girl scouts of wisconsin southeast

2014 Camp iGIRL camper guide

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 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

Open House

Monday, June 2, 2014
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

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 otherwise notified. Snacks and drinks will be available during other program activities throughout the week. Please let your counselor know if you have any food restrictions or are a vegetarian. Snacks are permitted 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

- Upon arrival at camp, 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.

Camp iGirl 2014 Tentative Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 a.m.		Opening Ceremony	Opening Ceremony	Sleep-in Day	Opening Ceremony	Opening Ceremony
8:00 a.m.		Breakfast	Breakfast		Breakfast	Breakfast
8:30 a.m.				Opening Ceremony		
9:00 a.m.		Lab Time in Track	Lab Time in Track	Breakfast	Lab Time in Track	Lab Time in Track
9:30 a.m.						
10:00 a.m.				Lab Time in Track		
10:30 a.m.						
11:00 a.m.						
11:30 a.m.						
12:00 p.m.		Lunch	Lunch	Mentor Luncheon	Lunch	Lunch
12:30 p.m.						
1:00 p.m.		Internet Safety	Me Time		Me Time	Sisterhood Soiree
1:30 p.m.			Zumba and Yoga	Transition Time		
2:00 p.m.	Check-in, Health Checks, Activity Sign Up, Unpack	Alverno Career Admissions Activity		First Stage Children's Theater Performance Workshops	Camp Alice Chester	
2:30 p.m.					Paddleboard and Swim	Pack Up/Clean Up
3:00 p.m.		Me Time	Group Time			
3:30 p.m.						
4:00 p.m.			Me Time			
4:30 p.m.		Group Time	Discovery World (dinner at Discovery World)	Lab Time in Track	PA Core Training (optional)	Transition Time
5:00 p.m.	Group Time and Agreement Contract					Parent Program and End of Camp
5:30 p.m.		Dinner		Dinner		
6:00 p.m.	Pizza Party and Welcome					
6:30 p.m.		Transition time		Me Time	Dinner at Camp Alice Chester	
7:00 p.m.	Dance	Girls in Technology Activities		Movie Night		
7:30 p.m.						
8:00 p.m.				Silver/Gold Award Training (optional)		
8:30 p.m.	Closing Ceremony	Closing Ceremony	Closing Ceremony	Closing Ceremony	Closing Ceremony	
9:00 p.m.	Shower and Me Time	Shower and Me Time	Shower and Me Time	Shower and Me Time	Shower and Me Time	
9:30 p.m.						
10:00 p.m.						
10:30 p.m.						
11:00 p.m.	Lights Out/Bed Checks	Lights Out/Bed Checks	Lights Out/Bed Checks	Lights Out/Bed Checks	Lights Out/Bed Checks	

Ceremony	Me Time/Sleep	Classroom Time	Large Group Activity	Offsite Activity	Meals/Snacks	Small Group Activity	Drop off/pick up