

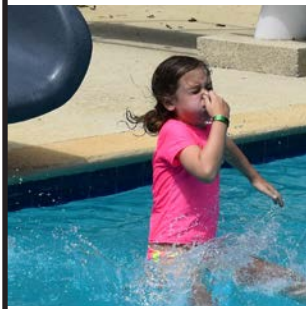


# IN MY CAMP ERA

GIRL SCOUT  
SUMMER CAMP  
2024

2024 Guidebook





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## 2024 Camp Guidebook

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



# GET READY FOR ADVENTURE!

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

Our goal is that every camper will:

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

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

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

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



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

# WELCOME TO



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

Tik-A-Witha features a 20-acre lake with water inflatables, a swimming pool with slides and diving board, a challenge course, rock climbing tower, archery field, crafts hut, and playground. .

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

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

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

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

The ACA collaborates with experts from the American Academy of Pediatrics, the American

Red Cross, and other youth-serving agencies to ensure that current practices at our camp reflects the most up-to-date, research-based standards in camp operation.



## CAMP SESSION DATES

### SUMMER CAMP

- Session 1:**  
June 9th - 14th
- Session 2:**  
June 16th-21st
- Session 3:**  
June 23rd-28th
- Session 4:**  
June 30th-July 5th

### SPECIAL CAMPS

- Elizabeth Gwin Special Needs Session**  
Ages 6-21  
July 8th-13th  
\$175 per person
- CIT Program**  
Grades 11th-12th  
June 9th-July 5th  
\$500 each

All grade levels listed are for Fall 2024.



Registrations will not be processed without the deposit payment. The deposit is \$50. The final balance may be made in payments as long as the total balance is paid in full two weeks prior to the camp session.



# SPECIAL OPPORTUNITITES

## COUNSELOR-IN-TRAINING I

11th-12th Graders  
June 9th, 10 a.m. - July 5th, 2 p.m.  
Members \$500  
Non-Members \$575

*Are you an older girl looking to move into a leadership role? The CIT I training program is for you!*

*The Counselor-In-Training Advanced Leadership Course is open to girls who are interested in preparing for a position on a camp staff, learning job skills and having the best time of their lives.*

*This two-year program gives girls the chance to develop their camp skills, learn teaching techniques, explore counselor responsibilities and discover camp operations.*

## COUNSELOR-IN-TRAINING II

11th-12th Graders  
June 9th, 10 a.m. - July 5th, 2 p.m.

*CIT II is free and is only for girls who have completed CIT I. Complete your CIT Training in your second year and enjoy working with a camp unit of girls, developing camp programs, and receiving your camp name at graduation!*

## JUNIOR COUNSELOR-IN-TRAINING

9th-10th Graders  
June 23rd, 2 p.m. - July 5th, 2 p.m.  
Members \$500  
Non-Members \$575

*Are you interested in leadership, but not old enough to be a CIT? Join us in the JCIT program. These Junior CITs get a little more leadership experience, but also still get to do the fun activities around camp!*





# SESSION 1

## JUNE 9-14

**DARING DAISIES 1** 1st Graders & Adults  
June 9th, 2 p.m. - June 11th, 2 p.m.

**DARING DAISIES 2** 1st Graders & Adults  
June 12th, 2 p.m. - June 14th, 2 p.m.

Members \$200 | OOC \$275 | Non-Members \$275  
Adults \$75

*A brave and exciting 3-days and 2-nights introduction to camping for girls going into first grade. This classic camp session will bring new adventures each day! Girls will try outdoor activities, meet new friends, go swimming, sing around a camp fire, and more. Plus what better way to go camping than with your favorite adult gal?*

**CAMP MERMAID 1** 2nd-3rd Graders  
June 9th, 2 p.m. - June 11th, 2 p.m.

**CAMP MERMAID 2** 2nd-3rd Graders  
June 12th, 2 p.m. - June 14th, 2 p.m.

Members \$200 | OOC \$275 | Non-Members \$275

*Join us at Camp Tik-A-Witha for an exciting short and sweet three days and two nights stay. Your time at camp will be filled with all things mermaid including making your very own mermaid costume. Enjoy s'mores, looking for mermaids, swimming where the Camp Tik-A-Witha mermaids swim, and so much more.*

**CAMP DINO** 4th-5th Graders  
June 9th, 2 p.m. - June 14th, 2 p.m.

Members \$400 | OOC \$475 | Non-Members \$475

*Who let the dinos out? Come join your friends and our camp Paleontologist to help us figure out who let the dinosaurs out at camp. Excavate your way through the camp grounds to find eggs, tracks, and evidence of who let the dinos out!*

**FILLY FUN** 4th-5th Graders  
June 9th, 2 p.m. - June 14th, 2 p.m.

Members \$500 | OOC \$575 | Non-Members \$575

*Giddy Up, Let's Go — the horses are waiting! Check out camp from horseback while also being able to enjoy all other activities at camp.*

*Campers MUST bring long pants and athletic shoes or hard sole shoes with a heel, such as riding boots.*

**HOOFPRIENTS** 6th-8th Graders  
June 9th, 2 p.m. - June 14th, 2 p.m.

Members \$500 | OOC \$575 | Non-Members \$575

*Come make some horse tracks! Filled with learning how to brush, saddle, and of course, ride your horse, this week is all about learning new things about horses! When not at the riding ring, you'll be doing all the other great camp activities like archery, swimming, and climbing the rock wall.*

*Campers MUST bring long pants and athletic shoes or hard sole shoes with a heel, such as riding boots.*



**Registrations will not be processed without the deposit payment.**

The deposit is \$50. The final balance may be made in payments as long as the total balance is paid in full two weeks prior to the camp session.

# SESSION 2

## JUNE 16-21



**BRAVE LITTLE CAMPER 1** 1st-2nd Graders  
June 16th, 2 p.m. - June 18th, 2 p.m.

**BRAVE LITTLE CAMPER 2** 1st-2nd Graders  
June 19th, 2 p.m. - June 21st, 2 p.m.

Members \$200 | OOC \$275 | Non-Members \$275

*You can be brave even when you're little! If you have just completed kindergarten or first grade then come join us for three days and two nights at camp. You'll get a taste of camp with this sampler session. These short-stay sessions will be packed with all things camp. You'll get to enjoy swimming, arts and crafts, a wilderness hike, singing songs, and of course eating yummy s'mores!*

**JUST BUILD IT** 6th-8th Graders  
June 16th, 2 p.m. - June 21st, 2 p.m.

Members \$400 | OOC \$475 | Non-Members \$475

*Do you love building and creating? Have you ever wanted to try to build something with your own hands? Make this a reality when you come visit our camp workshop and learn to safely use basic tools. Put your skills to the test by building something to take home or leave behind for future generations of campers. You might even earn your Woodworker Badge. Also don't worry, you'll still get to enjoy all the outdoor fun camp has to offer.*

**BITS AND PIECES** 4th-5th Graders  
June 16th, 2 p.m. - June 21st, 2 p.m.

Members \$500 | OOC \$575 | Non-Members \$575

*Giddy up, cowgirls, and head to camp for a rootin' tootin' good time! Make a western craft, learn cowgirl songs to sing 'round the campfire, and get to know our four-legged friends down at the barn. All girls will get to do classic camp activities too, like swimming, cooking out, exploring nature, and singing silly songs around the campfire. PLUS Girl Scout Juniors can work on their Horseback Riding Badge requirements!*

*Campers MUST bring long pants and athletic shoes or hard sole shoes with a heel, such as riding boots.*

**HORSIN' AROUND** 9th-12th Graders  
June 16th, 2 p.m. - June 21st, 2 p.m.

Members \$500 | OOC \$575 | Non-Members \$575

*Love horses and coming to camp? Then grab those jeans and boots and SADDLE UP! We are planning time with horses where we can HORSE AROUND, and learn more about our furry friends. This program is for girls that enjoy riding and want to be with horses all week long!*

*Campers MUST bring long pants and athletic shoes or hard sole shoes with a heel, such as riding boots.*

**BAKE OFF, CHILLED EDITION** 4th-5th Graders  
June 16th, 2 p.m. - June 21st, 2 p.m.

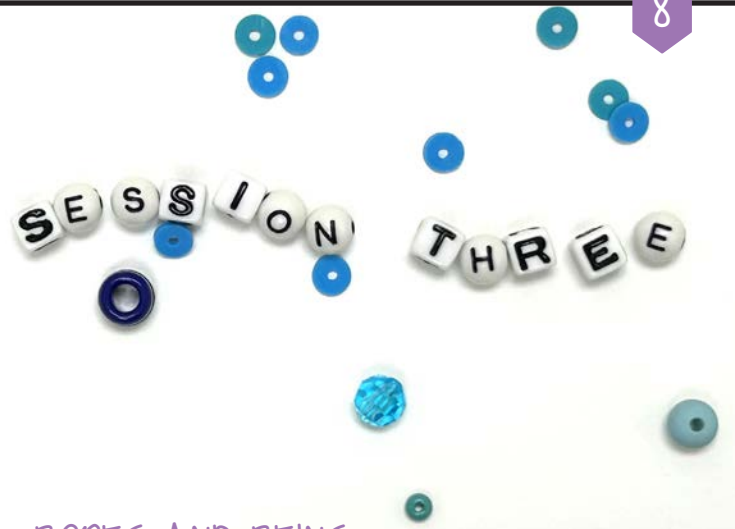
Members \$400 | OOC \$475 | Non-Members \$475

*Love chilled treats? Love baking? Come work on your skills of creating tasty, chilled desserts like homemade ice cream. Bring your favorite signature chilled dish recipe to share with your fellow bakers and possibly make it. Break into teams for the technical challenge where your team will compete against other teams to make the best chilled dish using the same recipe. You'll also assemble a cookbook of the week's recipes to take home and enjoy all year along with the great memories you'll make during this session!*



Registrations will not be processed without the deposit payment.

The deposit is \$50. The final balance may be made in payments as long as the total balance is paid in full two weeks prior to the camp session.



# SESSION 3

## JUNE 23-28

**GET BUGGY WITH IT!** 1st-3rd Graders  
June 23rd, 2 p.m. - June 28th, 2 p.m.

Members \$400 | OOC \$475 | Non-Members \$475

*Spend a week being an Entomologist and learning about an important part of our ecosystem...our bug friends. Go on hikes to see some of the different places bugs live, make bug boxes, create fun bug related snacks. Join us this summer and you may even get a badge or a patch! Don't worry this week will still consist of all the normal fun summer camp activities, they will just be a little bit...buggy-er.*

**ROPES AND REINS** 6th-8th Graders  
June 23rd, 2 p.m. - June 28th, 2 p.m.

Members \$500 | OOC \$575 | Non-Members \$575

*Take your horse experience to the next level. This advanced riding program focuses on ropes and reins at the barn and ropes and harnesses at the challenge course. We'll explore our trails at camp and take a ride to the Camp Tik-A-Witha Outpost. Participants should be comfortable around horses. We have limited spaces available so register early!*

*Campers MUST bring long pants and athletic shoes or hard sole shoes with a heel, such as riding boots.*

**COWGIRL UP!** 4th-5th Graders  
June 23rd, 2 p.m. - June 28th, 2 p.m.

Members \$500 | OOC \$575 | Non-Members \$575

*Head to camp where you'll get to Cowgirl Up! Meet our favorite four legged friends. Whether you are new to riding or a pro, come join us for all things horse mixed with all things camp.*

*Campers MUST bring long pants and athletic shoes or hard sole shoes with a heel, such as riding boots.*

**ART ALL AROUND** 6th-8th Graders  
June 23rd, 2 p.m. - June 28th, 2 p.m.

Members \$400 | OOC \$475 | Non-Members \$475

*All artistic skill levels welcome! Explore your inner creative genius. Learn about color, texture, mixed media, art in nature, plein air painting, and more. At the end of the week you will plan, host, and present your art at an "Art Gallery" for the entire camp to view!*

**!** Registrations will not be processed without the deposit payment.

The deposit is \$50. The final balance may be made in payments as long as the total balance is paid in full two weeks prior to the camp session.





# SESSION 4

## JUNE 30-JULY 5



**HABITAT HEROES** 2nd-3rd Graders  
June 30th, 2 p.m. - July 5th, 2 p.m.

Members \$400 | OOC \$475 | Non-Members \$475

*All different kinds of animals call Camp Tik-A-Witha their home. Come learn about them and where they live. Hike around camp looking at different habitats, make a bird feeder, create a toad home, and swim where the fish live. You'll even get a chance to meet and potentially take a ride on our four legged friends that call Tik-A-Witha their home for the summer, our horses!*

*(NOTE: this is not a horse camp. Campers MUST bring a pair of long pants and athletic shoes in case they might go horseback riding.)*

**ECO CAMPER** 4th-5th Graders  
June 30th, 2 p.m. - July 5th, 2 p.m.

Members \$400 | OOC \$475 | Non-Members \$475

*Use your resources wisely— be an Eco-Camper! Grab a friend and head to camp to learn about how to protect the environment and leave no trace behind by making a meal outdoors that creates NO TRASH, and creating a solar box cooker to cook s'mores or even a mini pizza! Campers will also explore wildlife and vegetation at camp. Girls will earn their Girl Scout Junior Eco-Camper Badge during this session. They may even get the chance to meet our favorite four legged camp friends, the horses.*

*(NOTE: This session might have a horseback riding rotation in it. This is not a horse camp. Campers MUST bring a pair of long pants and athletic shoes in case they might go horseback riding.)*

**SPLISH, SPLASH** 6th-8th Graders  
June 30th, 2 p.m. - July 5th, 2 p.m.

Members \$400 | OOC \$475 | Non-Members \$475

*Splish splash all week long in our lake and pool. This is a water packed session full of swimming, canoeing, and more. So pack your towels, swim shoes, and plenty of swimsuits. (NOTE: This session might have a horseback riding rotation in it. This is not a horse camp. Campers MUST bring a pair of long pants and athletic shoes in case they might go horseback riding.)*

**BASICS TO BACKPACKING** 7th-12th Graders  
June 30th, 2 p.m. - July 5th, 2 p.m.

Members \$400 | OOC \$475 | Non-Members \$475

*Love being outdoors? Always wanted to try backpacking but didn't know where to start? We will teach you! Explore the fun of backpacking. Learn backpacking skills, the basics of trip planning, and choosing gear. No previous backpacking experience required! Don't worry you'll still get to participate in all of the fun things camp has to offer and may even get a chance to meet the camp horses. (NOTE: This session might have a horseback riding rotation in it. This is not a horse camp. Campers MUST bring a pair of long pants and athletic shoes in case they might go horseback riding.)*



**Registrations will not be processed without the deposit payment.**

The deposit is \$50. The final balance may be made in payments as long as the total balance is paid in full two weeks prior to the camp session.



# ELIZABETH GWIN SPECIAL SESSION



For Campers Ages 6-21  
July 8th, 10 a.m. - July 13th, 12 p.m.  
Attendees \$175  
Deposit \$40

*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!



Scan this QR code to find the registration links for the Elizabeth Gwin sessions.

**LET'S ALL PLAY!** 6th-12th Graders  
July 8th, 10 a.m.-July 13th, 12 p.m.  
Attendees \$175 | Deposit \$40

Give back and grow this summer by attending the *Let's All Play* Session. For over 40 years, Girl Scouts Heart of the South has hosted the Elizabeth Gwin Special Session, an inspiring resident camp program that allows children with special needs to experience and explore their capabilities in the great outdoors.

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

The *Let's All Play* session is open to girls and boys entering grades 6th-12th who are interested in learning, inclusion experiences, having fun and meeting new friends at camp. Pairing *Elizabeth Gwin* campers with campers from *Let's All Play* creates a special friendship that benefits both children.

An application and essay are required and will help our committee determine the skills and leadership level before selecting any and all participants.



# HEALTHCARE at CAMP



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

In addition, 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.

Click this link to complete the [Camper 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 COVID-related symptoms and a temperature check.
- Camper's Health Form will be reviewed and any special needs will be discussed.
- Prescribed medications will be collected and confirmed.
- Camper will be checked for possible communicable illnesses.
- Camper will be checked for head lice/nits.
- Any observable medical conditions will be discussed.

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



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

- She has a temperature of 100°F.
- 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 a labeled bottle or box, 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 stating that the camper can take the medication. The health provider should specify how and when to administer it. The medication should be sent in the 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 [Camper Health Form](#).

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

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

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

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

## WELLNESS DURING CAMP

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

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

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

# REGISTERING & PAYING for CAMP

Camp registration begins online  
on February 5th, 2024 at 10 a.m. at  
[www.girlscoutshs.org/summercamp](http://www.girlscoutshs.org/summercamp).



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

**NOTE!** Non-Members or girls Out of Council have an additional fee of \$75. *But it's never too late to join!*

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

## FINAL DUE DATE OF COMPLETE PAYMENT

Final payment for resident camp is due no later than **TWO WEEKS PRIOR** to her session's start date.

## FINANCIAL ASSISTANCE

Financial assistance ("Campership") is available only to members of Girl Scouts Heart of the South who were active members as of December 1, 2023. [Click here](#) for the application.

### IMPORTANT INFO:

- Girls, who are not members by the eligibility date, can still apply and may be considered. All applications are confidential and won't be considered until the \$50 deposit is received.
- *No Shows* from the previous year who were granted financial aid are not eligible to apply for financial assistance this year.
- Financial Assistance applications are due by May 1, 2024, and awards will be announced soon after. Applicants will be notified of the amount awarded, if any, before attending camp.
- Scholarships may be available. Visit [www.girlscoutshs.org/summercamp](http://www.girlscoutshs.org/summercamp) to see the most current list of available scholarships.



We have a new registration system.

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

## GIRL SCOUT PASSPORT BUCKS

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

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

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

## WHAT IF WE NEED TO CANCEL?

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

# PREPARING your CAMPER

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

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

Here are some ideas to help your girl prepare:

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



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

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

Click me  
to  
take a tour  
of Camp Tik-A-Witha!



# PACKING for CAMP



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

### DRESS CODE

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

Shoes must be secure and supportive for active outdoor play like running, hiking, and other summertime adventures. If she can kick 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 open caddies are discouraged. Pack all items in luggage that is a manageable size.

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

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

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



### The following items are not permitted at camp:

- alcohol
- drugs
- pets
- weapons
- vapes

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

### What else not to bring to camp:

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

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

### What if she forgets something?

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

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

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



# PACKING CHECKLIST

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

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

## OPTIONAL ITEMS

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

# CONQUERING HOMESICKNESS

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

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

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

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

## 4 TIPS to AVOID HOMESICKNESS!



### 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.



### 1 GIVE IT A TRIAL RUN.

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

### 2 TELL HER HOW PROUD YOU ARE.

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

### 3 ENCOURAGE PARTICIPATION.

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

### 4 REMIND HER THAT FEELING HOMESICK IS NORMAL.

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



# 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 Agreement Form](#), and [Camper Health Form](#)
- Passport Bucks Request Form

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

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

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

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

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

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

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

## ARRIVAL

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

CIT arrival is June 9th at 10 a.m.

## DEPARTURE

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

## ALTERNATE ADULT PICK UP

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

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

Camp Tik-A-Witha:  
662.447.3400



## free t-shirt

for every girl when arriving at camp. Actual t-shirt color may vary from picture above.



# CAMPER CONDUCT



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

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

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

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

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

## We have zero tolerance for:

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

## Bullying

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

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

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

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

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

It is important that she bring the problem to the attention of our staff so it can be addressed properly. Assure her it's the right thing to do and she will never be named as the source of information, or be considered a "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 <i>(time varies by age)</i>

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

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

### What's to Eat?

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

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

#### PICKY EATERS

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

#### FOOD ALLERGIES

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

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

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

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

#### SNACKS.

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



# COMMON QUESTIONS

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

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

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

## *Do we need to get a physical exam?*

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



If you have any questions, please contact  
[info@girlscoutshs.org](mailto:info@girlscoutshs.org)  
800.624.4185

## *Are cell phones, tablets or laptops allowed?*

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

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

### *Distraction from our camp program.*

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

### *Crutch for homesickness.*

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

### *Causing commotion.*

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



# COMMON QUESTIONS continued

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

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

### How to email your camper:

[camps@girlscoutshs.org](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?*

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.



# CAMP SAFETY & WELLNESS

## HYDRATION

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

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

## HYGIENE

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

## WEATHER EMERGENCIES

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

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

## SUN SAFETY

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

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

## WATER SAFETY

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

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

## INSECT SAFETY

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

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

### *Recommended insect safety tips:*

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

## NIGHTTIME SUPERVISION

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

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

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

## CAMP SECURITY

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

## CONCEALED CARRY FIREARMS

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

# THE TRADING POST

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

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

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

