**GIRL SCOUTS OF WESTERN NEW YORK MISSION**

Girl Scouting builds girls of courage, confidence and character, who make the world a better place.

---

**TABLE OF CONTENTS**

- Registration and Other Info ........................................ 2
- Camp Types ........................................................................ 3

**TROOP CAMP ADVENTURE**

- Intro and Schedule .......................................................... 4
- Troop Camp Adventure Programs for:
  - Grades 1-3 .................................................................. 5
  - Grades 4-6 .................................................................. 6
  - Grades 6-12 ................................................................. 6
- GSWNY Camp Checklist ...................................................... 7

**S.P. CAMPING** ................................................................ 8

**TROOP CAMP & SUCO DAY CAMP** .................................... 9

- #OutdoorLikeAGirl, Trainings .......................................... 10
- Outdoor Progressions ...................................................... 11
- 10 Easy Steps to Troop Camping ..................................... 12
- Outdoor Champions ......................................................... 13
- Leave No Trace, Venture Out Project ............................... 14
- Rentals, Upcoming Outdoor Guide .................................. BACK

---

**GENERAL INFORMATION**

Girl Scout camps are open to every girl in grades K-12. Girl Scouting values inclusiveness and does not discriminate on the basis of race, religion, ethnicity, sexual orientation, socioeconomic status, national origin, or physical or developmental disability. Girls attending Girl Scout summer camp must register as members of Girl Scouts of the USA. A Children’s Camp in New York State brochure listing NYS standards for camp operations will be available in all Camp Information Packets.

Please read the Camp Information Packets for details on our refund policy, inclement weather, cancellations, and other relevant camp information. Packets can be found on our website or by calling 1-888-837-6410.

---

**SUMMER CAMP GOALS**

- Provide opportunities for campers to develop and improve on their leadership skills.
- Nurture and develop campers’ personal accomplishments and responsibilities.
- Educate campers on the importance of acceptance and tolerance.

---

**CHECK OUT THE FUN FROM LAST YEAR ON OUR SOCIAL MEDIA!**

- @girlscoutswny
- Girl Scouts of Western New York

---

**REGISTRATION AND INFORMATION**

- Please register your girl online via gswny.org and click CAMP.
  - If you do not have a computer, visit one of our council offices and register your girl via our computer kiosks or submit the completed paper camp (back of this book) application form (both sides), and a $25 non-refundable deposit to either our Rochester or Buffalo office (by mail, fax, or hand delivery).
  - No walk-in registrations at camp will be accepted.
  - Financial aid applications can be completed with your camp registration.
  - Payment is due no later than two weeks prior to the start of camp.
  - Cookie Gift Cards cannot be used on the online registration system or your deposit. They may be used toward your camp balance or put “on account” at our camp tuck shops. If using Cookie Gift Cards for camp balance, payment can be made at any of our Girl Scout Service Centers.
  - All deposits and camp balances can be paid by electronic check or credit/debit card through the online registration system or at one of our Girl Scout service centers.

---

**CAMPERS THAT REQUIRE REASONABLE ACCOMMODATIONS**

The Girl Scouts of Western New York wants to provide a positive summer camp experience to every girl. If your child requires special accommodations (transportation, diet, food restrictions, extra supervision, other, etc.) while at camp, please contact the Director of Camp Administration PRIOR to REGISTERING YOUR CHILD for camp at 1-888-837-6410 or summercamp@gswny.org to discuss the possible accommodations that could safely and reasonably be made for your child.

---

**KEY BENEFITS OF GIRL SCOUT SUMMER CAMP**

- Build girls of courage, confidence, and character by providing opportunities for girls to experience camp life on their own.
- Focus on the 3 keys to leadership: discover new skills within themselves, connect with others through team building and problem solving, and foster by making things better at camp and in their communities.
- Provide a safe environment that encourages leadership, imagination, and acceptance as well as a community where girls feel less at risk.

---

**SUMMIT EXPRESS, JUNGLE GYM AND WATER TRAMPOLINE AT CAMP TIMBERCREST**

Note: per New York Health Guidelines, girls must be an intermediate (yellow cap) or advanced level (blue cap) swimmer in order to participate on the Summit Express, Jungle Gym and Water Trampoline. Non-swimmer/beginner (red cap) swimmers are not permitted.

---

**FINANCIAL ASSISTANCE**

Don’t forget! Financial assistance is available for troop camp options. Please indicate F/A when registering for your program. (No income verification needed.)
SUCO (SERVICE UNIT CAMP OUT) DAY CAMPS

Service units can bring their girls and leaders to camp for a fun filled outdoor adventure day camp program. How you ask, by operating a SUCO (service unit camp out) event for a maximum of four days only. This is a great way to offer fun and engaging day camp activities to your girls. If you are interested in learning more about this fantastic opportunity to provide volunteer run mini day camp programs for your service unit please contact Janet DePetrillo, Director of Camp Administration for specific information.

Service units can operate their mini day camp programs at Camp Windy Meadows and/or Camp Seven Hills – Lakeside during the months of July-August 2019.

WHAT IS REQUIRED OR PROVIDED?

<table>
<thead>
<tr>
<th>PROGRAMMING</th>
<th>MEALS</th>
<th>TRAINING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Troop Camp Adventure</td>
<td>Camp provides</td>
<td>Camp provides</td>
</tr>
<tr>
<td>S.P. Camping</td>
<td>Camp provides boating, archery, ropes only. Leaders provide all other programming</td>
<td>Leaders provide</td>
</tr>
<tr>
<td>Troop Camp</td>
<td>Leaders provide all programming</td>
<td>Leaders provide all meals</td>
</tr>
<tr>
<td>SUCO Day Camp</td>
<td>Service Unit provides all programming</td>
<td>Service Unit provides all meals</td>
</tr>
</tbody>
</table>

TROOP CAMP ADVENTURE AT CAMP TIMBERCREST

Camp Timbercrest is located on 900 acres of the Allegheny forest in Randolph, NY, and is equipped with two main lodges, yurts, hiking trails, a 31-acre lake, central dining hall and showerhouse. Some activities that troops can participate in are swimming, kayaking or boating, archery, horseback riding, games, and more.

TROOP CAMP ADVENTURE PG. 4

Troop Camp Adventure is the perfect setting for leaders who want to take their girls troop camping without the responsibility of providing program, meals or having experienced/certified adults. At Camp Timbercrest we deliver all of that for you. All troop leaders have to provide is the necessary child to adult supervision ratio. You and your girls can participate in as much or as little programming as you choose.

S.P. CAMPING (SPECIALTY PROGRAMS) PG. 8

With S.P. camping, troops can now get the best of both worlds of troop camping and specialized programs such as ropes course, archery and boating. Troop leaders will have the freedom of troop camp with the comfort of knowing that pre-determined specialty program options and times have been scheduled for you and your girls. Leaders are expected to provide the necessary girl-to-adult supervision ratio and an adult with CPR/First Aid certification. Leaders are no longer required to have taken Troop Camp Training, but are required to comply with the Safety Activity Checkpoints for Camping (page 39 of the Safety Activity Checkpoints 2018, available at gswny.org). S.P. Camping will take place at Camp Seven Hills - Lakeside and Camp Piperwood only.

TROOP CAMP & SUCO DAY CAMP OPTIONS

At GSWNY we want to provide as many opportunities as possible for leaders and girls to experience the great outdoors. Troop camping is a great way for leaders and their girls to experience the wonders and excitement of the outdoors. The following troop programs are designed to provide leaders with that flexibility and freedom. Leaders, please note that these new options will be based on the Fall 2019 school grade.

TROOP CAMP

Leaders can bring their girls to camp for a fun filled outdoor adventure. Whether you rent a lodge, cabin or tent unit the opportunities that await you are endless. With troop camp, leaders provide their own programs, meals, supplies and certified adults. Troop camping is available at Camp Windy Meadows and Camp Seven Hills – Lakeside during the summer months.

SUCCO (SERVICE UNIT CAMP OUT) DAY CAMPS

Service units can bring their girls and leaders to camp for a fun filled outdoor adventure day camp program. How you ask, by operating a SUCCO (service unit camp out) event for a maximum of four days only. This is a great way to offer fun and engaging day camp activities to your girls. If you are interested in learning more about this fantastic opportunity to provide volunteer run mini day camp programs for your service unit please contact Janet DePetrillo, Director of Camp Administration for specific information. Service units can operate their mini day camp programs at Camp Windy Meadows and/or Camp Seven Hills – Lakeside or another approved off council camp site during the months of July-August 2019.

TROOP CAMP ADVENTURE SCHEDULE

<table>
<thead>
<tr>
<th>Session 1a</th>
<th>Session 1b</th>
<th>Session 2a</th>
<th>Session 2b</th>
<th>Session 3a</th>
<th>Session 3b</th>
<th>Session 4a</th>
<th>Session 4b</th>
</tr>
</thead>
</table>

GIRLS IN GRADE 1-3 IN FALL 2019

- Daisy/Brownie Badge Bonanza
- Daisy/Brownie Basics
- Me and My Favorite Gal
- On Adventures We Will Go

GIRLS IN GRADE 4-6 IN FALL 2019

- Club
- Galloping Girls
- Hoosier for Skills and Chills
- Just the Janets Cadette Basics
- Summer Girl
- West M Wild
- Aim High for Silver and Gold

ALL SESSIONS ARE 2 NIGHTS!
PROGRAMS FOR GIRLS IN GRADES 1-3 IN FALL 2019

**On Adventures We Will Go!**
- Session 3a: July 21-23
- Session 3b: July 24-26
- Session 4a: July 28 –30
- Session 4b: July 31 - August 2

Maximum Capacity: 32
16 each wing of Jackman Lodge

**Daisy/Brownie Badge Bonanza**
- Session 2a: July 14-16
- Session 2b: July 17-19
- Session 4b: July 31 - August 2

Maximum Capacity: 16

**The Daisy/Brownie Basics**
- Session 1a: July 7-9
- Session 1b: July 10-12
- Session 5a: Aug 4-6
- Session 5b: Aug 7-9

Maximum Capacity: 32
16 each wing of Jackman Lodge

**Me and My Favorite Gal**
For girls in grades K-6
- Session 3c July 26-28

Maximum Capacity: 42
16 each wing of Jackman & 10 Yurt

**Brownie Basics**
- Session 1a: July 7-9
- Session 1b: July 10-12
- Session 2a: July 14-16
- Session 2b: July 17-19
- Session 3a: July 21-23
- Session 3b: July 24-26
- Session 4a: July 28 –30
- Session 4b: July 31 - August 2
- Session 5a: Aug 4-6
- Session 5b: Aug 7-9

Maximum Capacity: 32
16 each wing of Jackman Lodge

**Survivor Girl**
- Session 4a: July 28 –30

Maximum Capacity: 30

**Just the Junior/ Cadette Basics**
- Session 3c: July 26-28

Maximum Capacity: 30

**Wet N’ Wild**
- Session 3a: July 21-23
- Session 3b: July 24-26
- Session 5a: Aug 4-6

Maximum Capacity: 30

**Clue**
- Session 1a: July 7-9
- Session 1b: July 10-12

Fee: $60 per person
Maximum Capacity: 30

**Hooray for Skills and Chills!**
- Session 2a: July 14-16
- Session 2b: July 17-19
- Session 5b: Aug 7-9

Maximum Capacity: 10

**BACK BY POPULAR DEMAND!**
Keyser Lake is calling you. Spend time down on the waterfront playing hard on our new Summit Express and Jungle Gym or swimming and boating with your friends. Wrap up this wet n’ wild time with a cool beach party complete with sand castles and games. Troops will be placed in a cabin tent unit. Please read information about swim regulations in our Summit Express write-up on page 2.

**Me and My Favorite Gal**
- Session 1a: July 7-9
- Session 1b: July 10-12

Session 4a: July 28 –30
- Session 4b: July 31 - August 2

Maximum Capacity: 30
16 each wing of Jackman Lodge

**Girls will earn the Girl Scout badges:**
- **Daisy:** Outdoor Art Maker & Buddy Camper
- **Brownie:** Hiker and Outdoor Adventure

**Maximum Capacity: 16.**

During this fast-paced program Daisy’s will earn Buddy Camper, Outdoor Art Maker and Eco Learner badges and Brownie’s will earn Outdoor Art Creator, Brownie Outdoor Adventure and the Brownie Eco Friend badges. Don’t worry there will be plenty of time for other cool things at camp. Troops will be placed in Jackman Lodge.

**Spend your time trying a little bit of everything at Camp Timbercrest. Activities such as arts and crafts, swimming, creating your own campfire, learning a new outdoor skill, taking an adventurous hike, and cooking outdoors. Not to mention s’mores and lots of friends to make this an adventure-filled program. Troops will be placed in Jackman Lodge.**

**Girls will earn the Girl Scout badges:**
- **Daisy:** Outdoor Art Maker & Buddy Camper
- **Brownie:** Hiker and Outdoor Adventure

**Maximum Capacity: 16.**

Girls bring your “favorite gal” (mom, aunt, grandmother, sister, cousin or friend) to enjoy all that Camp Timbercrest has to offer. Go hiking on our adventurous trails, swim in Keyser Lake and play on our new and really cool water toys, to enjoy all that Camp Timbercrest has to offer. Go hiking on our adventurous trails, swim in Keyser Lake and play on our new and really cool water toys,

**please read information about swim regulations in our Summit Express write-up on page 2.**

**During this fast-paced program Daisy’s will earn Buddy Camper, Outdoor Art Maker and Eco Learner badges and Brownie’s will earn Outdoor Art Creator, Brownie Outdoor Adventure and the Brownie Eco Friend badges. Don’t worry there will be plenty of time for other cool things at camp. Troops will be placed in Jackman Lodge.**

**Spend your time trying a little bit of everything at Camp Timbercrest. Activities such as arts and crafts, swimming, creating your own campfire, learning a new outdoor skill, taking an adventurous hike, and cooking outdoors. Not to mention s’mores and lots of friends to make this an adventure-filled program. Troops will be placed in Jackman Lodge.**

**Girls will earn the Girl Scout badges:**
- **Daisy:** Outdoor Art Maker & Buddy Camper
- **Brownie:** Hiker and Outdoor Adventure

**Maximum Capacity: 16.**

Come to Timbercrest with your troop friends and try your hand at a little bit of everything that general camp has to offer. Activities such as swimming, boating, arts & crafts, hiking, games and so much more are waiting for you to explore and enjoy. See you at camp! Troops will be placed in Jackman Lodge.

**Girls will earn the Girl Scout badges:**
- **Daisy:** Hiker and Outdoor Adventure
- **Brownie:** Outdoor Art Maker & Buddy Camper
- **Brownie:** Hiker and Outdoor Adventure

**Maximum Capacity: 30.**

**Come to Timbercrest with your troop friends and try your hand at a little bit of everything that general camp has to offer. Activities such as swimming, boating, arts & crafts, hiking, games and so much more are waiting for you to explore and enjoy. See you at camp! Troops will be placed in Jackman Lodge.**

**Girls will earn the Girl Scout badges:**
- **Junior:** Eco Camper
- **Cadette:** Eco Trekker

**Maximum Capacity: 30.**

**Are you a survivor girl? Imagine you’ve been sailing around the world when an unexpected storm suddenly destroys your sailboat and strands you and your friends on a deserted island. How will you survive until help arrives? Spend your time at camp practicing your outdoor skills. Build your own shelter and tools using rope, tarps, and materials you find in the natural environment around you. Put your skills to the test. All this and other fun stuff at camp await you. After successful completion of this program, girls will gain access as members to the Camp Adventure Club. Troops will be placed in a Cabin Tent Unit. Girls will earn the Girl Scout Badges:**
- **Junior – Camper**
- **Cadette – Primitive Camper**

**Maximum Capacity: 30.**

**Come to Timbercrest with your troop friends and try your hand at a little bit of everything that general camp has to offer. Activities such as swimming, boating, arts & crafts, hiking, games and so much more are waiting for you to explore and enjoy. See you at camp! Troops will be placed in a Cabin Tent Unit.**

**Girls will earn the Girl Scout Badges:**
- **Junior – Detective**
- **Cadette – Special Agent**

**Maximum Capacity: 30.**

**Spend your time at camp practicing your outdoor skills. How fast can you pitch a tent? What about making and starting your own campfire, or creating your own shelter with natural materials? This program will help introduce you and prepare you for our famous annual Skills and Chills event. Swimming and all of the other great activities of camp are also included. Troops will be placed in Yurts. Girls will earn the Girl Scout Badges:**
- **Junior – Eco Camper**
- **Cadette – Eco Trekker**

**Maximum Capacity: 30.**

**Spend your time at camp practicing your outdoor skills. How fast can you pitch a tent? What about making and starting your own campfire, or creating your own shelter with natural materials? This program will help introduce you and prepare you for our famous annual Skills and Chills event. Swimming and all of the other great activities of camp are also included. Troops will be placed in Yurts. Girls will earn the Girl Scout Badges:**
- **Junior – Eco Camper**
- **Cadette – Eco Trekker**

**Maximum Capacity: 30.**

**Spend your time at camp practicing your outdoor skills. How fast can you pitch a tent? What about making and starting your own campfire, or creating your own shelter with natural materials? This program will help introduce you and prepare you for our famous annual Skills and Chills event. Swimming and all of the other great activities of camp are also included. Troops will be placed in Yurts. Girls will earn the Girl Scout Badges:**
- **Junior – Detective**
- **Cadette – Special Agent**

**Maximum Capacity: 30.**

**Spend your time at camp practicing your outdoor skills. How fast can you pitch a tent? What about making and starting your own campfire, or creating your own shelter with natural materials? This program will help introduce you and prepare you for our famous annual Skills and Chills event. Swimming and all of the other great activities of camp are also included. Troops will be placed in Yurts. Girls will earn the Girl Scout Badges:**
- **Junior – Detective**
- **Cadette – Special Agent**

**Maximum Capacity: 30.**
Program for Girls in Grades 4-6 in Fall 2019

Galloping Girls
Session 1a: July 7-9
Session 1b: July 10-12
Session 2a: July 14-16
Session 3a: July 21-23
Session 3b: July 24-26
Session 4b: July 31-Aug 2
Maximum Capacity: 10

Program for Girls in Grades 6-12 in Fall 2019

Aim High for Silver and Gold
Session 3c: July 26-28
Maximum Capacity: 30

Girls spend your time having the best of both worlds earning leadership hours and having fun at camp. Earn your high awards training for Silver and/or Gold, complete the Think Like a Citizen Scientist journey and take action project and also enjoy the splendors of Timbercrest such as swimming, boating, crafts and more. Troops will be placed in platform tent units. Juliette (independent) Girl Scouts are encouraged to attend with adult supervision. Girls will earn the Girl Scout badges –

• Junior - Horseback Riding
• Cadette – Animal Helpers
Troops will be placed in Yurts

When are the Sessions?

NEW!

Financial Aid Request

Check drop off times for camp and bus times if applicable in Camp Information Packet.

Payment or camp deposit ($25 per session) attached or payment online if using CampDoc.com

Program is $85 per person per session

Camp Registration

- Start camp registration at gswny.org
- Camp registration form done on CampDoc.com
- Check drop off times for camp (and bus times, if applicable) in Camp Information Packet
- Payment or camp deposit ($25 per session) attached or payment online if using CampDoc.com
- Review Camp Information Packet online at gswny.org

Financial Aid Request

- Request financial aid on CampDoc.com or in our offices

Health & Parent Forms on CampDoc.com

- Health forms
- Parent info, emergency contacts, and insurance
- Diet and activity, health history, allergies
- Authorization/pick-up form
- Any other medical/parent forms
- Immunizations - parent scans and uploads to CampDoc.com
- Medications form to be filled out by physician then parent uploads to CampDoc.com
- Medical exam form from physician uploads to CampDoc.com

Camp Payments

- Camp balances are due no later than two weeks prior to the start of camp
- Payment can be made online on CampDoc.com, by mail, or in person at any council office

The Week Before Camp

- Review Camp Information Packet on gswny.org
- Check drop off times for camp in Camp Information Packet and bus times if applicable
- Review camp packing list in the Camp Information Packet attached or online if using CampDoc.com

For Girls in Grades K-12 in Fall 2019

Fee: $53 per person
Session 3: July 19-21
Session 5: July 31- August 2
Maximum Capacity: 36
Lodge accommodations

Activities include: Archery and Boating

Camp Seven Hills Lakeside is the ideal setting for girls and adults to experience a program with other troops.

Activities include: Archery and Ropes Challenge Course

Camp Piperwood consists of 66 acres with housing options consisting of two lodges and two A-Frame tent units. Pavilions, vast hiking trails, a state of the art splash pad, archery area and open fields makes Camp Piperwood a great option for troop camping. Troops could be sharing the platform tent unit program with other troops.

GSWNY Camp Checklist

- Start camp registration at gswny.org
- Camp registration form done on CampDoc.com
- Check drop off times for camp and bus times if applicable in Camp Information Packet
- Payment or camp deposit ($25 per session) attached or payment online if using CampDoc.com
- Review Camp Information Packet online at gswny.org

Financial Aid Request

- Request financial aid on CampDoc.com or in our offices
TROOP CAMPING OR SUCO DAY CAMP
FOR GIRLS IN GRADES K-12

CONTACT CUSTOMER CARE TO SET UP YOUR CAMPING DATE:
CUSTOMERCARE@GSWNY.ORG OR 1-888-837-6410

Less than 25 miles from the splendor of Niagara Falls, Camp Windy Meadows, located in Cambria, New York, offers a variety of camp sites and facilities. It is a rustic setting that encompasses over 39 acres of trails, meadows, program areas and sleeping lodge. With lush forest land and wide open fields, Camp Windy Meadows is the perfect place to cozy up to a camp fire or run wild and free.

NEW PROGRAM ADDITIONS FOR SPRING
Try these beginner classes lead by Senior Director of Outdoor Program, Lindsay Cray.
• March 9: 10 a.m. – 1 p.m. Intro to Wilderness Survival at Camp Seven Hills Lakeside
• March 23: 10 a.m. – 1 p.m. Intro to Wilderness Survival at Camp Piperwood
Register by visiting gswny.org and clicking eBiz at the top of the page!

UPCOMING OUTDOOR CLINICS
Try these beginner clinics hosted by national experts!
• March 23: 6-7 p.m. Camp Stoves and Water Filtration at REI Store in Rochester
• April & May: Date TBD Climbing Clinics (Rochester & Buffalo) at Central Rock Climbing Gym
• Date TBD Surprise Spring Clinic at The North Face Store in Rochester

We are thrilled to announce that GSWNY is now partnering with REI, L.L. Bean, the North Face and Central Rock Climbing Gym to offer a variety of exciting new clinics and trainings this spring. Please keep an eye out on our new Outdoor Page of the website for the most update information about additional opportunities to get outside!

#OUTDOORLIKEAGIRL
From the backyard to the backcountry, Girl Scouts has a long, storied, and successful history of getting girls outdoors. In fact, many Girl Scouts tell us “camping trips” are one of the best things about their Girl Scout experience. It's true: connecting with nature in a girl-led setting is a big benefit of belonging to Girl Scouts. Studies show that girls today are not spending nearly enough time outdoors. Technology and structured activities leave less time for girls to get outside and enjoy nature. But as a Girl Scout she'll have plenty of opportunities to create her own outdoor adventures and develop a lifelong appreciation for nature and the out-of-doors—whether with her troop, at camp, or with friends and family.

And that's great news—because when Girl Scouts get outside they:
• Discover that they can better solve problems and overcome challenges
• Develop leadership skills, build social bonds, and are happier overall
• Become team players and care more about protecting our environment

Camp Seven Hills is located in Holland, New York and encompasses approximately 620 acres of woodland paths, sunny meadows, ponds, streams and hills. The lakeside facility includes a lake, central dining hall, infirmary, shower house, lodges, cabins, platform tent units and an archery area. Camp Seven Hills Lakeside is the ideal setting for girls and adults to experience an authentic troop camp program.

Less than 25 miles from the splendor of Niagara Falls, Camp Windy Meadows, located in Cambria, New York, offers a variety of camp sites and facilities. It is a rustic setting that encompasses over 39 acres of trails, meadows, program areas and sleeping lodge. With lush forest land and wide open fields, Camp Windy Meadows is the perfect place to cozy up to a camp fire or run wild and free.

NEW PROGRAM ADDITIONS FOR SPRING
Try these beginner classes lead by Senior Director of Outdoor Program, Lindsay Cray.
• March 9: 10 a.m. – 1 p.m. Intro to Wilderness Survival at Camp Seven Hills Lakeside
• March 23: 10 a.m. – 1 p.m. Intro to Wilderness Survival at Camp Piperwood
Register by visiting gswny.org and clicking eBiz at the top of the page!

UPCOMING OUTDOOR CLINICS
Try these beginner clinics hosted by national experts!
• March 23: 6-7 p.m. Camp Stoves and Water Filtration at REI Store in Rochester
• April & May: Date TBD Climbing Clinics (Rochester & Buffalo) at Central Rock Climbing Gym
• Date TBD Surprise Spring Clinic at The North Face Store in Rochester

We are thrilled to announce that GSWNY is now partnering with REI, L.L. Bean, the North Face and Central Rock Climbing Gym to offer a variety of exciting new clinics and trainings this spring. Please keep an eye out on our new Outdoor Page of the website for the most update information about additional opportunities to get outside!

#OUTDOORLIKEAGIRL
From the backyard to the backcountry, Girl Scouts has a long, storied, and successful history of getting girls outdoors. In fact, many Girl Scouts tell us “camping trips” are one of the best things about their Girl Scout experience. It's true: connecting with nature in a girl-led setting is a big benefit of belonging to Girl Scouts. Studies show that girls today are not spending nearly enough time outdoors. Technology and structured activities leave less time for girls to get outside and enjoy nature. But as a Girl Scout she'll have plenty of opportunities to create her own outdoor adventures and develop a lifelong appreciation for nature and the out-of-doors—whether with her troop, at camp, or with friends and family.

And that's great news—because when Girl Scouts get outside they:
• Discover that they can better solve problems and overcome challenges
• Develop leadership skills, build social bonds, and are happier overall
• Become team players and care more about protecting our environment

Camp Seven Hills is located in Holland, New York and encompasses approximately 620 acres of woodland paths, sunny meadows, ponds, streams and hills. The lakeside facility includes a lake, central dining hall, infirmary, shower house, lodges, cabins, platform tent units and an archery area. Camp Seven Hills Lakeside is the ideal setting for girls and adults to experience an authentic troop camp program.
Outdoor Progression

Progression allows girls to learn the skills they need to become competent in the outdoors, including how to plan and organize outdoor activities. Acknowledge a girl’s mastery of an outdoor skill and invite her to challenge herself further by taking that next step up and out!

**Outdoor fun can be endless when girls lead.**

**TROOP CAMPING IN 10 EASY STEPS**

1. **Choose your camp, unit and any optional activities.**
   - By visiting the “Camp” section of gswny.org, leaders can browse through information about all our camp properties across the council. Within each camp’s page, you’ll find pictures, a rental calendar, and details about pricing.
   - Not ready to tackle a trip with your Girl Scouts on your own yet? Skip to step 7 for info on training and other opportunities for outdoor adventures.

2. **Choose your preferred dates as well as backup dates.**
   - As mentioned in Step 1, each camp page has an online Rental Calendar where you can check for camp and specific unit rental availability. Based on this, please select your preferred dates as well as backup dates.

3. **Complete the Campsite Reservation Application and make your initial payment at least 60 days prior to your stay.**
   - Each camp property has its own Reservation Application found on its webpage and includes detailed instructions for where to send the application and payment.

4. **Determine your roster for the camping trip.**
   - Complete the Travel Roster for your group. This form can be found in the GSWNY Forms Library.

5. **Confirm your group meets ratio and first aid/CPR requirements.**
   - After completing your roster, confirm that your group has the proper girl-to-adult ratio based on Volunteer Essentials and the Safety Activity Checkpoints. Additionally, troops are required to provide at least one first aid/CPR-certified adult while on a troop camping trip.

6. **Confirm with Council that all adults have completed background checks and are an approved volunteer.**
   - Any adult who is fulfilling the girl-adult ratio and will be working directly with the girls must fulfill the requirements to be an approved adult, which includes a background check and Girl Scout membership.

7. **Consider an optional course such as Troop Camping Orientation or an Outdoor Skills Class.**
   - Watch GSUSA’s Outdoor Videos to enhance your troop’s camping experience.

8. **Confirm specially trained staff for optional activities, if necessary.**
   - Some activities at camp (swimming, archery, boating, ropes course, etc.) require specially trained facilities in order for troops to participate. Troops/Service Units provide their own certified lifeguards, archery instructors, and boating instructors. GSWNY must receive a copy of that individual’s current certification. More information about these classes is available on the Training page.

9. **Submit final roster and make final payment.**
   - Final rosters and payments are due to GSWNY 1 month prior to your reservation date. This allows GSWNY time to review your roster, confirm all adults attending have completed their background checks, ratio is met, and there is a certified first aider in your group. Additionally, if any of these conditions are not met, troops still have time to fix anything necessary.

10. **HAVE GIRL SCOUT FUN!**
    - Camping with your girls should be an enjoyable experience, and it is our goal to provide you with all of the tools necessary to have a fun, safe, and memorable adventure at camp!
    - Check the Outdoor badges and Journeys for your level in the VTK.
    - Reserve an Outdoor Resource Kit from GSWNY to enhance your camp program.
NOW RECRUITING OUTDOOR CHAMPIONS!

WHY DO OUR GIRLS NEED TO GET OUTSIDE?

Monthly exposure, high adventure, and repeat camp attendance are key drivers of girls' leadership development and satisfaction with their Girl Scout experience as they learn to...

- Flex leadership muscles with adventure trip planning or low-ropes team-building
- Improve their health with backpacking or climbing
- Practice cooperation or teamwork with shelter-building or fire-making
- Increase their vision and awareness with archery or tracking
- Strengthen their bodies with canoeing or kayaking

HOW DOES THE OUTDOOR CHAMPIONS PROGRAM WORK?

It’s very easy! We want anyone who has any interest at all (skilled or unskilled) in helping to get girls more access to outdoor adventures at any level to take our survey. Outdoor Champions can take on many forms – education and outreach to spread positive outdoor messaging, serving as an “outdoor mentor” for troops and even leading and guiding outdoor programs. Enthusiastic and positive volunteers can take on any of these roles, regardless of your current level of experience.

To participate, email Lindsay Cray, Senior Director of Outdoor Program, at lindsay.cray@gswny.org, or visit https://www.surveymonkey.com/r/J92M9H2 to take the survey!

(3) TIERS OF OUTDOOR SKILLS/EXPERIENCE, WHICH ARE YOU?:

1. Outdoor Enthusiast: encouraging members to get outdoors
2. Outdoor Mentor: available to lead or buddy with troops/volunteers for outdoor experiences
3. Outdoor Guide: trained by GSWNY – high level wilderness skills and instructional ability

FACT: 20% INCREASE IN MEMORY AND ATTENTION SPAN AFTER ONLY 1 HOUR IN NATURE.

GIRL SCOUTS VENTURE OUT!
AN INTERACTIVE ONLINE ADVENTURE FROM GSUSA

IDEAS FOR GETTING OUTSIDE

Learn practical tips and tricks, read volunteers’ stories, and explore the joys of taking girls outside with Venture Out! a fun, interactive outdoor adventure made possible by GSUSA’s Elliott Wildlife Values Project. Venture Out! is an online game designed to help you discover great new ways to provide your girls with an outdoor adventure that matches the way the girls want to grow their Girl Scout experience.

Play the game at gsuniversity.girlscouts.org/resource/venture-out/

NATURE: LEAVE IT BETTER THAN YOU FOUND IT

LEAVE NO TRACE (LNT): AN OVERVIEW

Leave No Trace is built on seven core principles that are used to communicate the best available minimum impact guidance for enjoying the outdoors responsibly. The Seven Principles of LNT were developed to help educate and guide recreationists in sustainable practices that minimize human impact on nature. These Principles can be applied anywhere - from the backcountry, to local parks, to your backyard - and for any recreational activity. Each Principle covers a specific topic and provides detailed information for minimizing impacts.

THE SEVEN PRINCIPLES

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

The Principles are based not only on a respect for nature and other visitors, they are also based on and supported by scientific research. The majority of this research aligns with the fields of Recreation Ecology and Human Dimensions of Natural Resources. You can find more info about LNT you can visit the Center for Outdoor Ethics website at LNT.org/learn/7-principles
RENTALS

We want girls to have as much time outdoors as possible. You can reserve the following equipment for activities with your troop, service unit, or for any volunteer-led programs (day camps, family camps, etc.) in the outdoors! Gear such as snow shoes, archery equipment, a backpack, camp stove, personal stoves, tents, and more is available for rent!

THINGS TO CONSIDER WHEN REQUESTING RENTALS:

• If you are ALSO renting a camp property at the same time as equipment, Rental Forms (including waivers) and payment must be submitted at the same time as the Property Rental Application/Contract or our Service Unit Camp Out Application.

• All Property and Equipment Rental Requests (including waivers) can be EITHER mailed to the address provided on the applications or emailed to Customer Care at CustomerCare@gswny.org.

• All equipment is available on a first come, first served basis. Customers will be notified within five business days about approved/unapproved requests. Payments for approved requests will be processed immediately.

• To ensure availability of equipment, please submit equipment rental requests at least 2-3 weeks ahead of time.

• No more than 10 boats are permitted on the water at the same time at Goodyear or 6 at Lakeside properties.

• Certain circumstances may prevent the use and availability of equipment for rent, however you may bring your own for use during your stay.

• Non Girl Scout members are permitted to rent equipment only for use on GSWNY property.

For more information, review and complete the Equipment Reservation Form, found in the Equipment Rentals section of the GSWNY Outdoor page at gswny.org.

If you have any questions, please Contact our Customer Care team at 1-888-837-6410 or by email at CustomerCare@gswny.org

COMING AUGUST 2019...

NEW GSWNY OUTDOOR GUIDE!

Girl Scouts of Western New York offers outdoor adventures to inspire girls, help them to become leaders, experience self-discovery, and work towards collective achievement. It’s what you’ve been waiting for:

• New survival skills progression sequence (shelter, water, fire, food)
• Adult Outdoor Skills Development Opportunities
• Outdoor Celebration Weekend (October 19-20, 2019 at Camp Timbercrest)
• Full Equipment Rentals

MORE TO COME SO STAY TUNED!