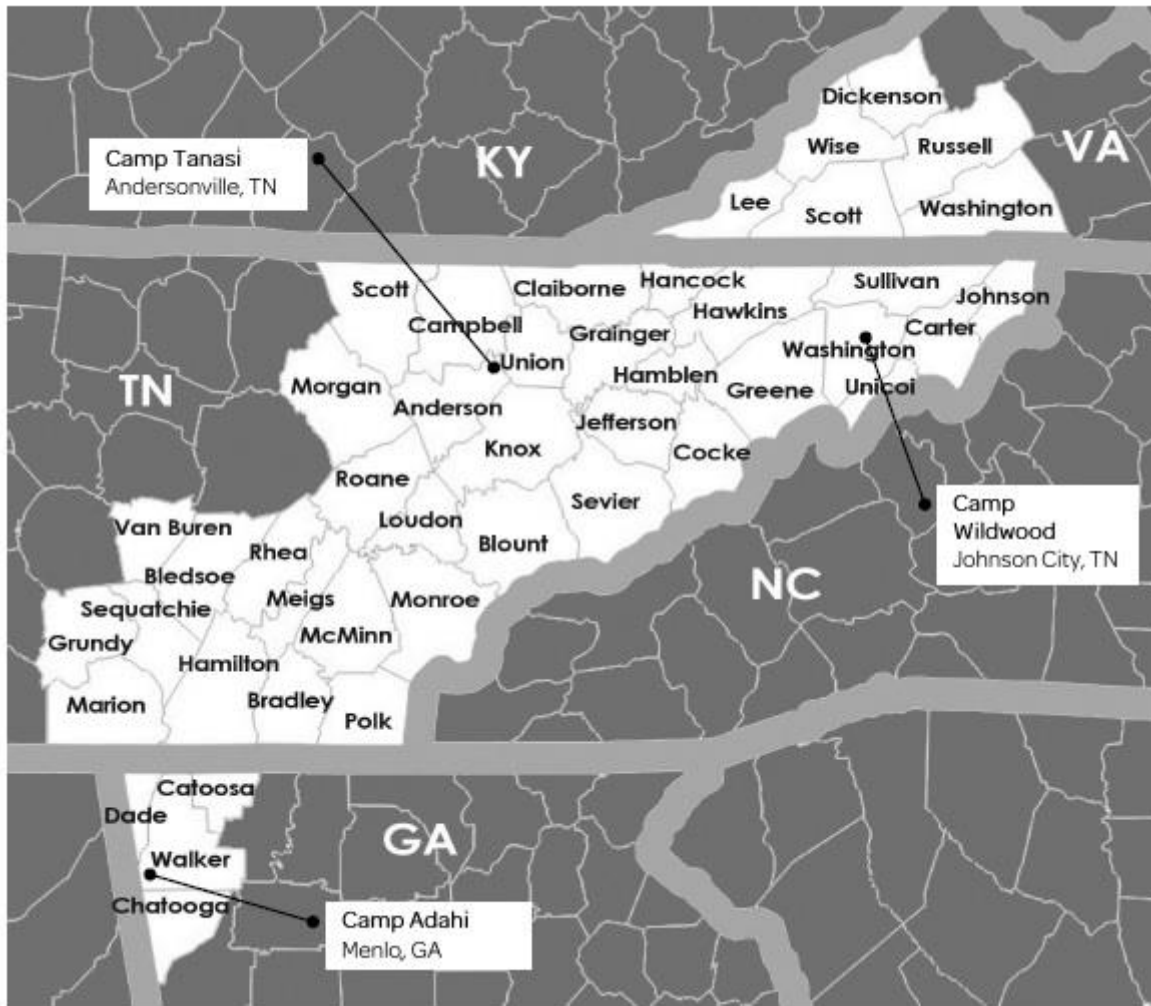
At least one adult must have completed a one-time, in-person Outdoor Education training AND have completed the Camp Policies take-home exam within the last 3 years.

Reservation Procedure at Council Owned Sites

After your troop/group has selected a camping location and date, you will need to make a reservation.

All reservations for our camp properties, seasonal activities, and equipment run through an online system. To make a reservation or check availability, call us at (800) 474-1912 or email us at info@girlscoutcsa.org.

- Camp reservations are made on a first come, first serve basis, and can be made up to one year in advance.
- Food service requests (Camp Tanasi only) must be made at least six weeks prior to camping date and require a minimum of 40 people. Final numbers are due four weeks prior to the camping date and payment must be made two weeks prior to camping date.
- Staffed program requests and final numbers must be made at least four weeks prior to camping date and payment must be paid two weeks prior to camping date.
- A camp confirmation will be emailed before your camping date. Please ensure we have a valid email address that is checked often.



Camp and Travel Forms for Trips to Non-Council owned Properties

Selecting a Non-Council Owned Camp Site

There are many factors to consider when selecting a non-council owned camp site.

Location

Amenities (running water, bath house, cabins, etc.)

Camp Site Rules (no open fires, no alcohol, etc.)

Security - Does the property provide security? In what police jurisdiction is the property located?

Campsite users - Is the property family/ child friendly or is it more of a party location?

References - Have other troops used this property? What was good and bad about it?

The troop volunteers are responsible for the safety of all girls while on a camping trip. It may be necessary to leave the campsite after arrival if the conditions are unsafe. Unsafe conditions may be weather related or have to do with inappropriate actions of campers in the next campsite.

It is strongly recommended for the adults of a troop to conduct a trial run of a camping trip to non-council owned properties. This will give a better understanding of the environment of the campsite as well as supplies to needed and activities that can be done there.

Health History and Permission to Seek Medical Attention

You are to maintain a **Health History Record** and other necessary medical information records for your group. Health histories should be kept with the group at all times and protected from water. A copy of the health history form for each participant (girl and adult) should be left with the troop emergency contact in a sealed envelope. The group leader should make sure the health history is up to date and accurate. Health histories should include allergies, medical conditions/special needs, and current medications (with dosage and time of day taken.)

Health histories should be consulted before any first aid is administered unless injury is life threatening. All treatment given must follow the wishes of the parent/ guardian as indicated on the Health History form.

Information from a health examination is confidential and may be shared only with people who must know this information (such as the girl herself, her parent/guardian, and a health practitioner).

Medications should be kept in a secure location, preferably in a locked box.

In the event that a participant must be transported to a medical facility, the health history form must go with her.

Troops must provide at least one vehicle for emergency transportation.

First Aid and CPR

Once troops are ready to begin camping outdoors, First Aid and CPR training are necessary. At least one adult must have First Aid and CPR training for all outings beyond the usual meeting location.

For any camping trip with an emergency medical system (EMS) response time of less than 30 minutes, at least one approved volunteer must be currently certified in First Aid and CPR. All of GSCSA's camps fall in the less than 30 minute range. For any camping trip or activity site with an EMS response time of more than 30 minutes, at least one approved volunteer must be currently certified in Wilderness First Aid or Wilderness First Responder and CPR.

NOTE: First Aid (and CPR) course providers need to require participants to demonstrate their skills in the presence of a certified instructor. Online-only classes do not qualify.

For medical treatment of Girl Scout members, you will need:

1. Completed copy of the recommended Parent Permission Form provided by the Girl Scout Council of the Southern Appalachians.
2. Up to date Health History Record.

For medical treatment of non-members, you will need:

1. Information sheet with name, address, phone number, birth date and any allergies. Non-members may fill out a Health History Record for ease of record keeping.
2. Insured person's name and the company they work for.

3. Insurance card.

NOTE: Any illness/injury requiring medical attention must be documented by completing the **Accident/Incident Form** located online.

Sleeping & Restroom Arrangements for Females and Males at Camp

On trips where male volunteers are part of the group, it is not appropriate for them to sleep in the same space as girl members. Men may participate only if separate sleeping quarters and bathrooms are available for their use. In some circumstances, such as a museum or mall overnight with hundreds of girls, this type of accommodation may not be possible. If this is the case, men do not supervise girls in the sleeping area of the event, and the adult-volunteer-to-girl ratio is adjusted accordingly. Always avoid having men sleep in the same space as girls and women, but during family or parent-daughter overnights, one family unit may sleep in the same quarters in program areas.

Also ensure the following while at camp:

- Each participant has her own bed.
- Girls and adults do not share a bed.
- It is not mandatory that an adult sleep in the sleeping area (tent, cabin, or designated area) with the girls, but if an adult female does share the sleeping area, there should always be two unrelated adult females present.
- Males should not enter the sleeping, dressing, bathroom, or shower areas of females for any reason other than a medical emergency and then only when accompanied by at least one adult female.
- Males are only permitted to sleep in the same cabin or tent as other males or their immediate family members.
- Girls are not allowed into the male's cabin/ tent for any reason.
- In the event that minor male tagalongs are at the camping event without any adult male chaperones, the male should stay in a tent (or other separate sleeping area) with their mother or other female caregiver. The male's sister may choose to stay with them or with the troop.
- In tent units, males should be assigned to sleep in the same tent.

Camp Adahi

The units listed below may be arranged for use by males in the following ways:

In large cabin and tent units, males should be assigned to one cabin or tent and should be designated as "Men Only" by posting a sign near the entrance.

In tent units, one toilet stall should be designated as use for men by posting a sign on the door.

In cabin units, males should use only the bathroom in their designated cabin.

In smaller cabins (Staff house, cooks cabin, directors cabin, infirmary), co-ed use is only permitted for single family or all adult use.

Male and female designated showers are available at the swimming pool for all use by all tent units.

Male and female designated restrooms are available at the dining hall.

Camp Tanasi

The units listed below may be arranged for use by males in the following ways:

Deer Point: Males sleep in the separate “leader room” and use the handicap bathroom with a “Men Only” sign posted on it.

Crafty Fox: Males sleep in a tent outside the unit. Place a sign on one of the bathroom doors that states “Men Only”. If a male needs to take a shower, have them use the one bathroom with the shower and be sure the sign on the door states “Men Only”.

Day Dreams: Males sleep in a tent outside the unit. Use the handicap bathroom with a “Men Only” sign on it.

Echo Cove: All males sleep in one cabin together or in a tent outside the unit. Place a sign on the kitchen building’s bathroom door that states “Men Only”. If a male needs to take a shower, have them use the bathhouse and be sure the sign on the door states “Men Only”.

Deep Woods: Males sleep in the platform tent. Ensure no girls are in the bathroom if a male needs the facilities and place a “Men Only” sign across the doorway.

Cedars: All males sleep in a platform tent together (or with their family). Ensure no girls are in the bathhouse if a male needs to use it or shower and place a “Men Only” sign across the doorway.

Dining Hall: Male and female designated restrooms are available.

Camp Wildwood

The units listed below may be arranged for use by males in the following ways:

Ferndell: Males sleep in a platform cabin together and use the Men’s bathhouse.

Darling Jones Cabin: Males sleep in the dining room area downstairs or in a tent outside the unit and use the bathhouse.

White Oak: Males sleep in a platform cabin together and use the bathhouse.

Supervision Ratios

Supervision of girls while camping is very important. A minimum of two adults must be with girls at all time. At least one of these adults must be female.

Daisies: 2 adults for every 6 girls

Brownies: 2 adults for every 12 girls

Juniors: 2 adults for every 16 girls

Cadettes: 2 adults for every 20 girls

Seniors and Ambassadors: 2 adults for every 24 girls

Supervision Procedures for Volunteers at Camps

During your visit, qualified/certified instructors and activity leaders will lead provided camp activities (if arranged ahead of time). The adult volunteers attending with the troop act as “counselors”. Volunteers (chaperones) are responsible for providing appropriate diversion, entertainment and/or supervision before, during, and after meals, in the restrooms, in the cabins and as the troop travels to and from activities.

Appropriate Camper/Volunteer (Chaperone) Interactions

Chaperones are responsible for the safety of the campers. The following guidelines should be followed to protect the chaperone from false allegations.

1. Chaperones should never be alone with a child in a cabin, bathroom, shower area, or anywhere else. Double coverage by chaperones at all times is strongly recommended.
2. Never enter a shower stall, restroom stall, or changing area that is occupied by a child.
3. If a child comes out of the shower or bathroom stall without first covering themselves, chaperones should look away and ask them to cover up.
4. If a child has special needs or requests assistance with toileting, changing clothes, or a health related need, use gloves and be sure that the two adults assisting are of the same gender of the child.
5. If a child has an injury, bug bite, embedded tick, etc. in a private area, take them to the troop's First Aider so the situation can be documented. If the First Aider is male, ensure the presence of at least one female adult.
6. Only touch children where it is appropriate: middle of back, top of head, or on the hand. Never touch a child anywhere that would be covered by a bathing suit.
7. Children shall not be allowed to share beds with one another and certainly not with a chaperone.
8. In bunkhouses, chaperones should select beds away from the children; against the wall or near the door. Chaperones will leave the room whenever children are changing clothes or move to another room in the bunkhouse.
9. In cabin units, children do not need to share cabins with chaperones. Chaperones should be assigned to separate cabins within the unit or sleep in the "leader room". Cabins are partially screened and arranged in clusters so that chaperones can see and hear the campers in the other cabins.
10. Children should not enter the chaperone's cabins. Chaperones should only enter the campers' cabins with company (another chaperone) and only after knocking. Chaperones should never enter a cabin when the children are changing clothes. Chaperones should never sit on or lay down on campers' beds.
11. Hazing, physical torment, initiation practices, forced rituals and the like will not be tolerated.
12. If a child requires a one-on-one conversation with an unrelated adult, ensure that another adult is in auditory or visual proximity.

Supervision Requirements during Council Staff-Led Activities

Council-approved instructors and activity leaders are trained professionals and are responsible for:

Enforcing safety rules,

Teaching skills,

Demonstrating correct techniques, and

Making corrections related to the execution of the activity.

The chaperones are responsible for supervision of campers' behavior. If the chaperone is also a participant, please heed all directions from the instructor and sit back and enjoy the activity!

Supervision Requirements when "On Duty"

1. Chaperones are responsible for knowing the whereabouts of each camper in their care at all times.
2. At no time, shall campers be left alone.

3. When “on duty,” chaperones must be standing or sitting in the immediate vicinity of the campers in a position where they can readily identify, respond and react to inappropriate activity. Chaperones cannot be considered “on duty” when they are sleeping, napping, laying down, wearing headphones, showering, or otherwise indisposed.
4. At the unit, and when traveling to activities, showers, meals, etc. the chaperones are responsible for total supervision of campers.
5. Chaperones’ supervisory responsibilities include:
 - Monitoring camper behavior
 - Identifying and correcting behavior that is inappropriate, dangerous, disruptive, or destructive.
 - Preventing improper camper-camper interactions.
 - Enforcing established safety rules.
 - Preventing campers from stealing, destroying, defacing, or otherwise vandalizing camp property, equipment, supplies, or environment.
 - Requiring campers to clean up after themselves; supervising the execution of campers.
 - Identifying potential health and/or safety issues.
 - Monitoring campers to ensure that they receive scheduled medications.
 - Ensuring that campers implement healthy personal hygiene routines.
 - Comforting campers who are having trouble adjusting to being away from home.
 - Helping campers find things that are lost
 - Providing overall supervision of campers to assure a safe and enjoyable camp experience.

Girl-led Planning and Progression

Outdoor Philosophy

Outdoor education occurs when Girl Scout programs are held outside. The most important outcomes we want to accomplish include are:

1. A healthy attitude or change in how the girl feels about herself and relates to others
2. The development of values that relate to the environment
3. A potential contribution to the community

The goal is to allow each girl opportunities to explore and develop an understanding of the outdoors. It is the girl’s ability to feel good about herself and her contribution to the success of the group that is important, not her ability to name 20 birds or tie 10 kinds of knots.

Travel Progression Checklist

If your group is thinking about travel, consider first whether the girls are mature enough to handle the trip. In determining a group’s readiness for travel or camp, assess the groups:

1. Ability to be away from their parents and their home
2. Ability to adapt to unfamiliar surroundings and situations
3. Ability to make decisions well and easily

4. Previous cross-cultural experiences
5. Ability to get along with each other and handle challenges
6. Ability to work well as a team
7. Skills and interests

Determining the Trip's Focus

Making the choice to explore the outdoors should be girl's decision in your troop. Whether the trip is a day hike or a cross-country trek, basic steps of trip planning are essentially the same. It's true that as the locale gets farther away, the itinerary more complex, and the trip of greater duration, the details become more complex, but planning every trip—from a day-long hike to an international trek—starts by asking the following of your troop so that the girls lead the process:

1. What do we hope to experience?
2. Who will we want to talk to and meet? What will we ask?
3. Where are we interested in going?
4. When are we all available to go?
5. Will everyone in our group be able to go? Remember, it is very hard to accommodate everyone's schedule.
6. Are there physical barriers that cannot be accommodated?
7. What are visiting hours and the need for advance reservations (if any)?
8. What are our options for getting there?
9. What's the least and most this trip could cost?
10. What can we do now to get ourselves ready?
11. How will we earn the money?
12. What's the availability of drinking water, restrooms, shelter, and food?
13. Where is emergency help available?
14. What safety factors must we consider?
15. What will we do as we travel?
16. What will we do when we get there?

As girls answer these questions, they begin the trip-planning process. In time, girls begin to make specific arrangements, attend to a myriad of details, create a budget and handle money, and accept responsibility for their personal conduct and safety. Younger girls may not be capable to be as intimately involved in the details, however as the girls grow older, their responsibility level should increase. Ask the girls to stretch themselves to become leaders within their own troop, therefore practicing their leadership skills. And later, after they've returned from a successful camp-out or trip, girls also have the chance to evaluate their experiences and share them with others.



girl scouts

Outdoor Progression

Progression allows girls to learn the skills they need to become competent in the outdoors, including how to plan and organize outdoor activities. Acknowledge a girl's mastery of an outdoor skill and invite her to challenge herself further by taking that next step up and out! Outdoor fun can be endless when girls lead.

Adventure Out

Plan and take an outdoor trip for several days.

Learn and practice a new outdoor skill.

Learn a new outdoor cooking skill.

Develop first-aid skills and use safety check points.

Budget, schedule, and make arrangements.

Participate in an environmental service project.

Teach and inspire others about the outdoors.

Imagine new experiences to be had outdoors.

Practice all Leave No Trace principles.

Be Considerate of Other Visitors

Dispose of Waste Properly

Camp Out

Plan and take a 1- to 2-night camping trip.

Take more responsibility for planning.

Learn and practice a new outdoor skill.

Learn a new outdoor cooking skill.

Plan a food budget, then buy and pack food.

Practice camp-site set up.

Plan an agenda that includes fun activities.

Explore/protect the surrounding environment.

Travel & Camp on Durable Surfaces

Minimize Campfire Impacts

Sleep Out

Plan and carry out an overnight in a cabin/backyard.

Discuss what to pack for the sleep out.

Learn to use and care for camping gear.

Learn and practice new outdoor skills.

Plan a menu with a new cooking skill.

Discuss campsite organization.

Plan time for fun activities.

Respect Wildlife

Cook Out

Plan and cook a simple meal outdoors.

Make a list of gear and food supplies needed.

Learn and practice skills needed to cook a meal.

Review outdoor cooking safety.

Practice hand and dish sanitation.

Create a Kaper Chart for the cookout.

Leave What You Find

Explore Out

Plan and take a short and easy hike.

Discuss what to take in a day pack.

Dress for the weather.

Plan a healthy snack or lunch.

Learn how to stay safe in the outdoors.

Plan Ahead & Prepare

Move Out

Plan and take a short walk outside.

Discuss being prepared for the weather.

Do activities to explore nature.

Plan and carry out an indoor sleepover.

Meet Out

Step outside to look, listen, feel, and smell.

Share what was observed.

Learn more about what was discovered.

Look Out

Share past experiences in the outdoors.

Talk about favorite outdoor places and why they're special.

Wonder what else can be seen in the outdoors.

LEAVE NO TRACE PRINCIPLES:

Example Progression by Grade-level

Girl Scout Daisy

Buddy system. Appreciation of nature-use all senses to explore. Safety/Manners for short hikes near home.

Discuss what they should bring/wear plus note to parents.

May need help tying shoes/bows.

Leader uses and explains safety precautions.

Leader builds fire. Safety around fires.

Simple cooking activities away from fire. One pot meals- leader handles. Fireless foods.

Personal safety. What to do in case of emergencies when hurt or scared.

Short hikes/discovery. Explore the out-of-doors. Encourage questions.

Girl Scout Brownie

Learn how to be considerate of others and living things in nature. Leave places cleaner than you found them. Safety/Manners for overnight.

Discuss proper attire and why, especially for new experiences like camping. Learn camping equipment needed.

Learn square knot, half hitch, clove hitch.

Learn to use knives safely, open, close, clean, simple use/passing, Use cardboard knives to teach if necessary. Teach the “arc of safety” or “safety circle”.

Wood piles, Simple fire building: fire starters, foundation fire, A-frame, tepee. Putting out fires.

One pot meals, Nosebag/trail meals, Skillet meals.

Simple first aid, see handbook, first aid kits, Emergency procedures, Health and Safety practices in all troop activities.

Hikes with purpose/nature hikes. Practice conservation- plant /water trees, flowers, litter pickup, gardening, recycling. Hurt no living things, look for tracks and traces of animals.

Girl Scout Junior

Review and Elaborate. Safety/manners for camping, simple map and compass use.

Girls should be able to help make equipment lists.

Girls should know how to tie: bowline, taut line hitch, slip knot

Review Knife Safety, do some whittling, sharpening within the “arc of safety”

Hard vs. Soft wood. Different types, uses, hunter's/trench fire, crisscross, buddy burner with vagabond stove, charcoal, safe use of tools.

Stick cooking, tin can cookery, Dutch oven, ember cooking, safe cooking, eating, food storage procedures. Camp stoves (2 burner)

Simple first aid-see handbook, Emergency procedures, Health and Safety Practices.

Observe impact on environment, pollution. Service projects- trails, erosion dams, etc. Explore nature in action and discover why's. Proper dishwashing/garbage disposal.

Girl Scout Cadette, Senior and Ambassador Levels

Low impact camping, plan routes, transportation and make necessary arrangements, Safety/Manners for extended trips, Orienteering.

May need help for more advanced experiences--backpacking canoeing, bike tripping. How to pack for extensive trips.

Review and elaborate uses of knots. Lashing campsite furnishings.

Review Knife safety.

Alter fire for reflector oven, pit, fire, bean pot hole. Develop and dismantle fire scar, wet weather fires. Reflector oven, bean hole, planking, backpacking meals, dehydrating foods, camp stoves, back packing, edible foods.

Certified first aid, lifesaving, survival camping, emergency shelters/procedures, hypothermia, and weather.

Minimal impact camping. Rebuild trails/erosion control, pollution environmental concern awareness projects. Learn about ecology of certain areas, Wildlife/plant identification.

Planning Steps for an Overnight

Ensure the girls are involved in each of these steps. This process uses the three processes in the Girl Scout Leadership Experience: Girl-Led, Learning by Doing and Cooperative Learning.

1. Is the troop ready to do an overnight?
2. Why are we going? (Program)
3. Where will we go?
4. How we will get there? (budget and transportation)
5. When will we go?
6. What will we need? (equipment, food planning checklist)
 - Number of volunteers
 - Transportation
 - Sleeping arrangements
 - Food/cooking considerations
 - Clothing requirements
 - Paperwork/Approval of Parents
 - Equipment
 - Kaper Chart
 - Safety Wise: Safety Activity Checkpoints
7. What will we do?
 - Plan activities
 - Learn skills (before camping or during camp)
8. Establish behavior and expectations to also include:
 - Safety skills
 - Buddy system
 - Simple First Aid
9. Go on the trip and have fun
10. Plan, carry out, and experience a Scouts' Own. (see Scouts' Own)
11. Evaluate afterward with the girls. VERY IMPORTANT!
 - Would they do it again?
 - What would they do differently next time?
 - WAS IT FUN?

HINT: Planning takes time. Many girls are used to having things done for them. Be patient. Don't over plan. It's OK if the activity didn't turn out perfect.

Sample Schedule for Troop Camping Weekend

Below is a sample troop camping weekend schedule during the fall for 15 Brownies and adults. This example is set at Camp Tanasi. Activities differ in length of time and type at all three camps. See the Camp Facility Activity Information handout for more details.

Friday (can arrive after 5:00 pm)

- | | |
|--------------|---|
| 4:00 pm | Meet at the troop's meeting place |
| 4:00-4:30 pm | Load up equipment and make sure all paperwork is in hand; drivers have a copy of girls names and parents phone number that are going in their car. |
| 4:30 pm | Drive to camp |
| 5:30 pm | Arrive at camp |
| 5:30-6:00 pm | Restroom break and unload cars. One must take in consideration things like: time of year, is it getting dark, and is the weather good, the girls' capability to do certain things, maturity, have they eaten before you left? |
| 6:00-6:30 pm | Dinner. Bag lunch the girls had to bring and packed in a cooler. |
| 6:30-7:00 pm | Clean up dinner and get settled into cabins |
| 7:00 pm | Free time or night activity: campfire, craft, songs, hike, etc. What time do you want lights out? NOTE: Too much free time can create cliques and loneliness. |

Saturday

- | | |
|-------------------|--|
| 7:00 am | Wake up and make breakfast |
| 8:00-8:30 am | Breakfast |
| 8:30 am | Clean up breakfast and get ready for the day. Prepare lunches in advance and bring with you to the dock session. Have girls and adults bring with them the following: day pack, water bottle, towel, change of closed-toed shoes, full change of clothes, hair ties. |
| 10:00 am-12:00 pm | Canoeing at the dock |
| 12:30-1:00 pm | Eat lunch at picnic tables in the main camp field |
| 1:00-4:00 pm | Climbing tower session |
| 4:00-4:30 pm | Walk back to unit and have a snack. |
| 4:30-6:30 pm | Cook dinner (it will take at least two hours if you are planning on cooking with a fire, at least one hour if you plan in using a camp stove or electric range) |

6:30-7:00 pm	Eat dinner
7:00-7:30 pm	Clean up dinner
7:30 pm	Night activity or free time
Sunday (must check-out by noon)	
8:00 am	Wake up and make breakfast
9:00-9:30 am	Eat breakfast
9:30 am	Clean up breakfast, pack and clean up unit.
11:00 am	Scout's Own Ceremony
11:30 am	Pack cars and free time
12:00 pm	Leave camp

IMPORTANT: Be sure to plan for some unstructured free time. It's important to give the girls some time to have free play with friends, explore nature and relax with some quiet time.

Scouts' Own

A Scouts' Own is frequently held near the end of the camping experience so the group can reflect on the positive experiences of friendship, sisterhood and working together while exploring nature.

The ceremony is usually short, often lasting no longer than 15 minutes. They are made up of a mixture of readings, reflections and/or music/singing. It is not a religious ceremony but can be deeply meaningful.

Kaper Charts

In Girl Scouting, a job is called a kaper. The list of kapers and who does them is called a kaper chart. More information can be found in all levels of handbooks. Kapers should be included in the planning process and will be a part of the girl's progression. However, even a Daisy Girl Scout can clean up after herself.

How to Make a Kaper Chart

1. Write down the jobs to be done and a brief description of what each job includes.
2. Plan how to divide the work: individual, buddies, group or troop.
3. Combine some jobs if necessary, keeping an equal amount of work in each if possible.
4. If there are not enough jobs to go around, rotate which group has free time during kapers.
5. Have girls make a chart, which shows the group, who does what, and when.
6. Let the girls be creative. The chart can be big or small, square like a table or round like a wheel. It can even be 3-D or have moving pieces that represent each girl.

Sample Kapers for Troop Camping

Grounds: Picks up all litter within her unit, tends drains under all spigots, tends dishwasher drain (if they are required for that outing)

Unit house: Sweeps floor and at the closing day, follow clean up guidelines of the camp, cleans refrigerator in her unit house, general cleaning and checking of equipment, takes charge of hand washing system

Lanterns (if using): Cleans and fills lanterns, picks up in morning and sets out at night, fixes lanterns (if needed and possible), reports to leader all wicks, globes, kerosene needed

Woodpile: Sorts and replenishes, covers woodpile

Restroom: Sweeps and disinfects toilets and showers, responsible for emptying cans, cleans sink and shelves, responsible for replacing toilet paper when needed, picks up litter in her area

NOTE: Program activities such as planning and carrying out a Scout's Own, flag ceremony, campfire program should be incorporated into the general kaper chart.

Sample Kapers for Meals

Hostess: Invite guests, set table, prepare centerpiece, select, teach, and lead the grace, serve guests and leaders first, use good table manners and conversation, Wash dishes of guests and leaders

Fire Builders: Build, care for and extinguish cooking fires, are responsible for fire safety during meal preparation, may be responsible for fireplace and woodpile kaper jobs

Cooks: Prepare, cook, and serve food, responsible for kitchen health and safety, put food away after meal, dispose of all food not to be used again, get all food preparation dishes and pots ready to be washed, put dish water on to heat during the meal

Clean-Up: Set up dishwashing area, watch to see that garbage is sorted properly for disposal, supervise individual dishwashing, wash all cooking dishes and pots, clean up cooking area and wash tables, sweep, dispose of garbage and trash

NOTE: Review the Outdoor Cooking manual for more details and tips for kapers during meals.

Sample Kaper Chart

Name of girls or name of team is placed in the boxes on a rotation.

	Friday Evening	Saturday			Sunday Morning
		Morning	Afternoon	Evening	
Morning Flag	NA		NA	NA	NA
Grounds					
Restroom					
Evening Flag	NA	NA	NA		NA
Campfire activities		NA	NA		

Emergency Procedures

Regardless of where you are camping, you should have a plan in place for how to deal with natural disasters/ weather related emergencies, medical related emergencies, security and lost/ missing person emergencies.

Natural Disasters

Familiarize yourself with these procedures before arriving at camp. Plan and conduct a walk through or practice drill with your troop upon arrival at camp.

Severe Thunderstorms/Lightning when Cabin and Tent Camping

1. Take cover in the bathhouse, unit shelter, or an enclosed building. NOT A TENT.
2. If you are caught **outside** in a lightning storm:
 - Seek safety inside a vehicle, if available.
 - Seek shelter under lower trees in groups NOT a tall solitary tree.
 - If you are with a group, spread out 20 feet apart to decrease the risk of multiple people being struck.
 - In open, flat areas, find the lowest point.
 - **Drop to a crouched position and bend forward, putting your hands on your knees.**
 - Wait for at least 30 minutes after the last clap of thunder to leave your shelter or to resume hiking or backpacking. Be aware of other thunderstorms that may arise after the initial storm.
3. DO NOT stand near tall or metallic objects.
4. DO NOT stand in or near a body of water (e.g. Lake or pool).
5. DO NOT hold a radio, especially one with an antenna.

Tornado when Cabin Camping

1. The alarm for a tornado is a series of three tones on a car horn or air horn.
2. DO NOT take shelter in a tent. Head for nearest enclosed building.
3. If you are not near a building, move at right angles to the tornado's path.
4. If there is not time to escape, lie flat in a ditch or ravine and protect your head.
5. If you are in a building, assemble away from windows and cover your head.
6. Stay in your location until notified by Program Coordinator, Property Manager, or Camp Master that the tornado has passed.
7. When the tornado has passed, assemble everyone together and count heads.

Tornado when Tent Camping

1. Look for the lowest possible ground area to take shelter.
 - This includes ditches, culverts and riverbanks or take cover in caves or along one side of a large boulder or rock.
2. Lie flat on your stomach and cover your hands over your head for protection.

Forest Fire

1. The alarm for a fire is the continuous blowing of a car horn or air horn.
2. Count campers to see that all are present; then evacuate.

3. Evacuate to grassy, gravel, or paved area (field, parking lot etc.)
4. If you encounter a forest fire in a wooded area, wet hair, keep low, and turn away from fire.
5. Contact site manager.
6. Use the roads, NOT trails. DO NOT block access roads with your vehicle.
7. Keep campers calm and wait for emergency personnel.

Building or Structure Fire

1. If the fire is small and contained, one adult should use the nearest fire extinguisher to douse the flames.
2. If not containable, remove all people from building.
3. Count heads to ensure all are present.
4. Move all girls away from the building to a safe location
5. Call site manager
6. Keep campers calm and wait for emergency personnel.

Site Evacuation

Should it be necessary to evacuate the site due to an emergency:

Leave personal belongings behind (except health forms and medication.)

Have all campers and parents meet in the parking lot and do a head count to ensure all members of the group are present.

Quickly assign group members to vehicles, not to exceed the vehicle's capacity.

Drive safely to a pre-determined location (Grocery store, school, church, etc.)

Contact parents after arriving at safe location to make arrangements for pickup of girls.

Other Emergencies

Minor/Moderate Injury or Illness

1. Treat injury with first aid.
2. If injury is more than a scrape or bruise, call camper's parents or guardians and ask if they want to pick their child up or meet at hospital/urgent care.
3. If leaving camp with camper, remember to take health history with you.
4. Complete accident report with Program Coordinator, Property Manager, or Camp Master.

Cardiac Emergency

An Automated Emergency Defibrillator (AED) is available at Camp Adahi in Wilkerson Hall and Camp Tanasi (Camp Office). Check with any non-council owned property managers to determine the availability and location of AED at your selected location.

Major Medical Emergency

1. Call 911, Tell the dispatcher where you are to ensure that you have the correct 911 office
2. Remain calm and in control. This will offer support to others.
3. First Aid Trained adult will give priority attention to providing all possible care to anyone sick or injured.
4. Clear other campers away from the scene and secure their safety.
5. Notify emergency contact parent/guardian—secure approval regarding medical treatment.

6. Notify Program Coordinator, Property Manager, or Camp Master.
7. Send one adult to the front gate to escort emergency vehicles to the injured person.
8. Permit no disturbance of victim/surroundings until emergency personnel assume responsibility, if necessary.
9. Acquire/confirm facts, asking who, what, when, where and why.
10. Get names of any witnesses and where they can be reached for questioning.
11. Once the emergency has been handled, complete accident/ incident form with council staff
12. Call 800-474-1912, option 1 to report the Serious Accident/Injury.

Lost or Missing Person

1. Check all sites within your unit: cabins, tents, shelters, bathhouse, etc.
2. Contact Program Coordinator, Property Manager, or Camp Master.
3. Ask other troops at camp to perform a head count to see if they have an extra girl.
4. Adults organize a search of the immediate surrounding area.
5. If the person is not found reasonably quickly, call 911, then call 800-474-1912, option 1 to report the lost or missing person.

Unauthorized Person on Campsite (Intruder) Day or Night

1. After determining that the person is not an "Official Visitor," have an adult notify the Program Coordinator, Property Manager or Camp Master by radio or cell phone. This staff member will proceed immediately to the site of the intruder. The Program Coordinator, Property Manager or Camp Master will call 911 if needed.
 - o If the intruder is carrying a weapon or harassing campers call 911 immediately.
2. Split up large groups. Keep at least one adult with each group.
3. Gather the girls in the nearest enclosed building or bathhouse and lock or block door if possible. Stay away from windows and close curtains/ blinds.
4. Make a head count.
5. Be calm and re-assure the girls.
6. The group should remain inside until notified by the by council staff or law enforcement that it is safe to resume activities

Remember, staying calm in an emergency will help to keep everyone around you calm and thinking clearly. It will also keep your campers from panicking. Set an example for them.

Bear Spotting

If at a council camp property, notify the on-site camp coordinator or Camp Master. If no one is available, an adult should notify TWRA (TN Wildlife Resources Agency) immediately:

If an aggressive bear is spotted

If a bear is spotted getting into food or trash

Contact TWRA in an **emergency situation** from 7:00 a.m.-midnight: 1-800-332-0900; when prompted enter 105 for Dispatcher.

Volunteers need to contact GSCSA by calling 800-474-1912 if TWRA is called.

Non-Emergency Procedures

Volunteers will notify GSCSA in a **non-emergency situation**, such as:

Bears continually seen in one general location.

Mother with cubs is spotted.

What to do when you spot a bear:

Make noises --- air horns, clapping, singing, yelling, etc.

Walk backwards away from bear. DO NOT RUN!!!!

Do not use direct eye contact, as bears see this as aggression

Always make sure to use the Buddy System.

If you are attacked by a black bear, DO NOT play dead. Fight back!

Tick Bites

While most tick bites are harmless and don't require medical treatment, some ticks (like the deer tick, wood tick, and others) can carry harmful germs and cause diseases like Rocky Mountain spotted fever and Lyme disease. The deer tick is tiny, no larger than a pencil point. Other ticks are larger and easier to find on the skin.



Signs and Symptoms of Tick-Related Diseases:

- a red bump ringed by an expanding red rash, which looks like a bull's-eye (Lyme disease)
- red dots on the ankles and wrists (Rocky Mountain spotted fever)
- flu-like symptoms such as fever, headache, fatigue, vomiting, and muscle and joint aches



What to Do:

If the tick is still attached to the skin, remove it:

- Using fine-tipped tweezers, grasp the head of the tick close to the skin.
- Firmly and steadily pull the tick straight out of the skin. **Do not twist the tick** or rock it from side to side while removing it.
- Put the tick in a sealed container or zip-locked bag it and save it to show the doctor if your child becomes ill.
- **Do not use petroleum jelly or a hot match** to kill and remove the tick.
- Wash your hands and the site of the bite with soap and water.
- Swab the skin with alcohol.

Seek Medical Care if:

- The tick might have been on the skin for more than 24 hours.
- Part of the tick remains in the skin after attempted removal.
- A rash of any kind develops (especially a red-ringed bull's-eye rash or red dots on wrists and ankles).
- The bite area looks infected (increasing redness, warmth, swelling, pain, or oozing pus).
- Symptoms like fever, headache, fatigue, chills, stiff neck or back, or muscle or joint aches develop.



Think Prevention!

- After kids play outside, check their skin and hair – especially the scalp, behind the ears, the neck, and under the arms.
- When playing in wooded areas, children should wear long-sleeved shirts and pants and tuck pant legs into their socks.
- Use an insect repellent with at least 10% to 30% DEET for protection against bug bites and stings in kids older than 2 years, always carefully following the directions for application.
- Avoid tick-infested areas.

http://resources.uwhealth.org/kidshealth/images/image/ial/images/1109/1109_image.png

Insect Stings and Bites

Although insect stings and bites can be irritating, symptoms usually begin to disappear by the next day and don't require medical treatment. However, kids who are allergic to some insect stings or bites may sometimes have life-threatening symptoms requiring emergency treatment.



Signs and Symptoms

Of a mild reaction:

- red bumps
- itchiness
- mild swelling

Of a severe allergic reaction include:

- swelling of the face or mouth
- difficulty swallowing or speaking
- chest tightness, wheezing, or difficulty breathing
- dizziness or fainting



What to Do:

If there are signs of a severe reaction:

- **Call 911.** If the child is conscious, give him or her diphenhydramine.
- If the child has an injectable epinephrine (EpiPen), it should be given.

If there are no signs of a severe reaction:

- If the child was stung and the insect's stinger is visible, remove it as quickly as possible by scraping the skin horizontally with the edge of a credit card or your fingernail.
- Wash the area with soap and water.
- Apply ice or a cool wet cloth to the area to relieve pain and swelling.

Seek Medical Care if:

- the sting or bite is inside or near the mouth
- the child has a known severe allergy to a stinging or biting insect
- injectable epinephrine (EpiPen) was used
- the site looks infected (increasing redness, warmth, swelling, pain, or pus occurring several hours or longer after the sting or bite)



Think Prevention!

Teach kids to avoid:

- walking barefoot while on grass
- playing in areas where insects nest or congregate
- drinking from soda cans outside

http://resources.uwhealth.org/kidshealth/images/image/ial/images/1093/1093_image.png

Spider Bites

Because most spider bites don't fully penetrate human skin, they usually cause only mild reactions. However, black widow and brown recluse spider bites can cause serious reactions and need immediate care. Allergic reactions can happen but are rare.



Signs and Symptoms

Of an allergic reaction:

- swelling of the face or mouth
- difficulty swallowing or speaking
- chest tightness, wheezing, or difficulty breathing

Of a brown recluse spider bite:

- red blister in the center with surrounding bluish discoloration around the bite
- swelling or redness around the bite
- development of pain around the bite within 2 to 8 hours
- joint stiffness or pain
- nausea, vomiting
- body rash
- fever and chills
- fatigue

Of a black widow spider bite:

- rigid, painful muscles within 8 hours
- no sign of the bite on the skin
- abdominal (belly) pain and cramping
- nausea and vomiting
- breathing trouble



What to Do:

If a child has been bitten by a spider:

- Wash the area with soap and water.
- Apply an ice pack or a cool wet cloth to relieve pain and swelling.

Seek Medical Care Right Away if:

- the child has any signs of an allergic reaction
- the child develops any kind of rash after a bite
- the area begins to look infected (increasing redness, pain, swelling, warmth, or pus)
- you think the child was bitten by a brown recluse or black widow spider



Think Prevention!

- Make sure garages, attics, and woodpiles are free of spider webs.
- Make sure children wear long sleeves and pants when playing around garages, attics, and woodpiles, etc.
- Wood should be kept outside the house to avoid bringing spiders inside.

<http://www.seattlechildrens.org/content.aspx?id=3055>

Animal Bites

Animal bites and scratches that break the skin can sometimes cause infection. Some bites need to be closed with stitches while others heal on their own. Rarely, animal bites (particularly from wild animals) can lead to rabies, a life-threatening disease. Bats, raccoons, skunks, and foxes transmit most cases of rabies.



What to Do:

- Wash the bite area with soap and water; apply pressure with sterile gauze or a clean cloth if the bite is bleeding.
 - If the bleeding has stopped, apply antibiotic ointment.
 - Cover the area with a bandage or sterile gauze.
 - Offer the child acetaminophen or ibuprofen for pain.
-



Seek Medical Care if:

- the bite was from
 - a wild or stray animal
 - an animal that isn't up-to-date on rabies shots
 - an animal that is acting strangely
- the bite has broken the skin
- the bite is on the face, head, neck, hand, foot, or near a joint
- a bite or scratch becomes red, hot, swollen, or increasingly painful
- the child is behind on shots or has not had a tetanus shot within 5 years

When seeking treatment, have the following information on hand:

- the kind of animal that bit the child
 - the date of the animal's last rabies vaccination, if known
 - any recent unusual behavior by the animal
 - the animal's location, if known
 - if the animal was a stray or wild, or was captured by a local animal control service
 - the child's immunization (shots) record
 - a list of the child's medication allergies
-



Think Prevention!

Many animal bites can be prevented. Always keep a close eye on young children around animals, even pets. Teach kids not to tease pets, to handle them gently, and to stay away from wild or stray animals.

http://resources.uwhealth.org/kidshealth/images/image/ial/images/1189/1189_image.gif

Special Note About Bats

No more than 1% of bats in the wild are thought to be rabid. A bat that is seen in daytime, behaves erratically, or lands on a person is more likely to be rabid. The public should be educated to leave bats alone. However, if a person has direct contact with a bat, the bat should be captured, if possible, and considered for rabies testing. If a person has uncontrolled direct contact with a bat (i.e. the person cannot say with certainty that there was no possible contact with the mouth of the bat), and the bat is unavailable for testing, post-exposure prophylactics (PEP) should be initiated. The absence of a visible injury does not rule out the need for PEP. In most cases when a bat is seen in a house, but no human contact is reported, there is no need for rabies testing or for PEP. In cases where a bat is found in the room with a sleeping or incapacitated person or a young child and a bite cannot be definitively ruled out, the bat should be tested if it is available. If it is not available for testing, the potentially exposed person should consult his or her healthcare provider and the local health department regarding the need for PEP.

Source: [Tennessee Department of Health Rabies Control Manual 2012](#)

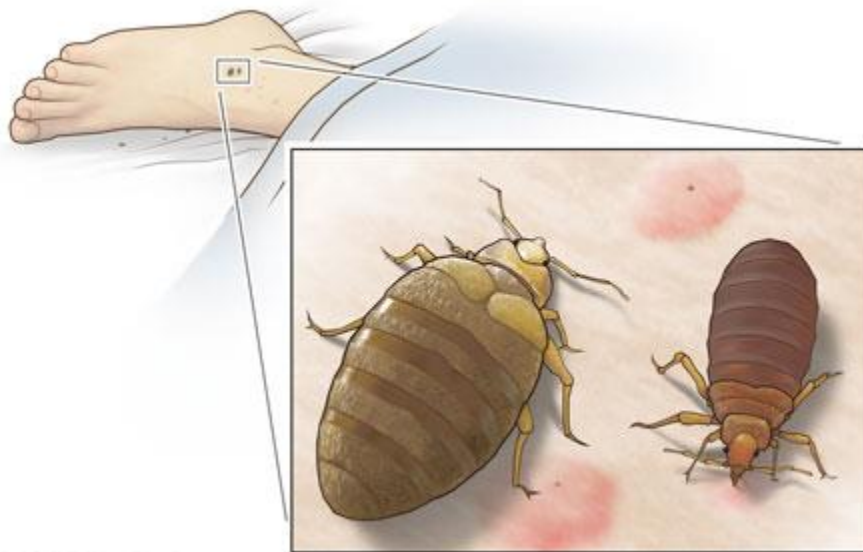
Stray Animals at Camp

Stray animals may or may not be friendly and may or may not be properly vaccinated. Girls and adults should not be afraid of stray animals but should not assume that they are safe pets to interact with. If any animal is threatening the safety of a person at camp, move to an inside location and contact the camp host.

Stray dogs rarely arrive at camp. If this happens, contact the camp host who will take the dog to a safe location and contact the owner (if possible).

Occasionally a stray cat will appear at camp. Do not attempt to pet or catch the cat. Contact the camp host who will take the cat to a safe location.

Bed Bugs



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Bedbugs are flat, wingless insects that feed on blood from animals or people. The bugs are about 0.25 in. (0.6 cm) long and range in color from almost white to brown. They turn rusty red after feeding.

The bugs like to hide in bedding and mattresses. They are found most often in hotels, motels, hostels, and shelters where large numbers of people come and go. Bedbugs usually hide during the day and are active at night when they feed. They can live for 10 months and go weeks without feeding.

Bedbugs do not seem to spread disease to people. But their bites can cause itching and allergic reactions in some people.

How do you know if you have bedbugs?

The first sign of bedbugs may be red, itchy bites on the skin, usually on the arms or shoulders. Bedbugs tend to leave straight rows of bites, unlike some other insects that leave bites here and there.

Look also for these other signs:

- The bugs themselves, especially along the seams of mattresses.
- Tiny bloodstains on sheets and mattresses.
- Dark spots of insect waste where bedbugs might crawl into hiding places on furniture, walls, and floors.
- A sweet odor from bedbugs' scent glands where bedbugs are found in large numbers.

How can you treat bedbug bites?

Home treatment can help stop the itching and prevent an infection. You can:

- Wash the bites with soap to lower the chance of infection.
- Use calamine lotion or an anti-itch cream to stop the itching. You can also hold an oatmeal-soaked washcloth on the itchy area for 15 minutes. You can buy an oatmeal powder, such as Aveeno Colloidal Oatmeal, in drugstores.
- Use an ice pack to stop the swelling.
- See your doctor if you think the bites may be infected.

What to do if you think you have found a bed bug:

- Call Director of Camp Properties, David Hopkins at (865) 973-7190

Poison Ivy/Oak/Sumac

Contact with the oil of poison ivy/oak/sumac plants can cause an allergic rash. Mild rashes can be treated at home, and mostly cause discomfort from itching, burning, or blistering. Severe, widespread rashes require medical treatment.



Signs and Symptoms

- an itchy red rash that appears within 4 hours to 4 days after touching the plant oil
- blisters that ooze clear fluid
- bumps and blisters that may be different sizes and look like streaks on the child's skin
- rash may begin to look crusty as it heals



What to Do:

- Remove any clothing that has touched the plant or rash and wash all clothing recently worn.
- Gently wash skin and scrub under fingernails right away with soap and water.
- Cut fingernails short to keep the child from breaking the skin when scratching.
- Place cool compresses on the child's skin as needed.
- For itching: add oatmeal to the bath; use calamine lotion (**avoid using on the face or on the genitals**); and, if needed, give the child diphenhydramine.

Seek Medical Care if:

- the rash covers a large portion of the body or is on the face or genitals
- the rash is getting worse despite home treatment
- the skin looks infected (increasing redness, warmth, pain, swelling, or pus)

Seek Emergency Medical Care if the Child:

- has a known severe allergy to poison ivy/oak/sumac
- develops swelling of the tongue or throat
- complains of chest tightness or difficulty breathing
- develops widespread redness or swelling
- was given a shot of epinephrine (EpiPen)



Think Prevention!

- Teach kids what poison ivy/oak/sumac look like and how important they are to avoid.
- Make sure they always wear long-sleeved shirts and pants whenever playing close to these plants.
- Have kids wash their hands well when they come in from outside.

http://resources.uwhealth.org/kidshealth/images/image/ial/images/1199/1199_image.gif



Webmd.com

Poison oak has leaves that look like oak leaves, usually with three leaflets but sometimes up to seven leaflets per leaf group. It grows as a vine or a shrub. Poison oak is more common in the western United States, but it is also found in the eastern United States and, rarely, in the Midwest.

Poison ivy usually has three broad, spoon-shaped leaves or leaflets ("Leaves of three? Let it be!"), but it can have more. It may grow as a climbing or low, spreading vine that sprawls through grass (more common in the eastern United States) or as a shrub (more common in the northern United States, Canada, and the Great Lakes region).

Poison sumac has 7 to 13 leaflets per leaf stem. The leaves have smooth edges and pointed tips. Poison sumac grows as a shrub or small tree. It is found in wooded, swampy areas, such as Florida and parts of other southeastern states, and in wet, wooded areas in the northern United States.

<http://www.webmd.com/skin-problems-and-treatments/poison-ivy-oak-and-sumac-leaves>

Camp Site Selection

Types of Camping

Front-country camping (“car camping”)

Consists of camping at a developed campground. Developed campgrounds typically have restrooms and sites with fire rings, grates, and picnic tables. We recommend you choose to camp at one of GSCSA’s camps. The following types of camping are made available to Girl Scouts through GSCSA. Some camps or camping types are unavailable in certain seasons. GSCSA currently operates three Girl Scout Camps: Camp Wildwood (Johnson City, TN), Camp Tanasi (Andersonville, TN), Camp Adahi (Cloudland, GA)

Resident Camp

Resident Camping is one of the most well-known Girl Scout camp experiences. Campers live at an established site for a period of several days. Girls and their counselors/leaders enjoy activities that take advantage of resources available at the camp. The Girl Scout Council of the Southern Appalachians offers resident camp at select locations during the summer months of June and July.

Troop/Group Camping

Troop/Group Camping is a camping experience of 24 or more consecutive hours and often takes advantage of council-owned/established camp sites. Girls and their advisors/leaders usually plan and carry out this type of camping. The Girl Scout Council of the Southern Appalachians offers summer troop/group camping year-round by registration at select camp sites. Girls and their leaders may also camp at council-approved sites around the region. Call your service center for more information.

Day Camp/Twilight Camp

Day Camping is a favorite with Girl Scouts who want to experience camp in shorter sessions or are not ready for progression into an overnight. Girls participate in activities for a day. If sponsored by the council staff or a Service Unit, girls may register as individual campers or go with buddies. A day camp event may be at a council-owned site or a site contracted by a council representative.

Travel/Trip Camping

Travel Camping/Trip Camping is a camping experience planned and carried out by a group of experienced participants and their advisors or staff. Travel/trip campers may camp at established camping sites. Travel camping usually involves motorized transportation. Trip camping usually involves self or animal-assisted transportation, i.e., walking or riding horseback.

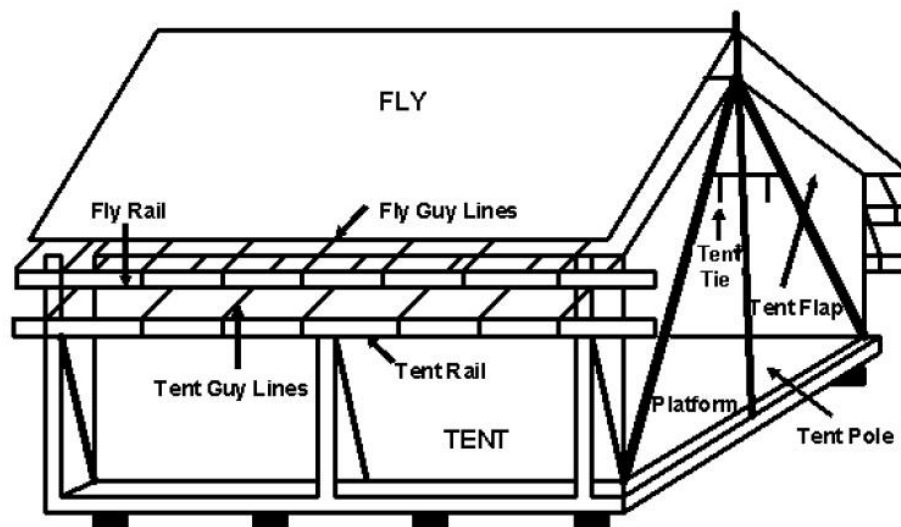
Backcountry Camping

Backcountry camping or (minimal impact camping) is a method that encourages each person to leave no trace of their outdoor or camping experience. It covers everything from the planning stages to the outdoor experience itself. The concept of minimal impact can apply to any outdoor activity or camping environment.

Platform Tents

Camp Adahi and Camp Tanasi offer large tents on wooden platforms for troops/groups to use, called platform tents. Each tent sleeps four people and are arranged in a unit of several tents in close proximity to each other. It is important that girls and adults understand how to take care of platform tents.

- Only battery-operated lanterns are allowed in tents and cabins. Nothing with an open flame must ever be used inside tents or cabins.
- The guy ropes along the sides may need to be loosened in rain. When they are wet, they tighten and put undue strain on the canvas.
- Do not hang anything on the ropes. This pulls the tent out of line.
- Roll side walls and door flaps up toward the **INSIDE** of the tent, so they can be let down from the inside. This prevents water from catching in the roll when it rains. Be sure to roll side walls and door flaps back down and tie them shut when leaving the site.
- Never roll up the side walls or door flaps unless they are completely dry. Damp canvas will mildew when not open to the air.
- Drop the side walls periodically. Mice sometimes nest in the rolled-up flaps.
- Never touch the inside of the tent during a rain. Touching the fabric can cause the canvas to leak.
- Do not use insect spray, hairspray, or other kinds of sprays inside a tent. The chemicals can dissolve the water-repellent treatment.
- Do not pin anything to the tent since this can cause tears and leaking.
- Tie the tapes with a half bow so they can be untied when wet.
- Keep mirrors under cover. Sunlight reflected in a mirror can be hot enough to burn a hole in a tent or start a fire.
- Report small tears and missing ropes or tapes so that they can be replaced.



STANDARD PLATFORM TENT

Drawing by: Jennifer A. Glaab



Cabins

All of GSCSA's camps offer cabins or indoor camping spaces. Cabins vary in the amount of people that can sleep in each one, type of beds, and if they heated/ cooled. See the [Facilities Chart](#) on our website for details of indoor sleeping facilities at each GSCSA camp.

Outdoor Cooking

GSCSA's Outdoor Basics class covers several of the outdoor cooking skills listed below. All registered adult members are welcome to take Outdoor Basics.

Progression in Outdoor Cooking

Leaders may choose to alter this progression based upon girls' skill level and recipe requirements. Remember to keep the girls' abilities in mind as well as safety.

1. No Cook Meals
2. One Pot/Skillet Meals on Stove
3. Simple Stick Cookery over fire
4. Foil Packet Cooking over fire or charcoal
5. Dutch oven over fire or charcoal
6. Skillet Cooking over a fire or charcoal

Food Allergies

Any food can cause an allergy, theoretically. However, just a handful of foods cause at least 90% of allergic reactions to food.

The substance that causes an allergic reaction in foods or drinks is called an "allergen". As far as foods are concerned, nearly all allergens are proteins. For most people these proteins are not allergens, because their immune system does not react to them.

The most common allergenic foods, also known as the 'big eight', are:

- eggs
- fish
- milk
- nuts from trees (including hazelnuts, walnuts, almonds, and Brazil nuts)
- peanuts (groundnuts)
- shellfish (including shrimps, mussels, and crab)
- soy
- wheat

What is the difference between food intolerance and a food allergy?

A **food allergy** triggers an immune system reaction that affects several organs in the body such as hives on the skin or something as severe as anaphylactic shock. **Food intolerance** symptoms are less severe and affect only the digestive system with stomach bloating, gas or indigestion.

Source: <http://www.medicalnewstoday.com/articles/8624.php>

Dealing with Food Allergies and Intolerances While Camping

It is the volunteer’s responsibility to share the camping trip’s menu (meals and snacks) with all girls and their parents or guardians. Health History forms have an area where allergies is noted; please keep this in mind when the girls plan the menu.

Sample Outdoor Cooking Kaper Chart

Kaper		Breakfast	Lunch	Dinner
Fire builder	Fill fire bucket with water Get Shovel or Rake Lay fire Start fire Tend fire until it is out Fire safety checker Replenish wood			
Fire Clean up	Clean out used wood Distribute ashes Pick up trash in area Empty and pack fire bucket Pack all fire building equipment			
Cooks	Wash hands Prepare food Soap outside of pots (if cooking on fire) Prepare and cook food Get food ready to serve Soak pots and pans for clean up Put away all food after meal			

Hostess	<ul style="list-style-type: none"> Set tables Make centerpieces Select and lead grace Seat guests Serve guests first Take responsibility for table conversation and manners Wash guest's dishes 			
Cooking Clean up	<ul style="list-style-type: none"> Heat dishwater Set up dish washing area Wash all cooking dishes Wash tables Sweep Dispose of garbage Dispose of dishwater 			

2



KEEP
CALM
AND WEAR
CLOSED-TOED
SHOES*

*GSUSA REQUIREMENT for Camping

General GSCSA Camp Information

Safety Comes First

All guidelines recommended in the current edition of Safety Activity Checkpoints and the American Camp Association are in effect at all our camps.

Camp Footwear

- Closed-toed shoes and socks should be worn at all times when walking around camp or your unit by girls and adults.
- Girls and adults MUST wear closed-toed shoes when going to the dock, pool or bath house and then change into boat shoes, pool shoes, or shower shoes once they arrive.
- Old tennis shoes or river sandals with a heel strap must be worn when boating.
- Absolutely NO FLIP FLOPS are allowed when walking around camp. Flip flops are ONLY allowed in the shower or on the pool deck AFTER traveling to those areas wearing closed-toed shoes.
- When horseback riding, boots with a smooth sole and heel are recommended.

Safety and Security

- Use the buddy system at all times.
- All campers should be supervised at all times, including in the cabins, following established GSCSA ratios.
- Campers should use flashlights after dark.
- Only run on grassy (mowed) areas.
- Campers should be advised in advance of natural hazards including the following: ticks, poisonous snakes, poison ivy, the lakefront, and rocky trails.
- No food or drinks in cabins or tents because ants, mice, skunks and other animals might come in for a snack!
- The maximum number of persons per tent, cabin, or troop house has been determined. Groups may not exceed these numbers.
- Off limit areas for all campers, include the maintenance garage, camp kitchen, maintenance building staff bedrooms and tents, pool pump room, Program Coordinator's house. All program areas (riding arena, barn, swimming pool, dock, lake, etc.) are off limits unless you are participating in a scheduled program.
- No graffiti in tents or cabins.
- Make sure all medical histories / releases, permission slips, and medication directions are signed, dated, complete, and in your possession before coming to camp.
- Health histories must be with the group at all times. (In a Ziploc bag in the leader's backpack is an ideal location).
- Troop roster complete with names of participants (girls and adults), names and phone numbers of an emergency contact for each person and indication of medical condition or special need should be turned in to the Program Coordinator immediately upon arrival.
- Upon arriving at camp immediately give any medications and all permission forms to your unit first aid person.
- Be considerate of troops/groups at camp. Quiet time is 9 pm and lights out is 11 pm.

Personal Habits and Property

- Firearms, ammunition, and power tools are not permitted.
- The use or possession of alcoholic beverages, illegal drugs, or the abuse of prescription or non-prescription drugs at any Girl Scout function is prohibited.
- All three of our camp properties are smoke free, including the use of e-cigarettes. Any use of these products must be done off property.
- Pets are not permitted.
- Personal sporting equipment (balls, helmets, bows, etc.) may be brought to camp but must be stored, inspected, and used in accordance with all GSCSA rules.
- Any person or troop that damages property will be responsible for the cost of replacement.
- All personal property is the responsibility of the owner and the Girl Scout camps are not responsible for damaged, lost, or stolen items.

Vehicles at Camp

- The speed limit for all vehicles in camp is 15 miles per hour.
- No one is allowed to ride in the back of a truck or hatch of a car/van on camp property
- Remember campers (and horses at Camp Adahi) walk in the road at camp. Campers and horses always have the right of way. Please move to the side of the road and stop until campers or horses have passed.

Cooking in the Units

- Keep all food in animal proof containers in the unit.
- Check and record temperature of refrigerator daily. If temperature is above 40 degrees, call Program Coordinator, Property Manager, or Camp Master.
- If using coolers to keep food cold, change ice daily and keep raw meat in separate cooler.
- Garbage should always be placed in garbage cans with the lids closed securely.
- No cooking is allowed in fireplaces at Camp Adahi.
- DO NOT pour grease out on or into a hole in the ground or down the sink; pour grease (and wax) into a metal can to harden and place in the garbage can.

Using the Lake

- The lake and dock are off limits unless a program has been scheduled.
- Wading/swimming in the lake is not permitted.
- Fishing from the shoreline is permitted if adults are present. Follow the Safety Activity Checkpoint for Fishing.

Girl Scouts Care About the Earth

- The use of biodegradable soap for dishwashing is encouraged.
- Please use the recycle bins in each unit if available.
- Conserve wood. Build fires no larger than necessary and supplement firewood with charcoal.
- The use of Safety Activity Checkpoints approved cook stoves by adults trained in their use.
- Stay on the trails to prevent erosion.
- Do not cut any living trees; do not pick or dig up wildflowers or plants.

Cabin Rules

- Only water is allowed in the sleeping areas or bathrooms. No food or other beverages.
- Keep beds or mattresses in their original positions.
- Remove shoes before climbing on beds.
- Put paper towels, or feminine hygiene products (including tampons) in garbage cans.
- Turn water off when not in use.
- Leave muddy/smelly shoes on porch.
- Lock doors only if there is an emergency.
- Sweep each room daily.
- Turn off lights when not in use. Lights are not normally needed during the day.
- Report any water leaks or damage to property manager using the maintenance request form.
- DO NOT take screens out of windows or push on them.
- DO NOT climb in and out of windows.
- DO NOT stand on toilets or toilet paper holder.
- DO NOT sit on sinks.
- DO NOT sit or climb on porch railings.

Emergency Calls

To make an emergency call provide the following information to the 911 operator:

1. Camp address
 - **Camp Adahi:** 125 Camp Adahi Rd, Menlo, GA 30731
 - **Camp Tanasi:** 123 Dark Hollow Rd North, Andersonville, TN 37705
 - **Camp Wildwood:** 1100 Woodland Ave, Johnson City, TN 37601
2. Caller's Name
3. Injury/illness need
4. How many persons injured/ill
5. Any help given (e.g. First Aid)

DO NOT HANG UP FIRST! Let the 911 Dispatcher hang up first.

Phone

All three council-owned camp properties have an emergency phone. Cell phones may or may not work at camp locations. If camping at a non-council-owned property, test the service of your phone carrier, before your camping date. If no cell service is available, plan alternate communication such as walkie-talkies or other radio.

Emergency Phone Numbers

Make a list of emergency phone numbers to keep with you during your camping trip and travel to and from camp. Include nearby hospitals (and directions/address), council emergency phone number, troop emergency contact person, site manager phone number, and emergency phone number if another besides 911 is needed for the area.

Flag Ceremony

Flag ceremony items are available for troops to use at each camp. Please request use of the flag ceremony box when making your reservation. Use of the flag ceremony box is on first request basis. The box includes the flag, sashes, and instructions.

IMPORTANT: If your group Presents the Colors in the morning, your group must Retire the Colors before dark.

Flag Ceremony Terms

The **flag bearer** (or color bearer) is the person who carries the flag. There is one flag bearer for each flag used in the ceremony.

The **color guard** is a team that guards the flags. Any even number of guards may be used, but usually four or six girls are sufficient.

The **caller** is a designated Girl Scout who announces or calls each part of the ceremony.

Traditional Flag Ceremony

Presenting the colors

Please remove all hats and place bags and backpacks on the ground.

"Campers, attention"

"Color guard, attention"

"Color guard, advance" This signals the color guard to advance with the flag or advance to pick up the flag.

"Color Guard, post the colors" This directs the color guard to attach the flag to the grommets on the flagpole rope.

- As soon as the first clip is attached, please place your right hand over your heart.

"Girl Scouts, this is the flag of your country, please join us in saying the Pledge of Allegiance."

"Please join us in saying the Girl Scout Promise" (Followed by an appropriate song, quotation, or poem, if so desired.)

"Color guard, retreat"

"Color guard, dismissed" The color guard leaves in formation.

"Campers, dismissed" Girls may leave in formation (in two lines, each line will be headed by an adult)

Retiring the colors

Please remove all hats and place bags and backpacks on the ground.

"Campers, attention"

"Color guard, attention"

"Color guard, advance" This signals the color guard to advance to pick up the flags.

"Color guard, retire the colors" This asks the color guard to lower the flag, detach from the rope, and fold prior to being dismissed.

- As soon as the flag begins to lower, please place your right hand over your heart.

"Please join us in the singing of Taps" or other song or poem.

"Color guard, retreat" The color guard turns to face the direction to leave but stays at the flagpole.

"Color guard, dismissed" The color guard leaves in formation, with the flag.

"Campers, dismissed" Girls may leave in formation (in two lines, each line will be headed by an adult)

Folding the American Flag

(Source: http://www.usa-patriotism.com/reference/flag_folding.htm)

One

To begin, with one person at either end, hold the flag waist high so that its surface is parallel to the ground.



Two

Fold the lower half of the stripe section lengthwise over the field of stars, holding the bottom and top edges securely.



Three

Fold the flag again lengthwise, now with the blue field on the outside.



Four

Make a triangular fold by bringing the striped corner of the folded edge to meet the open (top) edge of the flag. (It is easier if the person folding the flag takes one step forward before starting to fold the flag.)



Five

Turn the outer (end) point inward, parallel to the open edge, to form a second triangle.



Six

Continue the triangular folding until the entire length of the flag is folded in this manner.



Seven

When the flag is completely folded, only a triangular blue field of stars should be visible. If a hem protrudes beyond the blue field, it should be neatly tucked inside the folds of the flag so that it does not show.

Camp Adahi

125 Camp Adahi Rd
Menlo, GA 30731
(706) 862-2020

History of Camp Adahi

1961 - The Moccasin Bend Girl Scout Council selected the current site, and Sam Chester Jr. and Harold Wilkerson, chairmen of site development proposed the purchase to the Board. Funds had been designated from cookie sale profits during the previous years to purchase property for a camp.

1962 – The site of 750 acres was purchased from H. E. Collins and Hugh Forester. It took 3 years to develop the camp.

1963/1964 – At first only primitive camping was held for Cadette and Senior troops with their leaders, because there were no facilities on site.

1965 – First session of camp opened with Miss Frances Jean Biddle (Buzzy) as Camp Director.

July 11, 1965 - Camp Adahi was officially dedicated and designated as a wildlife sanctuary. The girls that served on the Senior Planning Board were given the honor of naming the camp. In fact, the name that they presented – Adahi – which means “in the woods” was not the adult board members’ first choice. However, they had given the girls the right to name the camp, so they honored the selection.

The camp units were named by the campers the first year that camp was open. They took suggestions and voted on the names we have still today. Each unit also has its own song that the girls created and have been passed down to today’s girls.

Adahi– “in the woods” in Cherokee

Unalyi – “place of friends” in Cherokee

Talahi – “between the oaks” in Cherokee

Ahwenasa – “our home” in Cherokee

Karakondye – “flying sun” in Cherokee

Pooh Corner – got its name from Buzzy’s tradition of reading Winnie the Pooh stories to the camp staff after campers were asleep

Camp counselors each had camp names derived from types of birds. It was always a big guessing game for the campers to try and find out counselors’ real names.

Many Native American arrowheads have been found on the property – particularly at Shelter Rock. If arrowheads or other artifacts are found on the property, please note location and bring to the Camp Program Coordinator for documentation.

Many folk stories and legends have sprung up around the camp through the years. One tale is about a dragon living at a point right past the island of Lake Adahi. When campers were taken out in a large black raft (nicknamed “Black Beauty”) by the counselors, they would reach a point right past the island. At this spot, the counselors began turning the raft in full circles. The girls were told that the only way

they could break the spell of the dragon and get freed from his whirlpool was by singing very loudly. The girls would have to practically be shouting their songs before the counselors would paddle off towards shore.

Another tall tale is about the “little people” who lived at Shelter Rock. They got into a battle for the land. Some of the little people wanted to develop the land and build great buildings. The other group simply wanted to keep it natural. The group that wanted to see the land kept as it was challenged the other group to a sword fight. Fortunately, they won and Shelter Rock remains as it is today. However, legend has it that at certain times of the year, you can still find the swords that were used in the fight of the little people on the ground at Shelter Rock.

Camp Adahi was built in many stages through the years to be our current site as we know it. Visitors can hike, canoe on Lake Adahi, ride horses, swim in the pool, and learn archery, Our camp has six miles of hiking trails, a swimming pool and wonderful natural sites to enjoy such as Shelter Rock, Deer Lodge and Chimney Rock as well as many other areas just to sit and enjoy the beauty of nature. More information can be found in the council archive in the Chattanooga Service Center.

Emergency Calls

NOTE: All emergency information is also posted in each unit.

To make an emergency call provide the following information to the 911 operator:

1. Camp address – 125 Camp Adahi Rd, Menlo GA 30731
2. Caller's Name
3. Injury/illness need
4. How many persons injured/ill
5. Any help given (e.g. First Aid)

DO NOT HANG UP FIRST! Let the 911 Dispatcher hang up first.

Phone

For emergencies, adults can use the phone located at the Program Coordinator's house; there is no public phone. Verizon and AT&T cell phones work well at Camp Adahi.

Emergency Phone Numbers

If you dial 911, ask for Walker County.

Emergency Dispatch	Walker County	706-375-7810
Hospitals	Hutcheson	706-858-2000
	TC Thompson Children's	423-778-6011
	Erlanger	423-778-7000
Floyd Urgent Care Summerville		11766 U.S. Highway 27 Summerville GA 30747 706-857-1010
Poison Control	Georgia Poison Control	800-222-1222

GS Office and Emergency #	See Emergency Procedures	800-474-1912, option 1
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Medical Information for Camp Adahi

Closest Hospitals

Hutcheson Medical Center
 100 Gross Crescent Circle
 Ft. Oglethorpe, GA 30742
 (706) 858-2000

Directions

Turn left onto GA-157 N, go 12.3 mi
 Turn right onto GA-136 E/Lookout Mountain Scenic Hwy
 Continue to follow GA-136 E, go 8.1 mi
 Turn left onto GA-341 N/Cove Rd, go 6.5 mi
 Turn right onto Gordon St
 Continue onto W 10th St
 Turn left onto Crittenden Ave
 Slight right onto Lee-Gordon Mill Rd
 Turn left onto GA-1 N/US-27 N/Lafayette Rd
 Turn right onto Lafayette Rd, go 4.2 mi
 Turn left onto Thomas Rd
 The hospital is on the left

Erlanger Medical Center
 (From Camp Adahi, approximately 44 miles or 1 hour)
 75 East 3rd Street
 Chattanooga, TN 37403
 (423) 778-7000

Directions

- Turn left onto GA-157 N, go 12.3 mi.
- Turn left onto GA-136 W/Lookout Mountain Scenic Hwy, continue to follow GA-136 W for about 13 minutes (9.3 mi)
- Turn right onto S Main St, go 0.1 mi
- Turn Left at the 1st red light
- Turn right to merge onto I-59 N
- Keep right at the fork, follow signs for I-24 E/Chattanooga and merge onto I-24 E Entering Tennessee, go 10.5 mi
- Take exit 178 for US 27 North
- Keep left at fork, follow signs for US-27 N/Downtown/Chattanooga and merge onto US-27 N
- Take exit 1C for 4th Street N toward Downtown N
- Merge onto W 4th St

- Slight right onto E 3rd St
- Turn left onto Central Ave and turn left to enter the hospital

Camp Gate

At Camp Adahi, the gate is usually unlocked. This is to allow access for Walker County Sheriff Department routine patrols and Fire Department and/or Emergency Response personnel, if needed. Occasionally, the gate will be closed, but not locked, from 9:00 PM until 7:30 AM. If you need to enter or exit the camp while the gate is closed, just open it and close it after you.

Parking

All vehicles must park in the parking lot. Overflow parking is on the shoulder of the road near the Field of Fun.

One vehicle may remain at the unit in the designated parking area to be used in the event of emergency. If multiple troops are using the same unit, only one car may be parked at the unit. Troop leaders should discuss the plan in the event of an emergency.

Check-In

Troops and Service Units may check-in on Friday at/after 5:00 pm. Please stop at Wilkerson Hall to check in and drop off the troop's [Troop Emergency Roster](#).

If your check in time will be different than that listed on your reservation form, please call the Outdoor Programs Manager.

Check-Out

After clean-up has been completed, the Troop Camp Basic trained adult must call the Camp Master to notify them that you are ready to check out and to turn in the completed check-out form. Check-out is no later than noon on Sunday.

Garbage

Place tied bags of garbage by the road when full; they will be picked up by dark.

If your trash is not ready by dark (for example, if you are still eating dinner), leave trash in garbage can with lid tightly on.

All garbage must be emptied from the unit and placed in a tied bag by the road before checking out.

Firewood

Firewood is provided for troops for the outdoor fire pits, fireplaces and wood burning stoves.

Troops may collect additional wood from any downed trees/branches around their unit.

Please DO NOT burn pine in a fireplace or woodstove with a chimney. Pine causes a buildup of creosote in the chimney and that can cause a chimney fire.

An adult must be present the entire time the fire is going.

Dining Hall

If your group is using the dining hall, please follow the below guidelines:

DO NOT drag the tables, benches, or chairs.
Wipe and dry tables after use.
Place benches upside down on dry tables.
Sweep floor and mop with mild cleaner

Weather

Temperatures at Camp Adahi are often 10 degrees cooler than in the city. Please remember to bring warm clothes, extra blankets, gloves, hats etc. In warm weather, long pants and a light jacket may still be needed during morning and evening hours.

Remember to bring raincoat/ poncho. Leave umbrellas at home.
Have girls change into fresh clothes to sleep in. Even in cold weather, your body sweats causing clothes to become damp which can make you cold at night.
If sleeping in a tent, leave one flap slightly open to reduce the humidity inside the tent and keep campers warmer.
Some program activities will be cancelled in the event of severe weather. In the event of a severe weather outbreak, camp may be cancelled, or campers sent home early.

Directions

From Chattanooga

From I-24, take Exit 179 (Broad St/Market St) toward Lookout Mountain.

Turn left on Broad St.

Stay on Broad until you come to traffic light directing you to Incline Railway (TN Ave/St Elmo/Hwy 17).

Bear to the left at light and continue on TN Ave/Highway 17.

As you enter the St Elmo area, TN Ave splits off to the right.

Stay on St Elmo Ave/Highway 17.

As you enter GA, St Elmo (Hwy 17) becomes Highway 193.

Follow Highway 193 to the intersection with Highway 136.

Turn right at Highway 136 and go 4.5 miles up the mountain to the (caution light) intersection with Highway 157.

Turn left at Highway 157 and travel 12.3 miles.

Camp Adahi is on the right.

OR

From Highway 27, go north toward Atlanta/Knoxville. Exit at Lookout Mountain South.

At intersection, turn right and continue toward Broad St to traffic light.

Turn left on Broad St.

Stay on Broad until you come to traffic light directing you to Incline Railway (TN Ave/St Elmo/Hwy 17).

Bear to the left at light and continue on TN Ave/Highway 17.

As you enter the St Elmo area, TN Ave splits off to the right.

Stay on St Elmo Ave/Highway 17.

As you enter GA, St Elmo Ave (Hwy 17) becomes Hwy 193.

Follow Hwy 193 out to the intersection with Hwy 136.

Turn right on to Highway 136 and go 4.5 miles up the mountain to the (caution light) intersection with Highway 157.

Turn left at Highway 157 and travel 12.3 miles.

Camp Adahi is on the right.

Alternative route from Chattanooga area

Take I-24 to GA I-59 toward Birmingham.

Take Exit 11, (Trenton).

Turn left at the end of the exit ramp.

Turn right onto Highway 11 South at the first red light.

Drive one block and turn left at Highway 136.

Drive 9.4 miles up the mountain to the (caution light) intersection of Highway 157.

Turn right at Highway 157 and travel 12.3 miles.

Camp Adahi is on the right.

From I-75 in Tennessee

Take I-75 South to the I-24 split.

From I-24, take Exit 179 (Broad St/Market St) toward Lookout Mountain.

Turn left on Broad St.

Stay on Broad until you come to traffic light directing you to Incline Railway (TN Ave/St Elmo/Hwy 17).

Bear to the left at light and continue on TN Ave/Highway 17.

As you enter the St Elmo area, TN Ave splits off to the right.

Stay on St Elmo/Highway 17.

As you enter GA, Highway 17 becomes Highway 193.

Follow Highway 193 to the intersection with Highway 136.

Turn right at Highway 136 and go 4.5 miles up the mountain to the (caution light) intersection with Highway 157.

At Highway 157 turn left and travel 12.3 miles.

Camp Adahi is on the right.

From I-75 South in Georgia

Take Exit 306, Highway 140 (Adairsville) toward Summerville.

Pick up 27 North in Armuchee to Summerville and continue on 48 West through Menlo to Menlo.

Turn right at Highway 157. Travel approximately 11 miles.

Camp Adahi is on the left.

From I-59 North

Take Exit 224- 49th Street. Turn right at the end of the ramp.

At the end of 49th street, turn left at Gault Avenue.

At the end of Gault Avenue, turn right at Highway 117.

Follow Highway 117 up the mountain and through the town of Mentone.

When you reach the Georgia State Line, Highway 117 becomes Highway 48.

After crossing the state line, turn left at the first caution light at Georgia Highway 157. Travel approximately 11 miles.

Camp Adahi is on the left.

Camp Tanasi

123 Dark Hollow Rd North
Andersonville, TN 37705
(865) 494-7470

History of Camp Tanasi

Since the Knoxville Girl Scout Council was growing and merged with other councils in the area, it was decided to replace Camp Margaret Townsend, a Girl Scout camp in the Great Smoky Mountains, with a larger resident camp in the 1950s. The Tennessee Valley Authority (TVA) recommended a tract of land on Norris Lake. In 1954, the Board of Directors approved the acquisition of the camp site.

According to Betty Lighton, "On July 28, 1955, a deed to the land was given by TVA to the Knoxville Girl Scouts, for a purchase price of \$15,000. Thirteen thousand dollars of this was available through an accumulation of funds, mainly from Cookie Sales, over previous years. Two thousand was borrowed from the Tennessee Valley Bank, and this note was paid in full in June 1956 from Cookie Sale proceeds." This allowed for development for a 419-acre camp, and 42.4 more acres were deeded to the camp in 1958. Profits from 1956-1959 Cookie Sales were designated for camp development. Many troops also donated cash, lanterns, dishcloths, first aid kits, cooking sets and hatchets.

Harry Scott, a site planner for TVA, gave the basic design for the camp based on conversations about Girl Scouting with Berry Lighton and Judy Nickerson. Harry seemed to take more pleasure in suggesting the name Tanasi for the council than in his tremendous input to the general plan of the area, road, and camp sites. Having served as chairman of the camp development committee, Harry resigned in 1959 on doctor's orders but remained an active member of the committee. Hap Eldredge took over duties of the camp development committee chairman. It was later decided by a troop that the new camp would have the same name as the new council.

Hap Eldredge's interest and tireless devotion in getting the camp built were unbelievable. He recruited specialists, begged materials and money and practically lived on the site while the camp was being constructed.

Troy Minton, also with TVA, made the drawings for the building – dining hall, showers, bath house, caretaker's house, and the infirmary. His main excitement was the big timbers shipped from Oregon to build the dining hall.

Without the influence of Harry Scott and Troy Minton and the constant and continuous efforts of Hap, it is doubtful Camp Tanasi would have been ready to use for many years.

In addition to naming the staff house, "Hap House", a grove of trees was planted in Hap's memory and dedicated on March 28, 1992.

Judy Nickerson directed pioneer camp at Tanasi from 1957-1959 and was the camp director from 1960-1963. Other staff members with a strong influence on first campers at Tanasi were Margaret (Cookie) Cook, Jessie Dempster, Joyce Edwards, June Goforth, Alice Heap (for whom the Alice Heap Library is named for in the camp office), Peggy Kelly and Anne Windrow.

When the first pioneer camp was started in 1957, campers all had to be swimmers since the access to camp was only by boat. Supplies and equipment went in from the boat dock. Canvas pup tents were used and there was a small motorboat and canoes – everything else the girls and leaders had to do for themselves.

Traditional resident camp opened to girls in 1960 under the direction of Judy Nickerson and since then operated until 2008. After a two-year hiatus, resident camp opened again in 2010 and continues today.

Camp Tanasi Timeline

1956 – Camp was purchased

1957-1959 – Pioneer Camp was open

Feb 1960 – well was dug, road was improved, power and telephone lines were installed.

1960 – Troop camping opened, and Resident Camp was available for the first year for 72 girls. There were four two-week sessions including Beginning Counselor-in-Training (CIT) and Advanced Counselor-in-Training (CIT). Since the dining hall was complete yet, campers dined under a circus tent and the Hap House was used as the kitchen.

1961 – Dining hall construction complete, named “Lighton Lodge” after Betty Lighton.

1962 – Resident camp was divided into five units: Cedars, Far Horizons, Echo Cove, Whippoorwill, and CIT.

1965 – The two-way road construction was complete

1966 – An Olympic-sized swimming pool was built

1967 – The Alice Heap Library was dedicated

1968 – Cedars and Far Horizons unit shelters (the “A” shelters) were “added on to”

1974 – Road gate was dedicated. Treehouse construction started under the leadership of Professor Bill Barth and the UT Build Studio, who designed and constructed the treehouse.

1975 – The tree house was built

1977 – The amphitheater was built. The arts and crafts shelter was remodeled and named the Callihan Crafts Cottage in memory of Alva Callihan, which was later remodeled into an indoor space called the Callihan Nature Nook.

1982 – Many improvements were made in preparation of the World’s Fair held in Knoxville including: redesigning the kitchen and installing new equipment; renovating the swimming pool; building 51 platform tents and a large shower/bathroom unit (what is currently Day Dreams); 53 primitive sites with a shower and four outhouses; and infrastructure upgrades.

1989 – A new swimming pool was built, in its current location.

1994 – Resident camp attendance reached 879 campers.

1993 – A new gate (the current gate) replaced the original gate.

1995 – A ribbon-cutting ceremony was held opening Deer Point, the new winterized lodge.

1995 - Climbing tower built; roof added 2003

1996 - Cedars B and Far Horizons B Unit shelters built

2002 - Crafty Fox was constructed

2004 -Day Dreams unit was totally rebuilt. The old unit shelter was converted into the current cabin. The new unit shelter was built at that time as well.

2005 - Observation Tower was built

2006 - Gazebo built

2007 - Canoe Storage Barn was constructed

2007 -Pool Pavilion built

2008 - Camp Kitchen was renovated

2008 - Roads into camp went from gravel to asphalt

2009 – The new bath house at Echo Cove was constructed

2014 – The current boat dock was installed.

2015 – Callihan Nature Nook was torn down and the Callihan Loft was built and opened to troops. This is the only 2-story cabin at Camp Tanasi.

Emergency Calls

To make an emergency call provide the following information to the 911 operator:

1. Camp address – 123 Dark Hollow Rd N, Andersonville, TN 37705
2. Caller's Name
3. Injury/illness need
4. How many persons injured/ill
5. Any help given (e.g. First Aid)

DO NOT HANG UP FIRST! Let the 911 Dispatcher hang up first.

Phone

There is one phone located at camp for emergencies located in the Camp Office. Emergency numbers are posted in each unit and in the camp kiosk by the camp office.

Most cell phones work at Camp Tanasi but there are areas where service is spotty. Verizon gets the best service.

Emergency Phone Numbers

Emergency Dispatch	Union County	911
Hospital	Tennova North Knoxville Medical Center	865-859-8000
Poison Control	Tennessee Poison Control	800-222-1222
GS Office Emergency #	See Emergency Procedures	800-474-1912, option 1

Medical Information for Camp Tanasi

Closest Hospital

Tennova North Knoxville Medical Center
7565 Danaher Way
Powell, TN 37849
(865) 859-8000

Directions

- At the Camp Tanasi gate, turn right onto North Dark Hollow Road
- At the stop sign, turn right onto Highway 61
- Stay on Highway 61 until you get to the Interstate intersection (about 8 miles)
- Follow I-75 South and take Exit 112 (about 10 miles)
- Turn left off the exit.
- Take the third left onto Danaher Lane
- The hospital is on your right.

Camp Gate

- The camp gate is operated on an electronic key code system. An important part of our security system is keeping the camp gate closed; never give out your key code!
- Please refrain from driving at dark.
- All campers need to be in their units by 11 pm.

Parking

All vehicles must park in the main camp parking lot or the parking lots near the unit.

One vehicle may remain at the unit in the designated parking area and facing out. It can be used in the event of emergency. DO NOT block the road and DO NOT park in cul-de-sacs.

Check-In

Troops and Service Units may check-in on Friday at/after 5:00 pm. Please stop at the camp office by the gate to check in and drop off the [Troop's Emergency Roster](#).

If your check in time will be different than that listed on your reservation form, please call the Outdoor Programs Manager.

Check-Out

After clean-up has been completed, the Troop Camp Basic trained adult must call the Camp Master to notify them that you are ready to check out and to turn in the completed check-out form. Check-out is no later than noon on Sunday.

Garbage

Please leave all garbage in the provided trash cans with the lids securely fastened. The Property Manager will come and collect all garbage at the end of your stay.

Firewood

Firewood is provided for you free of charge. We provide enough firewood for a small fire for each night of camping. Feel free to collect down and dead branches around camp to use as additional fuel. An adult must be present the entire time the fire is going.

Dining Hall Procedures

If your troop or service unit has ordered food service, please follow the guidelines posted below.

What's a Kaper?

It's a duty or chore to help keep our camp looking nice and clean.

Who is Responsible for Kapers?

Everyone! We use a Kaper chart to divide campers and staff fairly into groups for doing Kapers. We will encourage parents, troop leaders and girls to all take a part in doing Kapers.

What is Each Kaper?

- **Hoppers:** Campers who are responsible for setting the tables before meals and sweeping after meals.
- **Earthkeepers:** Campers and adults that take the trashcan and compost wagon around to tables during meal cleanup. Afterwards, the trashcan should be returned, and compost taken to compost bin. One adult must accompany the Earthkeepers.
- **Joppers:** Adults who help the Hoppers set up tables and help at the dirty dish window to separate flatware after the meal.

Hoppers

- Hoppers should arrive 15 minutes prior to meals.
- All tables should be set with the bowl on the plate.
- All pre-set food, condiments, and beverages should be distributed to the tables.

Pre-Meal Procedures

- Before entering the dining hall, campers should gather in front of the porch in two separate lines to be taught grace by girls or volunteers.
- At the designated mealtime, campers should file into dining hall, find their table, and stand behind seat.
- Volunteers or girls will start grace and campers should sing along.

- After grace, all persons should be seated. Adults footing tables will retrieve hot food from the window for their table.

During Meals

- All campers are encouraged to drink a full glass of water at lunch and dinner to maintain hydration. Set the example for your table and drink your water.
- All campers should remain seated. Only one person should be up from each table at a time- except to go to the bathroom.
- All campers going to the bathroom must take one buddy. Refrain from sending groups of campers to the bathroom.
- There is a vegetarian alternative available for each meal. Only campers who have registered as vegetarians and campers who have indicated they are a vegetarian on their health form should partake in the option.
- Extra items available to all diners is listed on the whiteboard that will be by the food window. Send one person at a time to retrieve items from the window. Please bring a plate or bowl. Use the utensils provided not your fingers.
- There is always milk available in the pass-through refrigerator. Adults should ask the kitchen staff for milk for campers by taking a glass to the food window.
- Never force your campers to eat something. If your camper refuses to eat at a meal, offer options.

Post-Meal Procedures

- After finishing dessert, the adult at the foot of the table is responsible for collecting dishes, trash, and compost for their table. Please scrape your plates! All liquids should be collected in one pitcher.
- Return dirty dishes (except cups) to the small window run by a Jopper. There is a purple basket on your table for your silverware. All cups will be collected at your table by another volunteer. Please do not carry cups to the window.
- All untouched food and packages should be returned to the large food window.
- The Earthkeepers will bring around the trashcan and compost wagon to each table. The compost wagon has two buckets. The bucket with the strainer is for liquids (beverages, soup, and cereal) and the other bucket is for food scraps. Please do not take your compost or trash to the trashcan and wagon; wait for it to come to you. When all tables have been taken care of, the volunteer and campers will fill the watering can with water from the spigot near the dining hall door and then take the wagon to the compost bin. Place the food scraps in the correct bin as noted on the bulletin board and pour the liquids along the shrub row. Be sure that no meat or dairy go into the compost bins. Then rinse the buckets with the provided watering can and return the wagon.
- Each table needs to be wiped clean by the campers. Rags are available in a green bucket next to the large window at the end of meals. Please use only one rag per table and place your dirty rag in the red bucket.
- After everyone has finished cleaning their table, announcements will be done. Please keep your campers from talking during this time. Announcements include important information for volunteers and campers. Lost and found can also be displayed during this time.

Dismissal

- Please dismiss campers by table. After being dismissed, campers and volunteers should turn their chairs over on the table and exit promptly through the front doors of the dining hall.
- After campers have exited the dining hall, hoppers should sweep the dining hall thoroughly.

Tree House

The camp tree house can become dangerous if overcrowded. Do not have more than 6 people at one time on the tree house structure.

Composting at Camp Tanasi

Composting is fun and easy because nature recycles leaves and plants. In a forest, leaves fall forming mulch that protects the soil. Over time they decompose into nutrients that feed forest plants.

The micro-organisms that recycle leaves and other plant parts need an even mix of brown stuff and green stuff to munch on. They also need air and water to live and work. Put all this together and in time you will have compost.

- Brown stuff: Dead or dried plant parts like leaves and pine needles
- Green stuff: Fresh, living parts like grass clippings, kitchen vegetable scraps, weeds and other plants

Do not use meat or milk products because pets and other animals may try to dig them up out of the compost bin. Also do not use diseased garden plants. Do not use fatty oils because they take longer to decompose.

Please read the instructions posted on the board near the compost bins for information about how to compost.

Recycling

We ask that all troops bring bags with them from home to store used paper, plastic or glass. Please bring the recyclable items back home with you to put in the proper receptacle. There is no recycling at Camp Tanasi. Please do not put recyclables in the compost bins.

Ice

Ice is available by reserving it as part of your reservation process. Please make sure to reserve ice when booking your stay.

Alice Heap Library

The library at Camp Tanasi was named and dedicated the Alice Heap Library on May 21, 1967, as a small token of appreciation for all that Alice had done for Girl Scouting. Please feel free to borrow any of the books on the shelves located in the Camp Office during your stay at camp and return them before you leave.

Raccoon Run

Raccoon Run is the nature and hiking trail at Camp Tanasi inspired by Lou Henry Hoover, President Herbert Hoover's wife. This loop hike is about three miles long and will take 1.5-3 hours depending on the level of hiker experience.

The trail begins at the main camp parking lot. Look for the painted white blazes (white rectangles) on the sign on the edge of the parking lot leading to Echo Cove and Deep Woods. Follow the white blazes painted on the tree trunks. The trail goes through Echo Cove and follows a trail that is marked with a sign that says Whippoorwill. Follow that trail to the right when you see the unit shelter and look for an old kiosk. Follow the white blazed trail, which follows along the lakeshore. Near the end the trail will take you back up to the barn. When you get to the barn, turn left down the gravel road and make your way back to the Whippoorwill unit shelter. The trail back to main camp will be on your right. Follow this trail back to Echo Cove and to the main camp parking lot.

A patch is available to Girl Scouts for completing Raccoon Run. It can be purchased in the Knoxville Girl Scout Shop.

Radio Care

Radios are available to use when a Camp Master is present and during Service Unit Encampments. Please contact the camp registrar to reserve radios.

- Never get your radio wet. If your radio gets wet, turn it off immediately and fill out a maintenance request form in the office.
- Do not use your radio in thunder and lightning storms.
- Do not clip your radio to your backpack.
- Do not carry your radio by the antenna or swing it around.
- Charge your radio every night.
- When charging your radio, turn it off.

Directions

From I-75 go about 8 miles East on Highway 61. Turn LEFT onto Dark Hollow Rd North just past the Camp Tanasi sign. The first road on the left is the camp road (with a gate). Enter the code to pass through the gate. Follow the camp road 1.5 miles to the Camp Office/Dining Hall.

From Maynardville, travel about 3.5 miles past Big Ridge State Park and turn RIGHT onto Dark Hollow Rd North. The first road on the left is the camp road (with a gate). Enter the code to pass through the gate. Follow the camp road 1.5 miles to the Camp Office/Dining Hall.

Camp Wildwood

1100 Woodland Ave
Johnson City, TN 37601
(423) 926-8990

History of Camp Wildwood

The Darling Jones Cabin and Camp Wildwood have a significant Girl Scout history in the Johnson City area. Mr. Darling Jones (1764-1848) was an important Revolutionary War soldier (see information on the Internet.) The site of his original cabin, where Darling Jones lived until his death, was about 2.5 miles west of Johnson City, and the cabin was moved several times.

1921-1929 Cabin's First Move: Mr. E. Haynes Miller and family had lived in the house now occupied by the Appalachian Funeral Home. There, they became interested in Girl Scouting as a positive and vital force in the lives of young girls. They provided an official meeting place for Girl Scouts in a second-floor garage apartment. In the summer of 1929, the Darling Jones Cabin was to be torn down. The Millers learned of the cabin's history, purchased it, and had it moved to his family's new home and backyard on Mountain View Circle. His purpose was to preserve it as the home of a Revolutionary War soldier and later to have it used as a home for Girl Scouting. The original logs were carefully numbered and reconstructed in proper orientation. It is said that gas-rationing stamps during the Great Depression allowed them to transport the logs.

Cabin Became Girl Scout Headquarters: At the Miller's location, the cabin became the official headquarters for the Girl Scouts and was used for camping. The girls could sleep in the loft, which was reached by an outside ladder as was done in the days of Darling Jones. Girl Scouting was the main hobby for Mr. Miller, and he provided water, fuel, and electric lights for Girl Scout meetings, cookouts, and parties. The first day camp was held in 1932. Mr. Miller willed the cabin to the Girl Scouts and died in 1942.

1944-1945 Cabin Moved to Present Location: The cabin was moved on October 31, 1944 (on Founder's Day, Juliette Low's Birthday) to Woodland Avenue, a 17-acre woodland site acquired by a board trustee through a generous grant from Mr. Allen Harris. The first day camp at this site was held in the summer of 1945.

1947-1948 Camp Wildwood's Development: A master plan was made using funds provided by Mr. Harris as well as from the Annual Girl Scout Carnival, which ran for more than 25 years. The construction included: Three age level units; a small amphitheater; a large shelter; a tent unit with bathhouse; and a chain fence surrounding the entire camp.

Additions to Camp Wildwood include:

1970s – Outdoor Cooking areas

1980s – Ferndell unit constructed

1985 – Crestwood Pavilion built

2000's - Darling Jones Cabin front porch added

2014 – New bathhouse constructed; tents added to White Oak unit

Emergency Calls

To make an emergency call provide the following information to the 911 operator in Washington county:

1. Camp address – 1100 Woodland Ave, Johnson City, TN 37601
2. Caller's Name
3. Injury/illness need
4. How many persons injured/ill
5. Any help given (e.g. First Aid)

DO NOT HANG UP FIRST! Let the 911 Dispatcher hang up first.

Phone

There is one phone located in the Darling Jones Cabin for emergency use. The cabin phone is 423-926-8990. You are also encouraged to bring a cell phone for emergency use. All cell carriers work at Camp Wildwood.

Emergency Phone Numbers

Emergency Dispatch	Washington County	911
Hospital	Johnson City Medical Center	(423) 431-6111
Poison Control	Tennessee Poison Control	800-222-1222
GS Office Emergency #	See Emergency Procedures	800-474-1912, option 1
Emergency maintenance only	David Hopkins	865-776-3156

Medical Information for Camp Wildwood

Closest Hospital:

Johnson City Medical Center
400 North State of Franklin Road
Johnson City, TN 37604-6094
(423) 431-6111

Directions

- Head southwest on Woodland Ave toward E Oakland Ave
- Turn left onto E Oakland Ave
- Turn right onto E Unaka Ave
- Turn right onto W Market St
- Turn left to stay on W Market St
- Turn left onto University Pkwy
- Turn right onto W State of Franklin Rd
- Johnson City Medical Center will be on the right

Camp Gate

You will need keys to enter the camp. ALWAYS lock the gate behind you for safety and security. Keys will be placed in a combination lock box, with a key storage compartment, attached to the gate. The combination will be sent to you in the confirmation packet.

UNDER NO CIRCUMSTANCES MAY COPIES OF COUNCIL PROPERTY KEYS BE MADE. Security is the priority concern and your cooperation is needed to ensure all campers remain safe. Unauthorized key duplication may place campers at risk.

Parking

Vehicles are not permitted beyond the Darling Jones Cabin except for loading and unloading. Please park in the Service Center parking lot.

Check-In

Troops and Service Units may check-in on Friday at/after 5:00 pm. **There is no staff or camp host on-site.** Please be sure [Troop's Emergency Roster](#) available for all adults in your group.

Check-Out

Turn in the completed check-out form with the key in the drop box. Check-out is no later than noon on Sunday.

Garbage

Please place all garbage and trash in bags and dispose of them in Service Center dumpster.

Firewood

Firewood is available for troop use. Fireplaces are also located at Crestwood, Tanglewood, White Oak, and the Darling Jones cabin. An adult must be present the entire time the fire is going.

Additional Sleeping Arrangements

The shelters are open and unheated but may be used for activities. Troops may sleep in shelters. Since floors are concrete, air mattresses or sleeping pads are advisable for comfort spaced three feet apart to comply with health and safety regulations.

Directions

From Knoxville:

- Take I-40 East / I-75 North
- Keep straight onto I-40 E
- At exit 421, take ramp left for I-81 North toward Bristol
- At exit 57A, take ramp right for US-23 South / I-26 East toward Asheville / Johnson City
- At exit 22, take ramp right for TN-400 toward Watauga Ave
- Keep straight onto Elm St
- Turn left onto TN-400 N / E Watauga Ave
- Turn left onto E Oakland Ave
- Turn right onto Woodland Ave
- Arrive at 1100 Woodland Ave, Johnson City, TN 37601