



Resident Camp 2015

Dear Parents and Guardians:

Thank you for registering your daughter for one of our 2015 summer camp sessions at Camp Osito Rancho! We are looking forward to providing your child with an amazing outdoor adventure that she'll remember for many years to come. Along with having fun, research has shown that camp provides children with a safe environment to develop independence, social skills, leadership skills, and an adventurous attitude to try new things. Rest assured that our camp is led by an incredible staff that is enthusiastic, fun, caring, energetic, responsible, and fully trained based on the standards of the American Camp Association and Girl Scouts of the USA.

Camp Osito Rancho is a high adventure camp (activities include: horseback riding, hiking, backpacking, swimming, canoeing, archery, high ropes course and zip line) that also incorporates environmental and outdoor exploration. During the girls' stay at camp, they will be participating in our high adventure activities as well as working on the various levels of the "It's Your Story, Tell It" Journey and other related Badges. By utilizing GSUSA's National Leadership Outcomes as outlined in the Journey and Badge processes, we will work to complete many levels of the Journey and components of Badges.

Within our confirmation packet, you will find useful information that will help you and your daughter prepare for her camp experience.

The Camp Osito Rancho Health History Form must be signed by a physician. Please visit www.girlscoutsla.org to download the 2015 Camp Osito Rancho Health History Form, or follow the link provided in your email confirmation once you register for camp. **All correspondence will be by email, so please check your eBiz account to make sure your email is correct and up to date in order to receive vital information regarding camp.** ONLY Camp Osito Rancho Health History Forms will be accepted, no substitutions for school or other camps will be allowed. Signed and completed 2015 Camp Osito Rancho Health History Forms must be **scanned & e-mailed** to: ositoranchohealthforms@girlscoutsla.org, or **faxed to 626-677-2456**. **Forms must be received at least 2 weeks prior to your camper's session of camp. We will not be accepting any forms in person on the first day of camp.** If you fail to meet the mentioned deadlines your girl will not be able to attend that session of camp and you will need to contact the registration department regarding the balance of your account. If forms can not be faxed or emailed, please contact the Osito Rancho Health Forms Hotline for more information on how to submit. For more information please contact the **Camp Osito Rancho Health Form Hot Line at 626-677-2282** or at ositoranchohealthforms@girlscoutsla.org.

Thank you again for making us a part of your camper's life!

Sincerely,

Annie Markowitz
Outdoor Adventure Program Manager
ositocamp@girlscoutsla.org

THE CAMP EXPERIENCE

Summer camp is a positive, supervised environment where kids:

- increase self-esteem
- build new relationships
- develop self-confidence
- learn new skills
- form lifetime memories
- And ... have lots of fun!

Camp Osito Rancho is a spectacular 160-acre high adventure camp located in the San Bernardino Mountains above Big Bear Lake. The camp is organized in small living units with adult counselors. Units average 2-4 counselors for approximately 16-24 campers. Campers are placed in units based on grade level.

Elevation at Camp Osito Rancho is at 7,500 feet. At this elevation, the air is dryer, lips chap quicker and it is very easy to get sunburn. We cannot stress enough that each camper needs to continuously put on sun block, use Chap Stick and to drink **LOTS** of water (3 times what they are used to). We need the campers to drink water on the bus ride up, when they arrive at camp and then throughout the whole camp session. Please assist us in talking to your daughter about these issues.

Weather is constantly changing. Please note that all of the activities are outdoors. Rain, hail and cold can be possible along with hot, sunny, beautiful days. The temperatures vary at night between 45 – 60 degrees and 60 – 90 degrees during the day. Weather is very unpredictable, so please be prepared with proper clothing and we encourage layering.

Sleeping takes place in a canvas tent on a wooden platform above ground, with a cot & mattress. At night, the only light visible is from the stars, moon and a flashlight/lantern. There might be occasions when campers sleep outside of the tents on tarps or mats under the stars.

Bathrooms , AKA “BIF” (bathrooms in the forest) are available for each unit . Each facility has three showers with hot & cold running water, two sinks, soap dispenser and three flush toilets. Each shower and toilet stall has its own latched door for privacy.

Personal Care is still very important out-of-doors. Taking a shower, combing hair, brushing teeth and changing clothes is necessary every day. Counselors are there to help our campers, especially our younger campers, with these daily routines.

Eating is done as a camp together “family style,” in a large dining hall. Food is planned to be nutritious and appealing to children, but doesn’t always suit everyone. Encourage your daughter to try “different” foods. Healthy snacks will also be available each day in the afternoon. If your daughter has special dietary needs, please indicate it on the *Camp Health History Form*. In the case of severe dietary restrictions, please contact us at ositocamp@girlscoutsla.org.

Electronics are cell phones, ipod’s, ipad’s, kindle’s, ect. These items are not permitted at camp and should be left at home. Anyone seen with electronics will have it taken away and returned when they depart camp. Please do not send camera phones to camp, instead send a digital or disposable camera. Camp Osito Rancho and the Girl Scouts of Greater LA are not responsible for any lost electronics brought to camp.

Counselors are enthusiastic, fun, caring, energetic, well trained, and highly experienced adults who are hired or appointed for their desire to work with children in a learning environment. As an American Camp Association accredited camp, we are required to train all resident camp staff on topics including youth supervision, child development, program planning, conflict resolution, First Aid, CPR, and additional certification for specialized program delivery.

Camp Kapers are the regular chores that must be done in any living situation. Campers take turns clearing & wiping the tables, sweeping floors, picking up trash, cleaning the showers and bathrooms. Kapers are done by groups and become part of the program in camp living.

High Adventure Activities are activities which permit campers to extend themselves in a physical and adventuresome manner. While no activity is mandatory, we encourage adventure by choice. All of our activities fit in with our camp program and are educational and exciting. Some of our high adventure programs consist of high ropes course and zip line, backpacking, hiking, canoeing, swimming, and archery just to name a few! Due to various factors, your camper may not be able to participate in all of the activities we have to offer. Weather at camp can change rapidly causing our activities to be canceled due to rain or lightning. We do our best to reschedule, but due to time constraints this is not always possible.

Our zip line has a height, weight, & age limitation. In order to provide the safest and best experience for the girls, participants must be entering into the 8th grade and be between the weight limits of 80-250 pounds.

Girls that have registered for our horse camp sessions are guaranteed time with the horses daily. We will do our best to provide non-horse camp participants time with the horses. Again this is based on time and weather.

Homesickness is an issue some campers face. Once your child arrives at camp, she may experience some apprehension related to the fear of the unknown and/or the fear of failure in new situations. Some refer to this as “homesickness,” which can show up in the form of stomach aches, headaches, occasional misbehavior (in hopes of being sent home) or even statements about “hating” camp. Most kids need a couple of days to adjust to life at camp and being away from home. They miss familiar surroundings, parents, pets and friends. Overcoming homesickness and learning to care for one’s self are important challenges that can be faced at camp. In extreme cases, the Camp Director will call the parents for consultation.

Mail is delivered to the post office daily (Mon-Sat) and incoming mail is picked up at that time. Campers can place mail in the camp mailbox anytime. It takes at least 3 days for the mail to reach a camper, as it must be sorted and distributed once it arrives at camp. Please mail a letter to your camper on or before the day she leaves for camp. You can also bring the letter to bus check-in and we’ll make sure to get it to your camper at camp! Be positive and happy and ask about the fun she is having. AVOID telling her of the family fun and how much Mom, Dad, and the cat or dog misses her. Remember to pack stamps and self-addressed envelopes.

ADDRESS LETTERS TO:

US Mail:

(Camper’s Full Name)

Camp Osito Rancho, Session #____

P.O. Box 1509

Big Bear Lake, CA 92315

UPS/FED EX Deliveries:

(Camper’s Full Name)

Camp Osito Rancho, Session #____

PMB 106

40729 village dr #8

Big Bear Lake, ca 92315

Please do not send food care packages to camp. Campers are prohibited from keeping food in their tents because animals WILL be attracted and may cause damage to personal belongings.

Emergency situations may occur back at home. If you have an EMERGENCY situation, call the Camp Director at (909) 866-7205, 24 hours a day. Please leave a clear message with your name, your daughter’s name, time, date, and a number where you can be reached. Messages will be checked daily.

Lost & Found - Items left at camp or on the bus are returned to the Council office. **LOST** items not claimed by

September 1st are given to a charitable organization.

HEALTH AT CAMP

Health Screening - All campers will be screened before boarding the buses going to camp. If you are driving your child to camp, we will do the same screening that is done at the bus check in before you leave camp. The screening will include checking for temperature and head lice. Any child found to have head lice or a temperature will not be allowed to board the bus or stay in camp if you drive in. Once you have treated the head lice and no eggs or lice are detected, you may drive your daughter to camp to join the rest of the session. All health forms will be reviewed by the Health Supervisor before/or with-in the first 24 hours upon your child's arrival to camp.

Medications/Vitamins - All medications, including vitamins, will be turned in at the camper's check-in table at the service center on the day of departure. If your camper uses an inhaler, she may keep it with her. PLEASE indicate on the *Camp Health History Form* that she will have an inhaler at camp, include instructions for use, and be sure that the inhaler is clearly labeled with your camper's name.

ALL PRESCRIBED MEDICATIONS, "OVER THE COUNTER" MEDICATIONS, AND VITAMINS MUST BE LABELED WITH DISPENSING INSTRUCTIONS AND IN ITS ORIGINAL CONTAINER OR IT WILL NOT BE DISPENSED TO YOUR CAMPER.

The Health Supervisor will dispense all prescription medications according to doctor's instructions. All "Over the Counter" medications, including Vitamins, should be clearly labeled with camper's name and parent's dispensing and dosage instructions. Make sure that you send enough medication for the time your camper will be away.

We try to accommodate all girls that come to camp. Please contact us at ositocamp@girlscoutsla.org. So we can discuss whether the camp can adequately accommodate your camper's special needs.

Health Center - Children visit the Health Center for a variety of reasons; cuts and bruises, mosquito bites, upset stomachs, homesickness, splinters, and other common ailments. Do not be alarmed if your daughter writes that she had a visit to the Health Center. If a camper must remain in the Health Center for an extended period of time, parents will be notified by the Health Supervisor or the Camp Director. In case of a serious accident or illness, parents are notified immediately. There is a hospital with an emergency room in Big Bear Lake.

Safety - Campers are taught safety guidelines and are provided with the proper safety gear for specific activities by certified instructors. All campers and staff are required to wear helmets when riding horses and participating in our High Ropes Course and Zip Line. Campers are required to wear life jackets while using the canoes.

Camp Health History Form – Included in this confirmation packet for your convenience is our Camp Health History Form. Please take the time to fill these forms out in their entirety. All information on the forms is confidential. Only the Camp Nurse(s), Camp Director and your Campers Counselor review the information on these forms. This is to ensure that your camper has the best experience while at camp.

A link was also provided in your registration confirmation to download the health history forms. If you need assistance in getting these forms, please contact the Camp Registrar immediately at (626) 677-3600. **The Physician's Signed Report Form** on the fourth-sixth pages of the *Camp Health History Form* MUST be filled out and signed by your camper's physician. The date of the exam **MUST** be within 12 months of the start date for your camper's camp session.

You are required to have an emergency contact in case you cannot be reached. Please make sure that the phone numbers for emergency contacts are accurate and current. Additionally, please make sure that the people you list for emergency contacts are willing and available to care for your daughter in a situation where you are unable to be reached.

NO CAMPER WILL BE ALLOWED AT CAMP WITHOUT! THE PROPER COMPLETED PAPERWORK!!!

SUGGESTED PACKING LIST:

Please keep in mind that the appropriate number of clothing depends on the number of days that your camper is attending camp.

- | | |
|--|--|
| <input type="checkbox"/> 4-6 pairs of shorts | <input type="checkbox"/> re-useable water bottle |
| <input type="checkbox"/> 2-3 pairs of jeans | <input type="checkbox"/> flashlight (with extra batteries) |
| <input type="checkbox"/> 4-6 shirts (short & long sleeve) | <input type="checkbox"/> toiletries (brush, soap, shampoo
toothbrush and paste, deodorant, etc.) |
| <input type="checkbox"/> 4-7 underwear | <input type="checkbox"/> feminine products |
| <input type="checkbox"/> 6-8 pairs of socks(one or two pairs for
sleeping only) | <input type="checkbox"/> sleeping bag (with comfort level of 20-30
degrees, it gets very cold at night) |
| <input type="checkbox"/> 2 pairs of sturdy closed-toe and closed-heel
shoes (with laces for walking & hiking) | <input type="checkbox"/> extra blanket(flannel or sleeping bag liners
are best) |
| <input type="checkbox"/> warm jacket | <input type="checkbox"/> pillow |
| <input type="checkbox"/> sweatshirt | <input type="checkbox"/> lip balm & lotion (very important!) |
| <input type="checkbox"/> rain wear | <input type="checkbox"/> sunscreen with high SPF |
| <input type="checkbox"/> hat with brim or visor | <input type="checkbox"/> fanny pack or knapsack |
| <input type="checkbox"/> bandana/scarf | <input type="checkbox"/> pen, stationary & stamps |
| <input type="checkbox"/> sunglasses | <input type="checkbox"/> camera maybe brought to camp, but NOT
necessary |
| <input type="checkbox"/> bath towels & washcloths | <input type="checkbox"/> snacks for the bus ride to camp |
| <input type="checkbox"/> swimsuit | |
| <input type="checkbox"/> beach towel | |
| <input type="checkbox"/> water shoes for the pool area | |

*Horse activities may be limited if appropriate shoes aren't worn! Campers should pack cowboy or sturdy shoes/boots (required for riding/animal care). Hiking Boots are not appropriate shoes for the horse sessions.

REMINDERS:

- Please **LABEL** everything with a permanent marker with camper's first and last name.
- Keep packing simple and limited to what you feel the camper will absolutely need. Campers will have to carry their own luggage for short distances, so keep it light.
- Please send only two pieces of luggage with your camper.
 - One sleeping bag and one duffel bag or soft sided suitcase.
- There is no need to buy a "camp" wardrobe. Clothes should be comfortable, yet durable. Clothes will get very dirty.
- **DO NOT PACK:**
 - Sandals or open toed shoes
 - Food or snacks, including candy or gum, snacks will be provided
 - Any electronics including cell phones, iPods, or hair dryers
 - Personal sports equipment
 - Pets
 - Valuables that may be lost or broken

GSGLA CANNOT ASSUME RESPONSIBILITY FOR LOST OR DAMAGED ARTICLES. THIS INCLUDES GLASSES, CONTACT LENSES AND RETAINERS.

TRANSPORTATION

Bus transportation to and from resident camp from the Arcadia Service Center, Long Beach Service Center, and the Woodland Hills Service Center is included in the cost of each session. You may also choose to drive your child to and from camp. We can not accommodate interchanging the methods of transportation. Transportation to and from camp must stay consistent in order to provide the best possible safety and service for our girls. NO EXCEPTIONS!!

Bus check-in – Please make sure you arrive at the Bus pick-up locations on time. Make sure you bring your camper's medications in their original containers, placed in a large Ziploc bag and labeled with your camper's name. Also, make sure we have dispensing instructions & proper dosage for all medicines and vitamins sent to camp.

Reminder: Your camper will return from camp to the same bus location that brought her to camp. We can not accommodate changes in bus locations or departing for camp at one location and returning home to another bus location.

Camper Arrival Delays - If, for some reason, you are going to be late to the check-in location, please call the camp line: 909-866-7205. This phone is monitored 24 hours a day. Please leave a detailed message if your call goes to voice mail. Camp staff will then contact the service center to inform them of the camper's delayed arrival. Please leave a detailed message clearly stating your camper's name and your contact information.

Camper Security – You will be responsible for signing in/out your camper when getting on/off the bus and driving to/from camp. Upon checking-in your camper at the bus location or at camp on the first day of camp, we will verify the adults authorized to pick up your camper when returning from camp on the last day. **A photo I.D. will be required to release your camper.**

The counselor: camper ratio of 1:8 for 4th-12th grades and 1:6 for 2nd-3rd grades will be maintained throughout your campers stay at Camp Osito Rancho. We will have 2 Counselors plus the bus driver keeping the ratio during bus transport of 1:15

Please review with your camper before boarding the bus the following safety guidelines for bus transportation:

- Camp staff riding the bus is responsible for all campers until released to their parents/guardians.
- Do not disturb the bus driver.
- Follow any instructions from the bus driver and/or camp staff.
- Please stay in your seat while the bus is in motion.
- If you need to use the on board restrooms, please, only one camper up at a time.
- Camp staff should be notified by a camper if they begin to feel ill or are being bothered by another camper on the bus.
- No Fighting, verbal threats, or confrontations while on the bus.
- Have a safe and fun ride.

Bus Ride – The bus ride could take between 3 hours (Long Beach & Arcadia) to 4 hours (Woodland Hills), to get to camp. Please make sure your daughter has snacks and water for the bus ride. All campers will receive a sack lunch when they arrive at camp. The campers will be provided a brunch prior to boarding the bus and snacks for their return home. Please note that the return times on the last day of camp (table found on page 8) are estimated times. Although we make every attempt to arrive at the service centers on time, delays may occur due to traffic, road conditions and other unforeseen situations.

Half of the drive is on the freeway and the other half is on a mountain road. The mountain road is windy in some areas and the last 2 miles in/out of camp is a dirt road which is very bumpy. With the increase and decrease of elevation and winding roads, car sickness is a possibility to those that are susceptible. If you feel that your daughter may get car sick, please administer Dramamine one hour before getting on the bus. If your daughter needs to have Dramamine administered for the ride home, please indicate on her Health History Form.

Transportation emergencies or delays- If there is an emergency, to or from camp, you will be contacted by a GSGLA employee as soon as possible. Each Service Center will have a roster with names, emails and phone

numbers and a telephone tree will be put in place at each service center in order to get information to the parents as quickly as possible. For medical emergencies, each bus will have a staff member that is certified in First Aid and CPR. There will be emergency provisions (water and granola bars) and first aid kits on each bus.

Bus delays when returning from camp- A designated camp staff member on each bus will be in communication with the designated GSGLA staff member at the service center as to the bus' approximate arrival time. GSGLA staff members will then inform parents waiting at the service center of the bus' approximate arrival time.

Not riding the bus – If you are driving your camper directly to Camp Osito Rancho (directions on page 9), please follow the arrival/departure times listed below. These times are set up for your safety and to avoid two way traffic on the dirt roads. The dirt roads are not wide enough to handle a car and a bus going in opposite directions!

Camper drop off at Camp Osito Rancho: Please arrive between 10:30am- 12:30pm. Please park your car near the camp office and check-in. Please be prepared to turn in all medications for your camper. Once you have been checked in at the office, signed your camper in, put luggage in designated area, given us any other adults authorized to pick up your camper at the end of the session, you (camper and parent(s)/guardian(s)) will be escorted to the Health Center for your health screening. Please do not leave camp until the health screening has been completed. Once completed, your camper will be taken to join her unit.

Unfortunately, on the arrival/departure days, we can not allow camp tours. We do, however, encourage you to participate in our Camp Service Weekend on May 29-31, 2015. This weekend is at no cost to you. We just ask for a little manual labor, a good work attitude and having fun!

Camper pick up at Camp Osito Rancho: Please arrive between 9:00 a.m.-10:00a.m., and the buses are due to arrive in camp between 10:00 a.m.-10:30 a.m., please check in at the camp office. In order for your camper to be released to you, we will need to see a photo ID, confirm you are authorized to pick up and then you will sign out your camper. If you can not arrive at the designated time, PLEASE call the camp line 909-866-7205. If all the buses have departed and your camper is still on site, your camper will remain with the administrative staff in the office until your arrival. Please make every effort to be on time.

Bus check-in times TO Camp Osito Rancho

BUS #1 - NORTH ROUTE	
July 7, July 13, July 20, July 28, August 4	
8:00 a.m.	<u>Woodland Hills Service Center</u> 818-886-1801 20931 Burbank Blvd, Ste. A Woodland Hills, CA 91367
9:30 a.m.	<u>Arcadia Service Center</u> 626-677-2200 101 Wheeler Ave Arcadia, CA 91006
12:30 p.m. – 1:30 p.m.	<u>Camp Osito Rancho</u> 1801 Camp Osito Road (or) Forest Road 2N17 Big Bear Lake, CA 92315 Big Bear Lake, CA 92315

BUS #2 - SOUTH ROUTE	
July 7, July 13, July 20, July 28, August 4	
9:30 a.m.	<u>Long Beach Service Center</u> 562-421-8456 4040 N. Bellflower Blvd. Long Beach, CA 90808
12:30 p.m. – 1:30 p.m.	<u>Camp Osito Rancho</u> 1801 Camp Osito Road (or) Forest Road 2N17 Big Bear Lake, CA 92315 Big Bear Lake, CA 92315

Bus Transportation FROM Camp Osito Rancho

BUS #1 - NORTH ROUTE	
July 11, July 18, July 25, Aug 1, August 8	
10:30a.m.	Leave Camp Osito Rancho
12:30 p.m.- 1:30 p.m. (eta)	Arrive – <u>Arcadia Service Center</u>
1:30 p.m.- 2:30 p.m. (eta)	Arrive – <u>Woodland Hills Service Center</u>

BUS #2 - SOUTH ROUTE	
July 11, July 18, July 25, Aug 1, August 8	
10:30 a.m.	Leave Camp Osito Rancho
12:30 p.m.- 1:30 p.m. (eta)	Arrive – <u>Long Beach Service Center</u>

PARENTS - please mark your calendar and note dates.

We have had parents forget their children!

Directions to Camp Osito Rancho:**From Los Angeles/San Fernando Valley:**

Take I-10 East to the 605 Fwy North to the 210 Fwy East

From South Bay/Orange County:

Take I-91 East to I-215 North to the 210 Fwy East

From San Diego:

Take I-15 North to I-91 East to I-215 North to 210 Fwy East

From San Gabriel Valley:

Take the 210 Fwy East

Take the 210 Fwy to Hwy 330, follow signs for Mountain Resorts. At Running Springs, Hwy 330 merges with CA-18. Take CA-18 East approximately 17 miles to Big Bear. When you reach Big Bear Dam, continue straight and follow CA-18 approximately 2.5 miles to Tulip Lane (second street past Big Bear Lake Performing Arts Center) turn right on Tulip Lane and go approximately ½ mile to Mill Creek Rd and turn right follow about ½ mile to Forest Service Rd 2N10. Turn left (if you go straight you will enter Cedar Lake Camp) onto forest Service Rd 2N10 for 0.8 miles to fork. At fork, turn Left onto 2N17 and go 0.5 miles to next fork. Go right at fork, through gate, and follow road ¼ mile into camp. We have posted all directional signs at all forks in the road.

From Victorville/High Desert

Head East on Bear Valley Rd to CA-18. Turn Right onto CA-18 and head East to Lucerne Valley. Follow signs for CA-18 to Big Bear. Once in the Big Bear Valley, stay on North Shore Dr. to Stanfield Cutoff. Turn left on Stanfield Cutoff south to Big Bear Blvd. Turn right onto Big Bear Blvd. and go west though town. Continue West on Big Bear Blvd past Pine Knot Ave to the stop sign and go West on CA-18 approximately ½ mile to Mill Creek Road. Turn Left on Mill Creek Road; go past Aspen Glen picnic area and turn left at Oak Knoll Lodge, you will still be on Mill Creek Road. Follow Mill Creek Road about ½ mile to Forest Service Rd 2N10. Turn left (if you go straight you will enter Cedar Lake Camp) onto forest Service Rd 2N10 for 0.8 miles to the fork. At the fork, turn Left onto 2N17 and go 0.5 miles to next fork. Go right at fork, through gate, and follow road ¼ mile into camp. We have posted all directional signs at all forks in the road.