TROOP CAMP INFORMATION

Camp Bette Perot

IMPORTANT LEADER INFORMATION ENCLOSED

(Please share with your girls and their parents)
Dear Troop Leaders,

This is an information packet to help you and your troop prepare for your troop camping experience. Inside you will find lots of information that will help make your visit to Camp Bette Perot as enjoyable as possible for your girls, their parents and your leaders. We always enjoy input from our leaders, so if you have any ideas or suggestions, please email camp@gsnetx.org with your ideas.

We hope that this will be the best camping experience yet for both you and your troop! If you have any questions, please call (214) 770-1452 or email kschaefer@gsnetx.org.

Sincerely,

Renee Schaefer
Nicole DeBusk

Renee Schaefer
Outdoor Leadership Experience Coordinator
Nicole DeBusk
Outdoor Education Manager

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CONTACT INFORMATION

Outdoor Coordinator: Renee Schaefer 214-770-1452
Outdoor Education Mgr: Nicole DeBusk 214-770-1452
EQ Programs Coordinator: Kayley Tyler 903-221-3014
Equestrian Director: Brady Brownlow 903-549-2124
Camp Address: 2008 An Co Rd 458, Palestine, TX 75803

Directions to Camp Bette Perot

Take 175 E. towards Kaufman. Stay on 175 to Athens. Go right on Loop 7. Take 19 S. (Palestine) exit. Go about 18 miles. Turn right on county road 459 at the Beaver Creek Ranch, Camp Bette Perot sign. Go two miles to where the road T’s. Turn left at 458 and follow road ½ mile to camp entrance.

EMERGENCY INFORMATION

Emergency procedures and phone numbers are on the bulletin board in every unit shelter/shed and by the telephone. Before calling, please call the Outdoor Leadership Experience Coordinator listed on page 1 of this booklet. For emergencies please call 214-770-1452.

Emergency Procedures:
In the event of an emergency, the volunteers must:

- Provide care for the ill/injured persons.
- Call 911/emergency medical care.
- Notify the child’s parent or guardian.
- One adult must stay at the scene. Do not disturb victim or surroundings until assistance arrives.
- Report the emergency to council.
CHECK-IN and CHECK-OUT PROCESS

CHECK-IN PROCESS

Check In: All troops check in at the Palomino Lodge (located on the sports field).
**Check-in time begins at 6pm on Friday evening.** Troops/Service Units should not plan to arrive any earlier. Early arrivals must be pre-approved in advance by the Outdoor Leadership Experience Coordinator. You may also email camp@gsnetx.org.

Be aware that other events may be scheduled on Friday during the day or on Sunday afternoons.

Front Gate: The gate will generally be closed at all times and opened by a code provided in your confirmation email.

CHECK-OUT PROCESS

Check-out: Check out time is noon on Sunday.
Troops/Service Units desiring to stay later must make arrangements prior to their camping weekend.

Please let the Outdoor Leadership Experience Coordinator know the approximate time you will be leaving, so she can check you out. If she is not available, please check yourself out; she will check all units on Monday. Please follow the “Checklist for Breaking Camp”. Turn out all lights, close (but don’t lock) doors, and leave radios in the unit shelter. Return your check-out papers to the island in the Palomino Lodge. Please leave your email address on the “Checklist for Breaking Camp” form if you worked on the TLC patch.

**REMEMBER:** “A Girl Scout always leaves a place cleaner than she found it.”
GENERAL CAMP INFORMATION

Parking Procedures:
A maximum of **ONE** vehicle per troop per unit will be allowed to park at the troop campsite, and must have council hang tag displayed from rearview mirror (received at Check-In). A maximum of 3 cars total will be allowed in any one unit, depending on safe parking space; all other vehicles must park in designated parking areas, with the exception of loading and unloading directly related to arrival and departure of troops, **all vehicles MUST remain parked** in their designated areas. Driving to/from activities, even if the troop is running late, will not be permitted.

**Speed Limit:** 10 mph (must be followed at all times)

**Designated Parking Areas:** Main camp parking lot.

**Maintenance Problems:**
Call Renee Schaefer on the radio. If you cannot reach her, call her at 214-770-1452. Write all maintenance concerns on your check-out sheet.

**Trash:**
Please tie trash in plastic bags and place in trash bins. If the bins are completely full, leave garbage inside unit shelter and notify the Outdoor Leadership Experience Coordinator.

**REMEMBER:** A Girl Scout leaves a place cleaner than she found it.

**Burn Ban/Weather Information:**
Check the website, [www.gsnetx.org](http://www.gsnetx.org) for updated information. We use Texas Forest Service at [http://tfsfrp.tamu.edu/wildfires/decban.png](http://tfsfrp.tamu.edu/wildfires/decban.png) If you need further information contact the Outdoor Education Manager for information specific for the facility. Burn bans are occasionally implemented by the Texas Forest Service for the protection of life and property. During burn bans, only propane, solar and indoor cooking is permitted.

**Kitchen Information:**
Each unit should have the following: 4 burner stove with electric oven, Refrigerator, 4 cast iron Dutch ovens (do not use on electric stovetop), 4 cast iron skillets, 2 cooking pots, 4 buckets, brooms, mops, dust pans, oil for cast iron, 2 hoes, 2 rakes, 2 shovels, 2 bow saws, 1 water hose and disinfectant for cleaning latrines.
(Notes for cleaning cast iron: scrub cast iron thoroughly, but do not use soap. If soap is used, oil the entire cast iron.)

A thermometer is provided in the refrigerator and freezer. Prior to storing food in the refrigerator please verify that the temperature is less than 40 degrees Fahrenheit. If the temperature is higher than 40 degrees, please notify camp staff immediately.

As a reminder—please minimize the time that potentially hazardous food remains in the food temperature danger zone of 40F-140F.

**Camp DOES NOT provide:**
Toilet paper, paper towels, trash bags, ice, cooking utensils, or extra cleaning supplies.
SERVICE PROJECTS
(TLC & Camp Project Partner)

Service projects are available at camp. Contact the Nicole DeBusk for ideas. Projects that are large in size, scale, skill requirements or involve large number of people must be approved by Nicole DeBusk prior to attending camp.

**TLC Patch**

A TLC project at camp is something the girls choose to do to help beautify and improve the camp. TLC projects are simple and don’t require prior approval. Examples of TLC projects are cleaning out fire pits and realigning the rocks around them, washing windows in the bathrooms, removing small tree branches from the paths around camp,

To purchase the patch – just go to any GSNETX shop and buy the patch – no approval necessary.

**Camp Project Partner Patch**

A camp project partner patch can be earned but requires approval from Nicole DeBusk prior to doing the project. Projects are larger in scale and skill requirements, and may require the large numbers of people to complete the project. Examples of this type of project are clearing brush, replacing shower curtains or shower heads, sanding graffiti off picnic tables, benches, tent poles or walls of cabins, etc.

To purchase this patch – an email from the GSLE specialist – Outdoor Program or a signed copy of the breaking camp checklist form must be presented to the shop when purchasing the patch.

There are several other patches that can be earned or completed while at camp. Be sure to check out our website for those patches with requirements.

Other patches include:

- Girl Scout Troop Camping Patch
- Outdoor Program Progressive Patch
- Polar Bear Patch
- Camping in the Mud
- Camp Bette Perot – year specific patch.
EQUESTRIAN CENTER INFORMATION

Troops/groups camping during the school year have an option of horseback riding, for an additional fee on weekends only. The EQ program is conducted under the supervision of the Equestrian Director, Brady Brownlow. Class content is determined by the EQ Director based on girl age and skill levels, and weather conditions. Safety is our priority, as evidenced in our safety regulations. Riders must wear LONG PANTS AND SHOES WITH A DEFINED HEEL. Girls without boots, or shoes with heels, can borrow boots at the EQ Center.

- Effort should be made to arrive at your scheduled time to ensure your full ride.
- Bring the current Health History cards for all girls participating in equestrian activities with you to the EQ Center.
- EQ helmets, provided at camp, are worn by ALL PARTICIPANTS.

Adult Riders:
A limited number of adult trail ride spaces are available for purchase in Ultracamp. Adults planning to ride must follow the same guidelines listed above and wear long pants and shoes with a defined heel.

Remember: This is a Girl program, and girls are the priority at all riding programs. Adults will be accommodated as long as Girl programming is not sacrificed.

Junior Horseback Riding Badge- This equestrian badge is part of the national program portfolio. Although it is offered at Camp Bette Perot, it is not a part of the GSNETX progressive equestrian badge series. Since this badge is part of the national program portfolio, it may be earned at other locations.
Equestrian Badge Work
All GSNETX equestrian badge work is progressive and a girl must complete each badge in order depending on her Program Grade Level. These equestrian badges may only be earned at GSNETX equestrian programs.

<table>
<thead>
<tr>
<th>Age Level/badge</th>
<th>Cost/girl</th>
<th>Includes:</th>
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<tbody>
<tr>
<td><strong>DAISY</strong></td>
<td></td>
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<tr>
<td>Round Pen</td>
<td>$20/girl</td>
<td>Includes ride, tour barn, petting zoo &amp; patch</td>
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<tr>
<td><strong>BROWNIE</strong></td>
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<tr>
<td>1&lt;sup&gt;ST&lt;/sup&gt; - Horses! Badge</td>
<td>$35/girl</td>
<td>Includes badge work, trail ride &amp; badge</td>
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<tr>
<td>2&lt;sup&gt;ND&lt;/sup&gt; - Horse Happy Badge</td>
<td>$35/girl</td>
<td>Includes badge work, trail ride &amp; badge</td>
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<tr>
<td><strong>JUNIOR</strong></td>
<td></td>
<td></td>
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<tr>
<td>1&lt;sup&gt;ST&lt;/sup&gt; - Horse Happy Badge</td>
<td>$35/girl</td>
<td>Includes badge work, trail ride &amp; badge</td>
</tr>
<tr>
<td>2&lt;sup&gt;ND&lt;/sup&gt; – Saddle Up Badge</td>
<td>$35/girl</td>
<td>Includes badge work, trail ride &amp; badge</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; – Let’s Ride Badge</td>
<td>$45/girl</td>
<td>Includes badge work, trail ride &amp; badge</td>
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<tr>
<td>4&lt;sup&gt;th&lt;/sup&gt; – Horse Smart Badge</td>
<td>$50/girl</td>
<td>Includes badge work, trail ride &amp; badge</td>
</tr>
<tr>
<td><strong>CADETTES</strong></td>
<td></td>
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<tr>
<td>1&lt;sup&gt;ST&lt;/sup&gt; – Saddle Up Badge</td>
<td>$35/girl</td>
<td>Includes badge work, trail ride &amp; badge</td>
</tr>
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<td>$50/girl</td>
<td>Includes badge work, trail ride &amp; badge</td>
</tr>
<tr>
<td>4&lt;sup&gt;TH&lt;/sup&gt; – Horse Challenge Badge</td>
<td>$55/girl</td>
<td>Includes badge work, trail ride &amp; badge</td>
</tr>
<tr>
<td>5&lt;sup&gt;TH&lt;/sup&gt; – Master of the Horse Badge</td>
<td>$80/girl</td>
<td>Includes badge work, trail ride &amp; badge</td>
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<tr>
<td><strong>SENIORS</strong></td>
<td></td>
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<tr>
<td>1&lt;sup&gt;ST&lt;/sup&gt; – Let’s Ride Badge</td>
<td>$45/girl</td>
<td>Includes badge work, trail ride &amp; badge</td>
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<tr>
<td><strong>AMBASSADORS</strong></td>
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<tr>
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</tr>
<tr>
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<td>Includes badge work, trail ride &amp; badge</td>
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<tr>
<td><strong>CADETTE, SENIOR &amp; AMBASSADOR TROOPS</strong></td>
<td></td>
<td></td>
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<tr>
<td>Trailblazer Advanced Trail Ride and Patch*</td>
<td>$32/girl</td>
<td>Includes riding fee, groundwork &amp; patch. Girls must have ridden multiple times previously.</td>
</tr>
</tbody>
</table>
**Ropes course:** High ropes course activities are available certain weekends for girls 6th grade and older. Prices vary by activity.

**Swimming:** The swimming pool is typically opened weekends in September and May. The cost is $5 per person.

**Teambuilding:** Teambuilding activities are available for a variety of age levels at a cost of $10 per participant.

**ARE WE READY FOR CAMP?**

You and your troop have spent meeting times and field trips learning basic outdoor skills and are prepared for a weekend camping experience. Here is a good way to determine camping readiness:

<table>
<thead>
<tr>
<th>ADULTS</th>
<th>GIRLS</th>
<th>TROOP</th>
</tr>
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<tbody>
<tr>
<td>• One troop camp trained Safety-Wise adult</td>
<td>• Parent supports camp experience</td>
<td>• Planned and practiced together</td>
</tr>
<tr>
<td>• One certified Safety-Wise adult First Aider (with CPR)</td>
<td>• Can cope with:</td>
<td>• Understands emergency procedures</td>
</tr>
<tr>
<td>• Have helped plan, practice, and prepare</td>
<td>o Darkness</td>
<td>• Planned an “After Camping” evaluation</td>
</tr>
<tr>
<td>• Want to go!</td>
<td>o Woods</td>
<td></td>
</tr>
<tr>
<td>• Understand living conditions in camp</td>
<td>o Insects and small creatures</td>
<td></td>
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<tr>
<td>• All adults/leaders sleep in adult/leader cabins/tents only</td>
<td>• Can cope physically</td>
<td></td>
</tr>
<tr>
<td>• Made transportation arrangements</td>
<td>• Carry own equipment</td>
<td></td>
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<tr>
<td>• Males sleep and bathe in separate areas of camp. May be in units from 8 a.m. to 10 p.m.</td>
<td>• Do camp kapers (chores/cleaning)</td>
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<tr>
<td>• Have participated in day and/or overnight experiences with troop/group</td>
<td>• Have skills, knowledge:</td>
<td></td>
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<tr>
<td></td>
<td>o Can use kitchen and camp tools</td>
<td>• How to wash dishes and other camp skills</td>
</tr>
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<td></td>
<td>o How to wash dishes and other camp skills</td>
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<tr>
<td></td>
<td>• Have practiced packing personal belongings for easy carrying</td>
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“WHAT IF...?”
Take the time to plan for the “what if’s”. Once you think about the “what if’s” and their solutions, then you and your troop are ready to go camping.

…it rains all weekend? Do you have activities? Rain gear?

…all the firewood is wet? Do you have fire starters? Charcoal for backup?

…there is an accident? Do you have health cards for all girls? Where is your first aid kit? Is it complete? Do you have an emergency vehicle? Do you have emergency contact info?

…it rains all weekend? Do you have activities? Rain gear?

…all the firewood is wet? Do you have fire starters? Charcoal for backup?

…there is an accident? Do you have health cards for all girls? Where is your first aid kit? Is it complete? Do you have an emergency vehicle? Do you have emergency contact info?

…if the girls become frightened of the dark? Do you have flashlights? Do your girls know they may hear nature sounds at night?

…if the troop is sharing a unit with other troops? Have you talked about sharing “space”? This may include sleeping space, kitchen, restrooms, showers, etc.

SHARING CAMP SPACE
Most troops/groups will be sharing a unit at camp. Sharing a unit means sharing “living space” so thoughtful consideration for others should be built into planning. If your group does not purchase all beds in a cabin/ tent/ lodge, then you may be sharing sleeping quarters with another group.

TIPS:
• Consider the sharing of refrigerator space when planning menus. An extra ice chest might be appropriate. Mark all food items with your Troop #. Caution girls not to eat things that do not belong to them.

• Consider sharing cooking equipment when planning menus – not all the cooking equipment can be used by one troop. You might need to bring extra equipment if you think you will need it.

• Think about sharing the unit shelter in the evening when planning your night activities.

• Caution girls about sharing the bath house. Waiting to get in the bathroom because others are inconsiderate can become a hardship on some people.

• Set a time for lights out/quiet time. Troop/groups wishing to stay up late should confine their activities to the unit shelter.

• Remind girls they should not go into another cabin/tent unless invited.

• Adults are responsible for supervision of girls at ALL times.
REMINDERS – CAMP POLICY, PROCEDURES AND PRACTICES

* This is not intended to be an all-inclusive summary. For an extensive list, please refer to the Policy & Procedures document located on our website: www.gsnetx.org

Cancellations & Council Refund Requests:
Note: The amount, or portion, of any deposit or fee specified as non-refundable will be deducted from any refund.
  o **Before the Camp Date** – written request must be received by Council Camp Registrar at least 30 days before camp date for troop camping and 60 days prior to a Service Unit Campout
  o **After the Camp Date** – If a participant cannot attend due to illness/family emergency, a written request for refund must be received by the Council Camp Registrar within 10 business days after the camp date.

Camp Sleeping Arrangements:
Cabin and tent units have a designated Girl Scout Leader’s cabin/tent for adults; girls will sleep in the remaining cabins/tents in that unit. GSNETX lodges have a group sleeping area for girls and a separate Girl Scout Leader room for adults, all within the same building. No adult may sleep alone in a room, or in the same bed, with a Girl Scout. In the event that a Girl Scout Troop is using a facility that does not lend itself to this practice (another Girl Scout council facility, church camp, etc.), a minimum of two (2) adults per sleeping area must occur and Safety-Wise ratios must be maintained.

Adult males must sleep in a different area than the girls (see “Male Volunteers” Procedure).

Smoking/Alcohol/Illegal Drugs:
No alcoholic beverages, smoking, abuse of prescriptions drugs, marijuana or narcotics are allowed on any Girl Scout property or at any Girl Scout activity.
Domestic Animals or Pets at Camp:
Domestic animals or pets, other than service animals, should not be brought to any Girl Scouts of Northeast Texas camps at any time. Pets belonging to on-site, permanent staff will be contained – either indoors, behind a secure fence, or on a tie-out – while campers are on property.

Personal Property:
Girl Scouts of Northeast Texas is not responsible for property damage such as theft, vandalism, acts of nature to personal vehicles and effects brought on to camp property for programs, events, training, Girl Scout Troop camp, special events, and resident camp.

Firearms & Fireworks
Possession of firearms and ammunition shall not be permitted at Girl Scout activities or on Girl Scout properties, with these exceptions:
- For a council-approved program activity for girls, by approved, trained and certified council staff
- By council staff for use in wildlife control at camps
- By law enforcement officials legally required to carry weapons

Fireworks are not allowed on council properties and cannot be used for program activities.

Male Volunteers: It is expected that men who are camping with troops, are an active part of the adult team accompanying the troop/group camping. If a male volunteer is one of the adults camping with a troop/group, these steps must be followed:
- Males must sleep in the designated sleeping area for the camp
- Registered males CANNOT be counted as Safety-Wise adults
- Limited space is available for males; males will be placed as space allows
- Males may be in the unit between the hours of 8 am – 10 pm.
THE SIGNAL FOR AN EMERGENCY WILL BE THE CONSTANT RINGING OF THE CAMP BELL AND/OR CONSTANT HONKING OF AN AUTOMOBILE HORN.

OUTDOOR EDUCATION MANAGER
The Outdoor Education Manager, Equestrian Director, and GSNETX Camp Staff are the Council-assigned coordinators in charge of the camp’s activities.

CAMP COMMUNICATIONS
Bette Perot
1. A two-way radio system will be the camp communication system. Instructions on use of the system will be provided at sign-in.
2. In emergency situations the GSNETX Staff will control radio communication, and will contact units one at a time. All unit communicators will keep the radio available at all times.
3. The GSNETX Staff will give appropriate instructions.

FIRE EMERGENCIES
In the event of a large or out-of-control fire:
1. The leaders will move the girls safely away from the fire and notify the Outdoor Education Manager. They will remain with the girls and maintain radio contact with the Outdoor Education Manager.
2. The Outdoor Education Manager will contact the Fire Department as necessary.
3. If the fire can be safely extinguished with equipment available in camp the leaders should gather requested equipment and report to the fire as directed by the Outdoor Education Manager. At least one leader should remain with the girls at all times.
4. If the fire becomes unsafe to control, all leaders and girls will evacuate the area according to instructions from the Outdoor Education Manager and report to a designated safe location.

SEVERE THUNDERSTORMS
Lightning can be very dangerous around electrical equipment. Stay indoors and avoid the use of telephones, and other electrical appliances. Unplug equipment if possible.

HIGH WINDS AND/OR TORNADOS
TORNADO WATCH - Weather conditions are favorable. No tornado has been sighted or reported:
1. Leaders will gather the girls, with their flashlights, inside the unit shelters and continue with regular indoor programs to keep the girls calm.
2. The unit communicator will maintain radio contact with the Outdoor Education Manager.
3. The Outdoor Education Manager is responsible for continuing to monitor weather station broadcasts for the latest information, and will inform leaders when the situation changes.

TORNADO WARNING - A tornado has actually been sighted near the area:
1. The Outdoor Education Manager will give specific instructions to leaders regarding evacuation to a safe location.
2. The leaders and girls will gather in the designated location with their flashlights. They should sit on the floor away from windows close to inside walls—storage areas, bathrooms, kitchens, etc.—until the leaders are notified by the Outdoor Education Manager that the danger is over.
3. Leaders should carefully account for every girl and make every effort to keep girls calm and quiet. The unit communicators will remain calm and keep the radios free for communication by the Outdoor Education Manager. Unnecessary radio talk or chatter is to be avoided.
EVACUATION FROM CAMP
1. The Outdoor Education Manager will determine when it is necessary to evacuate the camp, and will relay specific instructions to each unit.
2. The leaders should prepare the girls for evacuation and line them up at the entrance to the unit.
3. When everyone is accounted for, leaders will quickly and safely move girls to the location designated by the Outdoor Education Manager.
4. The leaders will notify the Outdoor Education Manager when they and the girls have reached the evacuation point safely.
5. The key to a successful evacuation is quiet, calm behavior and swift, careful movement.

SERIOUS ACCIDENT OR MEDICAL EMERGENCY
Each troop should have one designated emergency vehicle parked in the unit parking area facing out. The location of the keys for that vehicle should be known to all leaders with the troop. No other vehicles are to be in the unit area.
1. Immediate first aid should be given by the troop First Aider in charge.
2. If the situation is critical, 911 should be called immediately by the person designated by the leader to make that call.
3. The Outdoor Education Manager must be notified immediately that a 911 call has been made.
4. Move the victim only if the victim is in an unsafe location.
5. If the victim requires medical care the leader should see that the victim’s medical information and health history is obtained and kept with the victim before transporting to the hospital.
6. If it is possible to transport the victim by private vehicle, the victim should be placed in the designated emergency vehicle and taken by a driver to the hospital. The other leaders should remain with the other troop members and keep them calm.
7. The Outdoor Education Manager should be kept informed as to the emergency situation and any need to transport the victim to the hospital. The Outdoor Education Manager will see that the following people are notified:
   • the parents or designated contact for the victim
   • the Director of Outdoor Leadership Experience & Vice President of Girl Experience
8. The leader accompanying the victim should keep the Outdoor Education Manager informed as to:
   • arrival at the hospital
   • the victim’s condition
   • return to camp
   • telephone number of victims parents or guardians

MISSING PERSONS
The best safeguards against missing persons are vigilant leaders and a good buddy system.
In the event it is established that someone is missing:
1. The unit communicator will notify the Outdoor Education Manager giving as much information as possible concerning last-known location.
2. The Outdoor Education Manager will arrange assistance and organize the search procedure.
3. If the missing person is not found in a reasonable time the Outdoor Education Manager will notify 911 and the Outdoor Education Manager.

UNAUTHORIZED VISITORS TO THE CAMP
If it is established that persons have entered the camp who have no relationship to the camp or persons at camp:
1. The unit communicator will notify the Outdoor Education Manager, who will immediately investigate and determine an appropriate course of action.
2. Unauthorized visitors will be informed that the camp is private property, and be asked to leave the premises.
3. If the visitors do not leave immediately or leave and return, 911 should be called immediately.
4. The leaders will monitor the location and safety of the girls until the unauthorized visitors have left camp.
CHECKLIST FOR PARENTS

Before you leave for camp, be sure to provide the following information to your parents.

☐ Emergency Contact Information for Camp (cell-214-770-1452)

☐ Gate Code (if they are driving or picking up/dropping a child off at camp)

☐ Parking Procedures (if they are driving)

☐ Sleeping arrangement information

☐ Weather forecast - so they can pack their daughter’s overnight gear appropriately

☐ Permission slips for the event

☐ Activities the girls will be participating in – for example: swimming, horseback riding, challenge course, archery, etc.
Suggested Packing List

1 carry-all, duffel bag, gym bag or backpack
Day pack/Fanny pack (to carry items around)
1 small pillow
1 bedroll or sleeping bag (check temperature rating)
Depending on sleeping arrangements, consider:
  - Extra blanket
  - Sheet
  - Foam pad & ground cloth (if tent camping)
Sit upon
Rain poncho (or lg trash bag)
Closed toe shoes (at least 2 pair; NO flip flops or sandals)
Non-aerosol sunscreen
Non-aerosol bug spray or lotion
Bandana
Mess Kit (all items should be non-breakable)
  - knife, spoon, fork, plate, bowl, cup with handle
  - Dip Bag (mesh bag with drawstring for mess kit)
Flashlight
Reusable Water Bottle
Hat (not a visor)
Extra plastic bags (for wet items)

Personal Hygiene Items:
  - Soap
  - Towel
  - Toothpaste
  - Deodorant
  - Sanitary products
  - Shampoo
  - Washcloth
  - Comb
  - Brush
  - Tissues
Underwear (1 pair per day plus an extra)
Socks (2 pair per day)
Shirts (short and long sleeve)
Shorts
Long pants (for cool weather, evenings, horseback riding or other activities)
Sleepwear
Modest Swim suit (if swimming)
Shoes with a defined heel (if horseback riding)

**Additional Clothing depending on weather and activities planned

HELPFUL HINTS

- Dress in layers so you can remove clothing as the day warms up. Change clothes (especially socks) before going to bed.
- Sweat shirts/pants make great pajamas in cold weather. Cover the feet with a warm pair of socks and, if really cold, wear a stoking camp over the head and ears and you’ll be “snug as a bug”.
- Adult size leg warmers over the outside of girl’s pants work like ‘long johns’ for warmth.
- Even in the lightest drizzle, have the girls wear rain gear in order to keep coats and clothing dry.
- Light colors are best in the heat because they reflect the sun’s rays.
- Wearing a hat keeps girls’ heads cool while protecting against sunburn in the hair part.
- Halter tops/ spaghetti straps should not be worn; shoulders will sunburn.