



**Make New Friends...**

**...But Keep the Old!**



**2025 GUIDEBOOK**



**GIRL SCOUT SUMMER CAMP**

Dear Parents and Campers,

I am excited to welcome you to another fun-filled summer at Camp Tik-A-Witha! My camp name is Sarge, and I am the Camp Director. I'm thrilled to work with such an amazing team to create an environment where your camper can explore, grow, and make lasting memories.

At Tik-A-Witha, we believe that every child should have the opportunity to experience the magic of summer in the great outdoors. Our goal is to offer a safe, nurturing, and inspiring space where girls can develop new skills, forge lasting friendships, and grow in confidence. Through a variety of activities like hiking, swimming, arts and crafts, team-building challenges, outdoor cooking, and so much more, campers will have the chance to discover new talents and passions.

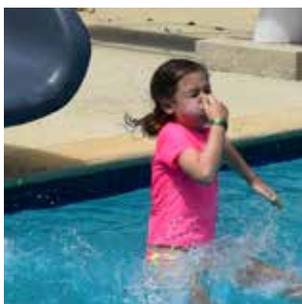
Our staff is dedicated to providing a fun, supportive, and inclusive environment where each camper can thrive. We prioritize safety and personal growth, ensuring that every girl feels valued and encouraged to reach her full potential. Whether it's through working as a team, taking on a new challenge, or simply enjoying the beauty of nature, we are committed to creating a memorable summer experience.

At camp our mission is to provide a caring, confident, creative environment that will promote:

- Skills for Life
- Self-Worth and Respect for Others
- Friendship Building
- Teambuilding/Teamwork
- Respect for our World and Environment

I am so excited about this summer and can't wait to see you at camp!

With excitement,  
Sarge and Blue (the camp dog)



## GSHS Camp Guidebook

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

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# GET READY FOR ADVENTURE!

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

**Our goal is that every camper will:**

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

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

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

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



**WE'RE SO HAPPY YOUR CAMPER WANTS TO JOIN US  
AT CAMP TIK-A-WITHA!**

Click **HERE** or visit the link below for details on our 2025 Summer Camp Sessions, browse our 2025 Summer Camp Brochure and to register!

[www.girlscoutshs.org/summercamp](http://www.girlscoutshs.org/summercamp)

# Get MORE Girls Outdoors



Tabitha was nervous and excited. She had checked her packing list for the third time, just to make sure she had everything. She couldn't wait to be at Girl Scout resident camp. It's her favorite summer activity. Campfires. Swimming. Canoes. Singing. Games. New friends and old.

Her mom had listened to Tabitha chatter on and on about all the things she was looking forward to. As a mom, she knows camp builds Tabitha's confidence, teaches independence, and brings her out of her comfort zone to try new things. What Tabitha didn't know was camp almost didn't happen that year. Family finances just weren't enough, and her mom requested assistance through the Girl Scouts Heart of the South campership fund. Thankfully, Tabitha didn't miss resident camp that year – and that was the summer she overcame her fear of heights and made it to the top of the climbing tower!

If you believe in the value of resident camp because you or your daughter learned something new, made new friends, or became more confident, please help ensure girls like Tabitha get to experience camp this summer. Girl Scouts Heart of the South camperships are available to ensure every girl can go to resident camp. Donate to our campership fund by visiting [www.girlscoutshs.org/donate](http://www.girlscoutshs.org/donate) or mail your check to Girl Scouts Heart of the South – Campership Fund, 825 Valleybrook Dr, Suite 102, Memphis, TN 38120.

We ask families to pay what they can, so a donation of any amount will help a girl have a resident camp experience. However, for those who cannot afford camp at all, a mini camp session costs \$200 per girl; it's \$400 for a week-long session; \$500 for a one-week horse session; and our Elizabeth Gwin Special Session for children with special needs is \$175 for a one-week session. Click [HERE](#) to learn more about our inspiring 2025 Camp Session offerings!

Camperships are awarded in early May. Don't let a girl miss camp this summer. Donate today!

**Thank you for helping girls get outdoors!**

Campfires. Swimming. Canoes. Singing. Games. New friends and old. Camp builds girls' confidence, teaches independence, and brings them out of their comfort zone to try new things. Girl Scouts Heart of the South thanks all of our amazing donors whose generosity has helped to provide the life-changing experiences of camp to more girls across our council area this past year:

Louis Alpe, Julia Austin, CREATE Foundation, Susan Deaver, Lisa Evers, Tracy Fitzpatrick, Julia Hurwitz, Emilie Hutcheson, Northeast Mississippi Down Syndrome Society, Nancy Peterson, Dana Reese, Jennifer Rizzi, Theodora Trezevant Neely Special Endowment Fund, Cecilia A. Walsh, and Tricia Williams. Thank you.

# PAYING for CAMP

## and OTHER CAMP MONEY MATTERS

### DEPOSIT

A \$50 deposit is required to register your girl for camp. Registrations will not be processed without the deposit payment. The full payment is due no later than two weeks prior to her session's start date.

The session price for Non-Members or girls Out-of-Council has an additional fee of \$75. But it's never too late to join Girl Scouts and pay the GSHS member rate!

### FINAL DUE DATE OF COMPLETE PAYMENT

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

### FINANCIAL ASSISTANCE

GSHS is committed to ensuring every girl receives the opportunity to participate in Girl Scouts. Financial assistance is available to girls and adults who are members of GSHS council and participated in the product program. Financial aid is limited and priority is given to girl requests.

Interested families are invited to complete the [GSHS Summer Camp Financial Assistance Request](#) form. All information will be kept strictly CONFIDENTIAL.

Please note that you must submit the \$50.00 deposit to be eligible to request financial assistance. Requests are due no later than May 1st. An email with the amount of financial assistance will be forwarded to you by May 20th. Once financial assistance is applied, any balance will be due two weeks before the girl attends camp.

No Shows from the previous year who were granted financial aid are not eligible to apply for financial assistance this year.

### GIRL SCOUT PASSPORT BUCKS

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

Passport Bucks cannot be used to pay the \$50 deposit.

Passport Bucks can also be used to purchase goodies from the Trading Post. Please email [info@girlscoutshs.org](mailto:info@girlscoutshs.org) to apply Passport Bucks to the Trading Post.

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

### WILL MY DAUGHTER NEED MONEY WHILE AT CAMP?

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

### WHAT IF WE NEED TO CANCEL?

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

## OTHER WAYS TO SUPPORT CAMP

Camp is always in need of supplies such as the items listed at right. If you would like to contribute new items to help facilitate our amazing camp experiences, please contact us at [info@girlscoutshs.org](mailto:info@girlscoutshs.org) to find out how!

- clean youth & adult costumes for our costume closet
- arts and craft supplies
- storage bins
- travel size shampoos and body washes
- camping supplies
- pool noodles
- board games
- books for our library
- kickballs
- orange plastic sports cones
- and MORE!



# ELIZABETH GWIN SPECIAL SESSION

**July 7-12, 2025**

**Elizabeth Gwin Special Session**

7/7/2025, 1:00 PM - 7/12/2025, 10:00 AM

\$175

Age Levels: Boys & Girls - K- 12th,\* Adults

Are you looking for a safe, outdoor camping experience for your special needs child? The Elizabeth Gwin Special Session gives your child a world of outdoor opportunities!

**Let's All Play!!**

7/7/2025, 1:00 PM - 7/12/2025, 10:00 AM

\$175

Age Levels: Boys & Girls - 6-10th\*

Give back and grow this summer by attending the *Let's All Play!* Session. For nearly 50 years, Girl Scouts Heart of the South has hosted the Elizabeth Gwin Special Session, an inspiring resident camp program that allows children with special needs to experience and explore their capabilities in the great outdoors.

*Let's All Play!* immerses campers of all abilities in a meaningful week of fun and learning as they connect with children participating in the EG Session.

*Is your child wanting a safe place to be themselves and have a great time outdoors? Check out our Elizabeth Gwin Special Needs camp this summer!*

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

Click the link below or scan this QR code to find out more about the Elizabeth Gwin sessions.



Click **HERE** or visit the link below for details on our 2025 Summer Camp Sessions, browse our 2025 Summer Camp Brochure and to register!

[www.girlscoutshs.org/summercamp](http://www.girlscoutshs.org/summercamp)



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

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

# PREPARING YOUR CAMPER

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

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

## Here are some ideas to help your girl prepare:

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

***Not sure if she's ready to go or if you're ready to send her?***

**Complete the quick quizzes on page 8 to find out!**

# PREPARING YOUR CAMPER

## AM I READY FOR CAMP?

Take this quiz with a parent/guardian to help you both decide if you are ready for camp. Answer "Absolutely!" "Sometimes." or "No" to each of the following 10 questions. Keep track of your points as noted below. At the end, add them up and compare your score to the recommendations. Also be aware that this is just a recommendation. Your parent/guardian know you and your comfort level!

**3 POINTS: "Absolutely!"**

**2 POINTS: "Sometimes."**

**1 POINT: "No."**

1. I can stay overnight at a friend's house without calling home.
2. I try new things even if I am a little nervous or scared.
3. I can shower and brush my teeth without assistance.
4. I can go a week without electronics.
5. I can ask adults for help when I need things.
6. I enjoy being outside.
7. I can keep track of my belongings.
8. I like to make new friends.
9. I am willing to try new foods.
10. I am excited about going to camp.

**POINT**

**TOTAL**

- **25+:** You must be an experienced camper! We can't wait to have you join us!
- **15-24:** You are more than likely ready for a week of overnight camp!
- **Less than 15:** You might not be quite ready for overnight camp yet. Or you might be ready to try one of our 3 days and 2 nights camp sessions. Either way camp will be ready for you when you are ready to come!

## AM I READY TO SEND MY GIRL TO CAMP?

**3 POINTS: "YES!"**

**2 POINTS: "Maybe."**

**1 POINT: "No."**

1. I am okay with not talking to my daughter on the phone for the week.
2. I believe that Girl Scout camp helps build girls' confidence and courage.
3. I am confident in my girl's ability to maintain her hygiene.
4. I have gone through the preparation tips on page 8 with my daughter.
5. I am confident in my daughter's ability to try new things.
6. I am okay with following the policies that apply to camp.

**POINT**

**TOTAL**

- **14+:** This must not be your first time sending your girl to camp!
- **13-10:** You haven't sent your daughter to overnight camp before, but you are willing to try!
- **Less than 10:** You aren't quite ready to send your daughter off to camp. You might be more comfortable signing up for one of our sessions where they can attend with their favorite female adult.



# PACKING FOR CAMP

## DRESS CODE

Camp dress code requires closed-toed shoes with a secure heel be worn at all times. **Crocks do not count!** When planning what your camper will bring to camp, keep in mind that there are no laundry facilities for campers.

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

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

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

## LUGGAGE

Girls should bring their personal belongings to camp in a duffel bag, an unlocked footlocker, or an old suitcase; moisture and general camp treatment are rough on high-quality luggage. Milk crates or

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

*See additional packing tips and guidelines on page 10.*

open caddies are discouraged. Pack all items in luggage that is a manageable size.

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

**TIP!** Label every item you pack! Mark all baggage and clothes with the camper's name OR make it easy on yourself and order labels from our partners at **Mabel's Labels!** We try very hard to help girls keep up with their belongings; however, it is not uncommon for a camper to return home missing a shirt or a towel. If necessary, the staff will identify lost items and contact the parents. *If you pack your girl's luggage, make sure she knows where her items are inside her luggage.*

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



# PACKING CHECKLIST

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

## CLOTHING

- 8 pairs of shorts
- 9 t-shirts
- 8 pairs of socks
- underwear, bras & socks (1 for each day, plus at least 1 extra)
- 2 pairs of pajamas
- 1-2 bathing suits
- 1 rain coat or rain poncho
- 2 pairs of tennis shoes (no open toe/heel shoes allowed)
- 1 pair of water shoes for lake
- 1 pair of shower shoes (flip flops or clog-like shoes)
- warm jacket or sweatshirt

## PERSONAL CARE

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

## BEDDING & LINENS

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

## OTHER REQUIRED ITEMS

- small backpack
- flashlight & extra batteries
- water bottle or canteen
- bandana
- sunscreen
- bug repellent
- laundry bag or extra pillow case
- mess kit (unbreakable plate, cup, silverware, mesh bag)

## OPTIONAL ITEMS

- brimmed hat
- stuffed animal
- stationery, stamps & pen
- disposable camera
- swimming goggles
- reading material
- card games
- battery-operated fan
- Mabel's Labels** personalized labels

Depending on the length of your stay, this list could be shorter or longer.



## ITEMS NOT TO BRING TO CAMP:

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

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

## WHAT IF SHE FORGETS SOMETHING?

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

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

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



**The following items are  
ABSOLUTELY NOT PERMITTED  
at camp:**

- alcohol
- weapons
- drugs
- vapes
- pets

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



# HEALTHCARE AT CAMP

## Click this link to complete the [Camper Agreements/Health Form.](#)

This important form should be filled out for each participant, including children and adults! This form is due two weeks before camp allowing the nurse and staff time to review it and make adjustments if needed.

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

## HEALTH SCREENING AT ARRIVAL

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

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

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

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

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

## PRESCRIPTION MEDICATIONS

All prescriptions should be in the original prescription packaging, labeled with camper's name, drug, dose, and how to administer. NO MEDS will be accepted without this.

## OVER-THE-COUNTER (OTC) MEDICATIONS

Any OTC medication that a caregiver wants to send requires a note from the physician/nurse practitioner or parent/guardian stating that the camper can take

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

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

the medication. The health provider or parent/guardian should specify how and when to administer it. The medication MUST be sent in the original labeled box or bottle.

All medications brought to camp, both prescription and over-the-counter, must be listed on the medication section of your camper's [Health Form](#).

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

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

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

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

## WELLNESS DURING CAMP

The Camp Director or Healthcare Supervisor will make a phone call to the parent/guardian regarding the camper's health if the camper spends the night in the Health Lodge, needs healthcare outside of camp, or if the healthcare staff has any questions about your camper's health.

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

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

# CONQUERING HOMESICKNESS

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

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

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

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

**PLEASE**  
Do not tell her  
that she can  
call home.

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

**Do not make a pick-up plan.**

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

## 4 TIPS TO AVOID HOMESICKNESS

### **GIVE IT A TRIAL RUN. ENCOURAGE PARTICIPATION.**

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

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

### **TELL HER HOW PROUD YOU ARE.**

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

### **REMINDE HER THAT FEELING HOMESICK IS NORMAL.**

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





**Every girl will receive a FREE T-SHIRT when they arrive at camp!**



# ARRIVING AT CAMP

When you arrive at camp, you will be greeted by staff who will tell you what camp unit your girl is in for her session.

We will direct you through the check-in drive-thru.

Camp is paperless! This includes cash and paperwork. We are asking all participants to have their registration fees, including Trading Post money added to your camper's account. This is due TWO WEEKS before your daughter's first day at camp.

- [Camper Agreements/Health Form](#)
- Trading Post Funds

Trading Post funds MUST be submitted no later than two weeks before your daughter's first day at camp. Submit Trading Post Funds [HERE](#). You can use Passport Bucks at the Camp Trading Post, too! Email [info@girlscoutshs.org](mailto:info@girlscoutshs.org) to request that Passport Bucks be transferred to her Trading Post Account!

Upon arrival we will perform a Health Check (see page 12). You will be able to meet the nurse and discreetly check for head lice and turn in any medications.

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

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

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

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

## We're going to have a great time and ARRIVAL

- All regular sessions start on Sundays; campers should arrive between 2-4 p.m.
- CIT arrival is June 8th at 10 a.m.

## DEPARTURE

Camper pick-up is between 2-3 p.m. on departure days during Week 1 only. Pick-up is at 10:30am on Fridays during Weeks 2-4. Every person picking up a camper is required to show a government issued photo ID and must be on the camper's pick-up list.

## ALTERNATE ADULT PICK UP

If someone other than the emergency contact or parent/guardian listed on your camper's [Camper Agreements/Health Form](#) is picking up your child, written consent must be given by the parent or legal guardian. You can submit this when turning in your paperwork online. If you need to add someone to the pick-up list after your paperwork has been submitted, email [camps@girlscoutshs.org](mailto:camps@girlscoutshs.org).

**If for any reason you cannot make the times listed above, please contact the Camp Director to make other arrangements.**

**Camp Tik-A-Witha: 662-447-3400**



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

# CAMPER CODE OF CONDUCT

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

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

## Help us by reviewing the following expectations with your camper:

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

## We have zero tolerance for:

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

## Bullying

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

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

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

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

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

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

# CAMP SCHEDULE

## WHAT TO EXPECT EACH DAY

### Here is what a typical day at camp looks like!

7 a.m.	Rise & Shine
8 a.m.	Flag Ceremony/Announcements
8:15 a.m.	Breakfast
9 a.m.	Themed activities
Noon	Camp kapers
12:30 p.m.	Lunch
1:30 p.m.	Rest Time
2 p.m.	Snacks
2:30 p.m.	General Activities
5:50 p.m.	Flag Ceremony
6 p.m.	Dinner
7 p.m.	Free Choice or All-Camp Activity
8:30-10 p.m.	Get ready for bed (time varies by age)

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

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

### FOOD ALLERGIES

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

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

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

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

### SNACKS

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

### What's to Eat?

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

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

### PICKY EATERS

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



# COMMON QUESTIONS

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

In addition, we meet or exceed national camp standards — earning accreditation from the American Camp Association. We've compiled a list addressing our most common parent/caregiver questions and

## Do we need to get a physical exam?

No. Physical examinations are not required; however, we do require campers to fill out a [Camper Health Form](#) with a parent/guardian's signature every year.

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

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

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

## Can campers stay with a sister or friend?

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

Will my daughter earn Girl Scout badges while at camp? Some sessions will have Girl Scouts earning badges this summer, others will have them checking off requirements towards earning them. A list of requirements met will be sent home with your camper.

## Are cell phones, tablets or laptops allowed?

No. Camp gives girls the opportunity to unplug and be present in their

experience. Campers are not allowed to have cell phones at camp. Allowing your camper to sneak a cell phone to camp tells her it's okay to break rules that you disagree with — this is contradictory to Girl Scout values.

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

### *Distraction from our camp program.*

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

### *Crutch for homesickness.*

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

### *Causing commotion.*

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

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# COMMON QUESTIONS

continued



## How can I communicate with my daughter while she is at camp?

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

### How to email your camper: [camps@girlscoutshs.org](mailto:camps@girlscoutshs.org)

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

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

### How to write to your camper:

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

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

## Can I visit the camp?

Due to our busy schedule, parents/caregivers should only plan to be on campus for drop-off and pick-up times.

## How can I contact the camp or ask a question?

We realize parents/caregivers may have questions or concerns to share with our camp staff. You can email your questions to [info@girlscoutshs.org](mailto:info@girlscoutshs.org).

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

Camp Tik-A-Witha: 662.447.3400

To reach the Council Headquarters, call 800.624.4185.

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

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

## EMERGENCY COMMUNICATION

We have only one business phone line at camp. Excessive calls can block the line from people trying to get through with an emergency situation. If there is a real emergency, parents/caregivers will be contacted directly by the Camp Director.

## THE TRADING POST

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

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

Click [HERE](#) or scan the QR code to add money to your camper's account.



# CAMP SAFETY & WELLNESS

## HYDRATION

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

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

## HYGIENE

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

## WEATHER EMERGENCIES

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

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

## SUN SAFETY

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

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

## WATER SAFETY

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

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

## INSECT SAFETY

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

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

### *Recommended insect safety tips:*

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

## NIGHTTIME SUPERVISION

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

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

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

## CAMP SECURITY

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

## CONCEALED CARRY FIREARMS

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

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



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

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

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

Camp Tik-A-Witha is accredited by the American Camp Association (ACA)! This means that we undergo a thorough review of 300+ operational standards — from staff training and qualifications to emergency management by the ACA.

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

