

Me and My Gal Camp Whispering Hills

June 26 - 28, 2009

7 p.m. – 10 a.m.

Welcome to *Me and My Gal!* We are pleased that you will be joining us for a weekend of fun and relaxation at Camp Whispering Hills

Arrival and Departure

Please plan on arriving between 6 and 7 p.m. on Friday. Check-in will be at the dining hall which is just past the stables and the parking lot. You will be directed to where you will be staying. Departure is 10:00a.m. on Sunday.

Housing

Housing options cabins (no electricity and sleep 8) or tree house cabins (no electricity and sleep 4). Moms and girls will be housed with other moms and girls in the same cabin. Please note that housing is not guaranteed and may change up to the day of the event. If it is necessary for you to have a certain type of housing due to medical or other needs, please contact the camp director as soon as possible.

Bathroom Facilities

We have one shower house in the center of camp. There is hot running water, showers, electricity and flush toilets. All of the cabin and tent units have an outhouse. ☺

Health Info

Please have parents fill out a health history form for each girl attending camp. Adults coming to camp will need to fill one out as well. You will be asked to turn these in upon arrival. Please inform us of any special health needs or concerns when you check in or two weeks prior if they will affect activities, sleeping accommodations or if you have dietary needs.

Trading Post

The trading post will be open during your stay. We will have trinkets, t-shirts and other souvenirs. Prices range from 50¢ to \$30.

What to bring

You will want to pack clothing for cold nights and cool days. Nights can get very chilly, so bring plenty of blankets or warm sleeping bags and your long johns. Don't forget your flashlight or lantern for walking around at night.

- Make sure to pack a sturdy pair of shoes for walking around camp. **You will do A LOT of walking!**
- Personal sports equipment must have prior approval of the camp director before bringing it to camp. Participants are responsible for any and all equipment brought to camp and neither camp nor the Girl Scouts of Minnesota and Wisconsin River Valleys can be responsible for the loss or damage to a participant's personal belongings.
- Pets and weapons of any kind are not allowed at camp.
- Please see enclosed packing list for details on what to bring to Camp Lakamaga.

Lost and Found

Camp is not responsible for items left at camp. It is best to have your name in all items. Lost items are kept approximately two weeks at camp and then sent to the Rochester Service Center. All items are donated to charity if not claimed by August 31.

Lyme Disease and West Nile Virus

As with any outdoor activity in the Midwest, participants run the risk of being bitten by mosquitoes, ticks, and other insects. Tick checks are part of the daily routine at camp. Parents/guardians should be aware of the symptoms of Lyme Disease and West Nile Virus. We will send home any ticks found on your camper. The Center for Disease Control (CDC) www.cdc.gov can provide in-depth information about these conditions. Exposure to these diseases can be minimized by using an effective insect repellent (the CDC recommends using an insect repellent with DEET) and wearing long sleeves and pants when possible.

Severe Weather

In case of severe weather, please tell relatives/parents not to call the camp. The camp staff is trained to handle emergencies and will be busy taking care of campers. The phone lines must be kept open for communications with officials. There are emergency shelters located at each camp.

Alcohol/Smoking

Council policy states that the use of alcoholic beverages and controlled substances is prohibited on all council properties. Smoking is not permitted on camp property.

Activities

We will be offering a variety of activities for you to choose from while at camp. We will describe the different activities your first day at camp and allow you the freedom to choose what you'd like to do. On Saturday night we'll have a campfire and would love you to participate by sharing a talent, song or skit! Each unit has a fire pit and firewood. You are welcome to use these for fires at any time. You will have free time, mainly before or after meals.

Meals

Meals will be served family style in the Dining Hall. Meal times are approximately 8:00 a.m., 12:30 p.m. and 5:30 p.m. Coffee will be available for adults throughout the day. We will provide daily and evening snacks. Please let us know at least 2 weeks in advance if you have any special dietary needs. Saturday meals are provided as well as Sunday breakfast.

Questions or Concerns

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Main Camp Number	507-896-3173	