

Camp Ernst Supplies K-2 Day Campers Saturday, May 8, 2010

Camp Ernst is a Girl Scout Camp located in Burlington, KY. (About 25-30 minutes from school.) Camp is a day fill with adventure and troop unity. St. Antoninus Girl Scouts is the only group at Camp Ernst. Kindergarten to 8th grade Girl Scouts attend. The girls will be involved in lots of activities.

The girls will need to bring:

- * A Backpack (the girls are responsible for carrying everything they bring with them that day)
- * A hat or bandana (each girl is *required* to wear something to cover their head all day-tick season)
- * Sturdy shoes (gym shoes, hiking boots—we do a lot of walking, so girls will need comfortable shoes—no sandals or open toed shoes!!)
- * Sunscreen (the girls will be outside all day)
- * Bug repellent (we will be in the woods and outside all day!)
- * Water bottle (there are no water fountains around camp, each girl will need to stay hydrated)
 - * Plastic bag with extra change of clothes (the girls will go creeking, so they will need to be able to change into dry clothes to come home! Towel, underwear, shirt, shorts, socks, shoes)
- Please mark your daughter's items!
- * Bike Helmet (if the girls will go horseback riding, a helmet must be worn while the girls are being lead around the ring while on the horses. They can also wear their own helmets for the activities such as: climbing wall, zipline and summer sleds if you prefer!)
- * Jeans/sweatpants (girls must wear long pants for horseback riding-will be able to change)
- * Jacket/sweatshirt (if necessary-weather appropriate)
- * Troop shirt (optional)
- * Shorts (weather appropriate)
- * Medications (to those that apply)
- * Medical release form
- * Permission slip (High risk forms—so girls can participate in activities; hiking, horseback riding, zipline, climbing wall, airwalk, summer sleds, creeking)
- * Contact name and number (info of someone that will be home/reached in case of emergency)
- * A snack to share (we will assign items for each girl to bring—to make “trail mix” for the day for each girl to have in their backpack)
- * Drinks for lunch (“Bug Juice” and water are provided by camp) have the option to bring your own troop drinks
- * Lunch is provided by camp (there are a couple of sandwich choices the girls can choose if they do not like the menu that is provided)

- *First-aid Kit (the leaders will have a kit with us-for scratches, cuts etc.)
- *Camp is rain or shine! (we will have indoor activities planned for the girls in case of rain)

We will have a cabin to place extra clothes and bike helmets in for the day. The girls will be able to change quickly for horseback riding and after creek. We will not be able to continue to return to the cabin, so each girl is expected to carry their own backpack with water bottle, sweatshirt (if needed), bug repellent, sunscreen and medications (to those that apply).

Responsibilities and Duties:

*Troops will be assigned duties. Check the Schedule of Activities for your troop responsibilities. If your troop is unable to carry out an assigned duty, trade with another troop.

*Camp Out Rules

- *Obey all leaders, mothers and camp counselors

- *Use the buddy system at all times

- *Girls are not to left unsupervised.....ever!

- *Meals:

- eat what you take

- seconds will be available once everyone is served

- stay seated

- bus your table and clean it and the area around it

- no one is excused until the table is clean

- *The kitchen is off-limits unless you are assigned duties. The dining hall is open all day and juice and other beverages are available.

- *Cabins

- girls must be supervised at all times

- no rough housing

- troops are responsible for keeping the cabins clean

The girls will have a safe, fun filled, adventurous day--so please make sure they get a good night's sleep Friday! They will be tired Saturday evening--guaranteed!!

Attn: Moms attending camp

Parking is limited at Camp Ernst, so you will need to car pool together with the troop to get to camp! Remember, the above rules apply to you too! :) Parents do not participate in any of the "activities" for the day!