



## What is Camp All About?

### Media:

Take a critical look at the media that is all around you and learn how you can make the world a little better, a little more real...so it reflects your own reality. *Your story. Your change.*

### New at Camp:

This year there will be abundant opportunities for you to choose what you want to do. If you wish, you will have the opportunity to sign up for and participate in a Silver or Gold Award training or PA Core training. You can use these skills immediately after Camp iGirl by being a Program Aide at events or other camps and/or getting started on a Girl Scout award.

### College Life:

Get a glimpse of what college life is all about. You will share a dorm room with one other camper and your counselor is just a couple doors away. Being away from home will make you more independent.

### Missing Home:

Missing home is normal. Camp is a marvelous place to learn that while you may miss your family, you can try new activities, make new friends and have fun!

### Counselors:

You will have two counselors who will be with you throughout your entire program. They are women who have finished high school and most of them are in college. They are excited to spend a week making memories and having fun with you.

### The Dorms:

Your dorm room has two single beds, two desks, two closets and a sink. Each dorm floor has separate shower and toilet facilities. The dorm rooms do not have air conditioning. Dorm rooms will be checked on a daily basis for overall cleanliness to ensure that damage to Alverno College's property is not occurring.

### The Food:

Breakfast, lunch and dinner will be served in the campus cafeteria unless we are on a field trip. Snacks and drinks will be available throughout the week. You may bring additional snacks but refrigeration and microwaves are not available. Girls are responsible for cleaning up after eating snacks and no food or drink is permitted in the computer labs, busses, field trips, classrooms or workshops.

### Technology:

Girls are allowed to bring personal laptops, iPods, and other electronics (except cell phones) to camp. However, Girl Scouts of Wisconsin Southeast will not assume responsibility for loss or damage of personal belongings and equipment. Electronics may be used for music, gaming and journaling, but may not be used for calling or texting at camp. We will review usage expectations/policies with girls on the first day of camp.

## Camp Rules

- All campers will sign a *Safe Place Contract*. This contract states that campers will be respectful of themselves, others and Alverno's property. Violation of this contract may result in removal from camp.
- There is absolutely no smoking or alcohol drinking. Use of tobacco products or alcohol will result in immediate dismissal from Camp iGirl.
- Foul or inappropriate language will not be tolerated.
- Guests/friends are welcome **ONLY** on Friday for the Parent Program with your parent's permission.
- Girls must be in their rooms by 10:30 p.m. every night. Lights out will be at 11:00 p.m. We start very early, so it is important to feel rested in the morning. If you are roaming outside your room without permission after 10:30 p.m., you will lose privileges the next day.
- Please remember that we are guests of Alverno College and there are other residents. Please be respectful of your noise level. After 10:30 p.m. be sure that noise cannot be heard more than two doors away.
- Recycling – Alverno College has an active recycling program in place. Please use the appropriate containers provided, located outside the buildings.
- Room Keys/Access Cards – You are responsible for all college-issued keys/access cards, assigned at check-in. You will be charged for lost/misplaced keys and access cards. Replacement costs \$25 for room keys or access cards.
- Alverno College reserves the right for its authorized personnel to enter rooms to examine, protect and maintain college property. Rooms may be entered in an emergency situation when imminent danger to life, safety, health or property is feared.
- Please be aware that if your conduct is inappropriate and you engage in activities that are illegal or destructive to property or others, you will be asked to leave and no refunds will be granted.

## Open House

Tuesday, May 26, 2015

6:00-8:00 p.m.

Come visit Alverno College before Camp iGirl starts to see what the dorms look like and to meet some of the staff. Bring a friend or your whole family and show them where you will be living and learning for a week of camp. Bring any last minute paperwork that you still need to turn in. We hope to see you there.



# Camper Guide

iGirl Resident Camp • Summer 2015



## Packing List

### Clothes

- \_\_\_ Undergarments - 6
- \_\_\_ Shorts - 6
- \_\_\_ Jeans - 2
- \_\_\_ Pajamas
- \_\_\_ Sweater/sweatshirt - 2
- \_\_\_ Short sleeve T-shirts - 6
- \_\_\_ Long sleeve shirt - 2
- \_\_\_ Socks - 6
- \_\_\_ Gym shoes - required
- \_\_\_ Flip flops or plastic shoes for shower only
- \_\_\_ Raincoat
- \_\_\_ Swimsuit and beach towel
- \_\_\_ Water shoes

### Health and Safety

- \_\_\_ Sunscreen
- \_\_\_ Bug repellent
- \_\_\_ Shampoo
- \_\_\_ Deodorant
- \_\_\_ Comb and brush
- \_\_\_ Toothbrush and paste
- \_\_\_ Towel and washcloth
- \_\_\_ Lotion
- \_\_\_ Sanitary items
- \_\_\_ Hair bands and clips
- \_\_\_ Plastic caddy for bathroom
- \_\_\_ Laundry bag with name
- \_\_\_ Small backpack

### Sleeping

- \_\_\_ Blankets or sleeping bag
- \_\_\_ Alarm clock

### Optional

- \_\_\_ Fan (rooms can get hot)
- \_\_\_ Camera with extra batteries/USB cable/charger
- \_\_\_ Journal, book, stationery, pen
- \_\_\_ Slippers (for around dorms)

### Alverno College provides

- \_\_\_ Blanket
- \_\_\_ Pillow
- \_\_\_ Flat sheet
- \_\_\_ Fitted sheet
- \_\_\_ Pillowcase
- \_\_\_ Washcloth
- \_\_\_ Towel

## Sample Schedule of a typical day at Camp iGirl

- 7:30 Opening ceremony
- 8:00 Breakfast
- 9:00 Lab time in specified session
- 12:00 Lunch
- 1:00 Activity time
- 1:30 Me time
- 4:00 Lab time in specific session or group time
- 5:30 Dinner
- 7:00 Evening Activity
- 8:30 Closing ceremony
- 9:00 Me time
- 10:30 Lights out

**Note:** Some days portions of the group or the entire group may be off-site on a field trip for all or part of the day.

