Summer Camp 2023 Guide

More than a get-away, summer camp is a place where campers explore the outdoors, try new activities, practice independence away from home, learn to work with others, make new friends, and so much more. They will discover, connect, and take action on issues and challenges that are important to them while learning camp songs and games and joining in summer camp traditions.



Any girl can attend Girl Scout Camp! Just join Girl Scouts for \$25 at <u>www.gsdsw.org/join</u> before registering for camp.

Camp Mitre Peak is located in the Davis Mountains between Fort Davis and Alpine, Texas

Table of Contents

Why Camp	2
Ways to Pay For Camp	3
How Resident Camp Works	4
Meet Our Camp Mitre Peak Staff	5
Registering for Camp	7
Choosing a Camp Session	9
Living Units	10
Ensuring Your Success at Camp Quiz	11
Sessions at a Glance	12
Session 1	13
Session 2	15
Session 3	17
Destination Camp & Multi-Week Sessions	19
Leadership Programs (CIT/WIT)	21
Camp Information	23
Send a Girl to Camp	26



50%

of girls wouldn't have been able to participate in an outdoor activity if not for Girl Scouts.

80%

of girls said camping was their most memorable experience.



Use your Desert Dollars from the Fall Product and Cookie Programs.

Sell cookies and receive camp credit.

Decide to go to camp as a troop and use cookie money or fundraise!

Ways to Pay for Camp

Ask for money for camp registration as holiday or birthday presents. Send a postcard from camp as a "Thank You."



Have a yard sale, do extra chores, babysit, mow lawns, or make things to sell to help pay for summer camp! Every Girl Scout program is about leadership and girls learning to discover, connect, and take action. At Camp Mitre Peak, girls take the lead in making choices at camp. Each session, girls will have the opportunity to earn steps in Journeys and Skill Badges.

Program Offerings: All resident campers take part in traditional camp activities like campfires, songs, cookouts, the trading post, arts and crafts, and games. Resident campers swim each day at camp, weather permitting. Each program listed in this guide includes basic information about planned activities. We offer a certain amount of freedom for campers as a group to choose additional program options during their stay.

On Sunday, after check-in, the girls demonstrate their swimming skills, learn about horse safety and barn procedures, and sign up for the afternoon choice activities they want to participate in during the week. These activities are in addition to the main program they registered for! Activities are modified appropriately by age level to ensure the safety of all participants.

Horseback Riding Lessons: Due to the limited number of horses and girl safety, horseback riding lessons are limited to programs that have horses as part of the description. For all other girls, there is an afternoon choice activity called "Paint the Pony," where girls become more comfortable around a horse by creating washable art on a horse!

<u>Camper Transportation Outside of Camp:</u> When there is a bus icon next to a program description, campers travel outside of camp. Permission to transport is included in the Camper Registration Packet, which is emailed out after a camper's registration is complete. There are also afternoon choice activities that include travel outside of camp. Travel information is included in the description when campers sign up on their first day.



Sample Daily Schedule

7:00 am Rise and Shine 2:00 - 5:30 pm 7:30 am Hoppers and Flag Report 7:50 am Flag Raising 8:00 am Breakfast 9:00 am - 12:00 pm Camp Activities 12:00 pm Lunch 1:00 pm Me Time 1:45 pm Tea Time-Cookies and Unit Kapers

Camp Activities 5:30 pm Camp Kapers 5:50 pm Lower the Flag 6:00 pm Dinner 7:00 pm All Camp Activities - Swimming, Trading Post, Camp **Council Activities** 9:00 pm Ready for Bed Activities 10:00 pm Lights out

Meet Our Camp Mitre Peak Team



Hello Campers, Parents and Guardians!

Camp Mitre Peak is for girls of all ages, from different backgrounds, and from from anywhere in the United States! A girl does not have to already be a Girl Scout to explore and make new friends at camp this summer. Funds are available to families who need assistance so, please, do not hesitate to request Financial Aid. We want to fill our cabins and tents with girls ready to head outdoors for a fun camp experience!

Camp Mitre Peak has served as a Girl Scout camp for 75 years! We pride ourselves on continuing the strong, positive traditions based on the Girl Scout Promise and Law.

My driver's license says Jana Jones, but everyone at camp knows me by my camp name: Willow! I have been going to Camp Mitre Peak since I was a young camper. Since then I have spent summers as a counselor, Program Director, Assistant Director and now serving my 18th summer as Camp Director. With more than 30 years of classroom and youth leadership development experience as a certified teacher, my goal is to give our future leaders what I know I gained as a camper and counselor at Camp Mitre Peak. I am committed to creating a fun and safe camp experience for your daughter and for all girls where they can play, grow, and experience the Mitre Magic for themselves!

What is Mitre Magic you ask? Lifelong friendships made while hiking, swimming, and singing together! The confidence gained when campers try and accomplish new things. I know Mitre Magic is happening when I hear the sound of campers laughing or songs echoing up the canyon, or when I see tears of joy shared around our Friday night campfire because campers are leaving the next day! Sometimes, it even happens when the moon rises just as we start to sing "Moon on the Meadow!" Come join the magic this summer at CMP!

Your Camp Director and friend, Jana "Willow" Jones





Meet Our Camp Mitre Peak Team

Camp is calling...and I must go! I know camp is calling your name too!

Hello campers, my name is Tambi Arnold a.k.a. "Roo." Whether it is stargazing, rappelling, riding horseback, swimming in the pool, and so much more, you will experience the Mitre Magic that is all around at Camp Mitre Peak in West Texas.

I was introduced to camp in the 1990s while living in Midland, Texas during a Girl Scout training. During that weekend, I learned by singing songs, hiking, cooking outdoors, making new friends, that I was destined to work with Girl Scouts.

As a result, this one connection led to one of the greatest joys in my life, sharing the wonders of Mitre Peak Magic with fellow staff members, campers of all ages, my two daughters, and now a granddaughter. As a retired educator of twenty years, I taught middle school, high school, and postsecondary. Throughout the years at resident summer camp, I have been lucky to work with staff and campers in the following areas: horse barn, archery, Big Bend horse adventure, trading post, and office.

The young girls today are our future. Empowering each camper with knowledge, skills, and the experiences at CMP enables girls to become strong people of tomorrow.

Your Asst. Camp Director and Friend, Tambi "Roo" Arnold



Camp is my happy place and there's nothing I love more than continuing to make it the happy place for every camper!

I'm Heather "Sprocket" Westerfield and I'm very excited to be returning to CMP as Program Director. I was introduced to Mitre Magic as a college student and have been returning for more than 12 years. I've served as Unit Leader, Pool Staff, Waterfront Director, Co-Program Manager and Assistant Camp Director. It is important to me to share my love of learning and the outdoors with all the future leaders who come to Camp Mitre Peak.

In addition to my experience at camp, I am a teacher and librarian with 20 years of teaching experience. I currently teach music and am the librarian in downtown San Antonio. My personal interests vary greatly, and I love that Camp Mitre Peak offers a variety of activities that encourage girls to become well-rounded and strong women. From hiking and photography to horseback riding and canoeing, this summer promises to be unforgettable.

I can't wait to see you there and share the magic with you!

Your Program Director and friend, Heather "Sprocket" Westerfield





Registering for Camp

All girls entering grades 3rd - 12th in the fall of 2023 are eligible to attend camp. Girls who are currently not Girl Scouts are welcome to attend as well. Each camper will receive a Camp Mitre Peak camp t-shirt!

Girls not currently registered as Girl Scouts must add \$25.00 to the camp fee payment to meet our Girl Scout standard of covering every girl with required insurance.

Registration this year is easier than ever! We have lowered our prices and simplified our process to allow the complete registration process online! If you don't have access to register online, call 915-566-9433, ext. 2241, for assistance. Visit <u>https://bit.ly/GSDSWeventcalendar</u>. A \$75 deposit is required at the time of initial registration to hold a selected session. Payments can be made on the balance until the deadline.

Payment deadline: 30 days before the start of the camp session.

If you register less than 30 days prior to camp session start date, payment is due in full at that time, with Health Record & Doctor Exam due as soon as possible.

Using Program Credits to pay for camp

If your camper sells 3,000+ packages of Girl Scout Cookies and chooses a free week of camp, she must still register following the standard camp registration process to reserve her spot. All camp registrations require a \$75 deposit payment at the time of registration to hold the camp session. Once the Girl Scout Cookie Program is complete and all prizes are confirmed, campers who elect a free week of camp will be refunded the deposit paid to hold their camp spot.

Using Desert Dollars to pay for camp

If your camper plans to pay with their Desert Dollars earned from the Fall Product and/or Cookie Programs, she must still be registered following the standard camp registration process to reserve her spot. All camp registrations require a \$75 deposit payment at the time of registration to hold the camp session. A completed Desert Dollar redemption form and Desert Dollars must be mailed to GSDSW Attn: Desert Dollar Redemption, 225 E. Idaho, Suite #9, Las Cruces, NM 88005. Desert Dollars may not be used for the \$75 deposit.

Securing financial assistance to attend camp

We believe every girl should experience the magic of camp, and we're happy to help if it is needed. To apply for Resident Camp Financial Assistance, please go to <u>www.gsdsw.org</u> or <u>https://fs16.formsite.com/gsdsw/CMPFinancialAssistance/index.html</u>. Typically, financial assistance covers up to 50% of camp fees. When applying for financial assistance, follow the standard camp registration process to reserve your spot. All camp registrations require a \$75 deposit payment at the time of registration to hold the camp session. Awarded financial assistance will be used to help pay the balance.

Registering for Camp

After I register, when will I receive more information about camp?

Immediately following your camp registration, you will receive an email confirmation with your receipt. You will receive another email in approximately two weeks with a Camper Registration Packet that includes health history forms, permission forms, Health Exam form, buddy request, alternate adult pick-up form, and a packing list.

Cancelation and Program Transfer Charge Policy

1))1

We understand that sometimes plans change. If a camper cannot attend, please email info@gsdsw.org attn: Resident Camp as soon as possible. Cancellations made more than four weeks from the start of the registered session will receive a full refund minus the \$75 deposit. After that date, no refunds will be given.

If a camper needs to change which week or program she is attending, please contact info@gsdsw.org as soon as possible. There is a \$25 fee for transferring from one session or program to another.

<u>Last-chance registration deadline:</u> two weeks prior to the camp session start date.

Note: All program offerings have a six-camper minimum. If the minimum is not met two weeks prior to the start of the session, then parents and campers will need to select a different program or receive a full refund.

Register for camp before March 1, 2023, and your camper will receive \$15 Trading Post credit to be used while she is at camp!

Session	Last Day for refund (minus \$75 deposit) Balance Due Health Record & Doctor Exam submitted	Last day to register Last day to change session/program Minimum number of campers needed
Session 1 June 25 - July 1	Sunday, May 28, 2023	Sunday, June 11, 2023
Session 2 July 2 - July 8	Sunday, June 4, 2023	Sunday, June 18, 2023
Session 3 July 9 - July 15	Sunday, June 11, 2023	Sunday, June 25, 2023

IMPORTANT DATES TO REMEMBER

))

Choosing a Camp Session

To help ensure a great camp experience, register your camper for a session that is appropriate for her age, Girl Scout level, and area of interest. An age-appropriate session is based on the grade your camper is entering for Fall 2023. For example, if your camper is currently in 3rd grade and will be entering 4th grade in the fall, the camper should register into a 4th grade Junior program, even if they have not officially bridged.

Note About CMP Horseback Riding Skill Levels:

Don't own your own horse? Don't ride horses all the time? No problem! Many of our horse programs have first-time horseback riders!

We offer four different horse programs that are based on the camper's age and are designed to teach progressive skills that enable campers to progress summer after summer to become confident riders! The horses will be ready to go when the younger girls arrive at the barn to maximize their time in the saddle! Older girls will get the opportunity to saddle and bridle their horses.

Don't forget to smile big for your photo with your horse!

Selecting camp buddies

At resident camp, we place campers into units by program then by age. If two campers want to ensure they are together at camp, they should register for the same program. A Camp Buddy is requested in the Camper Registration Packet.

If a troop or large group (four or more) sign up to attend camp together please note, campers are only allowed to pick one buddy to bunk with. Camp provides campers the opportunity to make new friends, take safe risks, and test their independence unburdened by the expectations of their day-to-day relationships and affiliations.







Living Units

Four to six campers are housed in each cabin or tent with counselors living nearby in separate quarters.

Staff help younger campers with hair brushing, hygiene, and keeping up with their belongings. Personal hygiene is stressed through daily showers, and daily competitions for the neatest unit and cabin!

Cabins

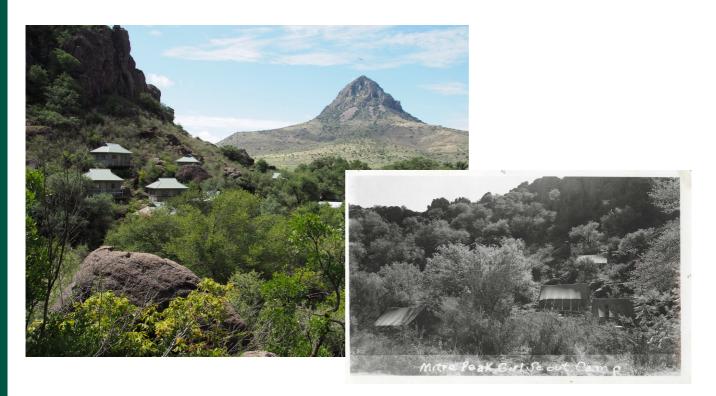
The three cabin units: Kickapoo, Apache, and Seminole, are located in beautiful Fern Canyon. The Kickapoo Unit includes a bathhouse called, the Rock, which has all the conveniences of home in a rustic setting including lights, hot water, and indoor plumbing.

The Apache and Seminole Units are across the bridge from the Kickapoo Unit. Cabins are scattered on the hillside of the canyon and provide unique living quarters for campers. The Oaks Bathhouse is used by both units and is a modern facility with lights, hot water, and indoor plumbing.

Tents

The tent units: Mescalero, Tonkawa, and Chippewa, lie below a magnificent plateau with spectacular views of Mitre Peak.

Each tent is mounted on a permanent frame with a concrete foundation and houses four campers on cots. Units have covered shelters, campfire areas and updated latrines. Campers shower at the pool bathhouse each day.





Ensuring Your Success at Camp

Are you ready? Take this quiz and find out! Circle the answer that best describes how you feel. Add each circled number and check your answer range at the bottom of the page. 1= No Way! 2= Maybe! 3= You Bet!

- 1 2 3 Do you enjoy staying overnight at a friend's house?
- 1 2 3 Can you shampoo and brush your own hair?
- 1 2 3 Do you enjoy outdoor activities like hikes, sports, and sleeping in a tent?
- 1 2 3 Can you go without radio, TV, video games, and a phone for an extended amount of time?
- 1 2 3 Can you see a daddy long leg, bug, or mouse without freaking out?
- 1 2 3 Can you make your own bed and keep track of your own things?
- 1 2 3 Do you like to meet new people and do things with other girls, not just your best friend?
- 1 2 3 Do you enjoy sleeping outside and listening to the sounds of nature?
- 1 2 3 Do you like to help plan activities and the things you do?
- 1 2 3 Could you walk to a nearby building to brush your teeth and go to the bathroom?
- 1 2 3 Are you ready to sleep in a cabin with three or more other girls knowing your counselors are nearby?
- 1 2 3 Are you willing to help with kapers (camp responsibilities) like sweeping your cabin and dining hall, setting tables, and picking up trash?
- 1 2 3 Do you like having lots of fun?
- 1 2 3 Can you live by the Girl Scout law?
- 1 2 3 Are you REALLY excited about going to camp?

Total Points

15 - 25 You may not be ready for a full-week at camp. Talk with your parents about letting you stay overnight with a friend or going for an overnight trip with your troop.

26 - 35 You would enjoy any of our camp programs, just make sure you are prepared!

36 – 45 You must be an experienced camper! It sounds like you are ready for a camp stay of a week or longer.

Caregivers of campers with special needs or unique habits may contact <u>info@gsdsw.org</u>, ATTN: Resident Camp, in advance of registration so the best placement and appropriate accommodations can be made.

Sessions at a Glance

We've lowered the price on more than half of our camps!

			can
Session 1: June 25 – July 1	Page	Grades	Price (\$)
Cowgirls	13	3	\$600
Trail Mix	13	3-5	\$450
Hoof Prints	13	4-5	\$600
Be Brave	13	4-5	\$495
Camper Choice	14	6-10	\$450
Great Mitre Bake-Off	14	6-12	\$495
Into the Night	14	7-12	\$495
Session 2: July 2 – July 8	Page	Grades	Price (\$)
I Spy Sheep, Goats, and Cats, Oh My!	15	3-5	\$495
Great Mitre Bake-Off, Chilled Edition	15	3-5	\$495
Be Brave	15	4-5	\$495
Boots n' Saddles	16	6-8	\$600
Mitre Quest	16	6-8	\$495
Be Courageous	16	6-12	\$450
Session 3: July 9 – July 15	Page	Grades	Price (\$)
Hiking Boots	17	3	\$450
Trail Mix	17	3-5	\$450
Hoof Prints	17	4-5	\$600
Boots n' Saddles	18	6-8	\$600
Amphi-Theatre	18	6-12	\$495
Art in the Round	18	6-12	\$495
Destination Camps & Multi-Week	Page	Grades	Price (\$)
Big Bend Water Expedition (Session 1)	19	9-12	\$725
Ridin' & Rappellin' (Sessions 2-3)	20	9-12	\$725
CIT / WIT (Sessions 1-3)	22	11-12	\$725

Session One

Cowgirls

Session 1 Grade 3 Min 6 Max 12 \$600

June 25 - July 1

Do you love horses? Have you always wanted to learn to ride like a real cowgirl? This summer, you can sit tall and gain confidence to walk, stop, and turn your horse! Do you ever wonder what the different colors or parts of a horse are called? You'll learn all that and more! Play games to practice, then test your skills as you learn the poles and barrels! A 4x6 photo is included, so smile big for your photo with your horse! Overcome your fears and become one of camp's cowgirls! **Brownie Pets**

Trail Mix

Session 1 Grades 3-5 Min 6 Max 24 \$450

June 25 - July 1

Camp your way! Campers spend the week in their unit deciding each activity they do! Love nature and the outdoors? Explore one of the many camp trails! Learn what you can do to help protect the outdoors. Is performing more your style? Create a skit or sing some songs! Love horses? Paint a pony or learn about taking care of horses. Like to do arts & crafts? Make a friendship bracelet to give to a new camp buddy! Love swimming? Jump into the refreshing swimming pool, snorkel for treasure or play pool games with your friends! (Horseback riding lessons not included.)

Brownie Cabin Camper, Brownie Outdoor Adventurer, Junior Camper, Eco Camper

Hoof Prints

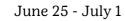
June 25 - July 1 Session 1

Grades 4-5 Min 6 Max 8 \$600

Ready to challenge yourself and your horse? Ready to learn how to groom and unsaddle your horse? Interested in exploring camp with a trail ride? Hoof Prints is the program for you! No prior riding experience is required. Learn to ride tall in the saddle and control your horse so you can show off your riding skills when you navigate through an obstacle course in the arena! Head out for a trail ride on the new horse trails in camp! Learn how to care for your horse, including a demonstration picking a horse's hooves. Learn the technical names of a horse's gait, the rules of riding on the trail, parts of the saddle, and more! A 4x6 photo is included, so smile big for your photo with your horse! Junior Horseback Riding

Be Brave

Session 1 Grades 4-5 Min 6 Max 16 \$495



Do you wake each morning and wonder to yourself what kind of adventure will today hold? If so, then bring your brave self to camp for a week of archery, boulder bouncing, hiking, swimming, and horseback riding. Take aim at the balloons on the target in archery, slip on those cowgirl boots for saddle time and go exploring the great outdoors. Learn what you can do to help protect nature. Cool down after all your adventures with a splash in the blue waters of the pool! Maybe even sleep out under the stars to end your brave and adventure filled day! (Horseback riding is not the main focus of this program.) Junior Camper, Eco Camper, Horseback Riding



<u>Camper Choice</u>

Session 1 Grades 6-10 Min 6 Max 24 \$450 Camp your way! Campers in this unit spend the week deciding each activity they do! Explore one of the many camp trails, head to the archery range, go geocaching, make ice \$450 cream in a can, volunteer to do a service project, check-out a camp camera and take pictures, dig into a 3-day craft project, or spend time in the refreshing blue swimming pool for pool games with your friends! Cadette Archer, Cadette Outdoor Art, Senior Outdoor Art Expert

Great Mitre Bake-Off

June 25 - July 1

Session 1 Grades 6-12 Min 6 Max 16

\$495

Do you love to bake desserts or want to learn? Come improve your skills at creating delicious baked goods, learn about food safety, and visit a local commercial kitchen to see behind the scenes! Bring a signature chilled dish recipe you often make at home to share with your fellow bakers. Move on to the Technical Challenge, where you and your team will compete against other teams to make the best dish using the same recipe. No one will be eliminated in our version of the Great Bake-Off! On Thursday, you and your Bake-Off buddies cook dessert for the entire camp! The end of the week brings the showstopper, where you show off your skills and talents to the judges, Willow and Roo! Plus, assemble a "cookbook" of the week's recipes to take home! Sign up for the GMBO and become a star baker!

Cadette New Cuisines, Senior Locavore

Into the Night

Session 1 June 25 - July 1

Grades 7-12 Min 6

> Max 16 \$495



shining bright. Enjoy late-night swims under the stars and visits to the archery range for twilight target practice. Put your hiking boots on, head out on the trails, and enjoy a midnight snack along the way! Load up in the van and head over for a star party at McDonald's observatory! Climb aboard specially modified Texas Parks & Wildlife safari trucks with seats and mounted spotlights to go exploring for animals at night with wildlife biologists! Campers in this session stay up until at least midnight every night, sleep in the next morning, and then brunch is served! Are you ready for your late-night adventures?

Do you like to stay up late and sleep in? Come explore camp after dark when the moon is

Cadette Night Owl, Space Adventure, STEM Career Exploration, Senior STEM Career Exploration, Ambassador STEM Career Exploration





I Spy Sheep, Goats & Cats, Oh My!

July 2 - 8

Session 2 Grades 3-5 Min 6 Max 16

\$495



Do you love animals? Join us at camp to explore the world of animals and learn how they help us! You'll meet the camp horses, learn their names, and how horses are useful on ranches. Visit sheep and cows on a local ranch and learn how the rancher makes clothes out of the sheep's wool! Travel to Marfa Maid Goat Farm to pet their goats and taste their goat cheese! Visit the Alpine Humane Society Thrift Store where you can make cat toys and play with the cats that are up for adoption. Talk with a local veterinarian about how pets help us and what it takes to care for our pet friends! Learn basic animal first-aid and practice bandaging a stuffed animal or the camp's mascot, Javi! If learning about and meeting these animals sounds fun, then this program is for you! No horseback riding included.

Brownie Pets, STEM Career Exploration, Junior Animal Habitats

Great Mitre Bake-Off, Chilled Edition

Session 2 July 2 - 8

Grades 3-5 Do you love to get into the kitchen and make your own cold treats? Come improve your Min 6 skills at creating tasty, chilled desserts like ice cream in a can! Take a tour of the camp Max 16 \$495 kitchen and learn about basic food safety. Bring a signature chilled dish recipe you often make at home to share with your fellow bakers and possibly make. Then move on to the Technical Challenge, where you and your team compete against other teams to make the best chilled dish using the same recipe. No one will be eliminated in our version of the Great Bake-Off! The end of the week brings the showstopper, where you show off your skills and talents to the judges, Willow and Roo! Plus, assemble a "cookbook" of the week's recipes to take home! Sign up for the Chilled Edition and become the "Coolest" Star Baker! Brownie Snacks, Junior Simple Meals

<u>Be Brave</u>

Session 2 July 2 - 8

Grades 4-5 Min 6 Max 16

\$495

Do you wake each morning and wonder to yourself what kind of adventure will today hold? If so, then bring your brave self to camp for a week of archery, boulder bouncing, hiking, swimming, and horseback riding. Take aim at the balloons on the target in archery, slip on those cowgirl boots for saddle time and go exploring the great outdoors. Learn what you can do to help protect nature. Cool down after all your adventures with a splash in the blue waters of the pool! Maybe even sleep out under the stars to end your brave and adventure filled day! (Horseback riding is not the main focus of this program.) Junior Camper, Eco Camper, Horseback Riding



Session Two

Boots n' Saddles

July 2 - 8

Session 2 Grades 6-8 Min 6

Max 8 \$600

Pull on your boots, strap on your helmet and head out to meet your horse! Riding experience is preferred, but not required, as long as you are comfortable around horses. Learn to safely lead and tie your horse to the rail with a quick release knot. Grab a comb to groom; then saddle up your horse before heading out to the arena. Learn and build on what you already know about riding and controlling your horse! You might even get the chance to trot around in the arena! Then, head out for a trail ride! Zig zag through the new horse trails in camp before heading out for a longer trail ride. Before the week is over, you and the other girls in BnS lead the camp flag ceremony on horseback! Head down to the barn in the evening to learn how to care for the horses including taking a turn mucking the pens! Learn how to read a horse's body language to determine how they are feeling and the proper way to give medicine or pick their hooves. A 4x6 photo is included so smile big for your photo with your horse! You are working your way to becoming an expert Horse Wrangler!

Cadette Animal Helpers

Mitre Quest

Session 2 July 2 -8 Grades 6-8

Min 6

Max 8

\$495

Have you ever wanted to step into the shoes of your favorite book character? Are you a creative storyteller? Do you enjoy improvisation? Join this collaborative storytelling adventure that will build problem solving skills, teamwork, and imagination! Mitre Quest is a new program inspired by (but not identical to) the well-known, educational, and award-winning game, Dungeons & Dragons. Our version is a live action, open-ended role playing game where you build the story! Roleplay as exciting characters that you create, step into fantastic adventures and solve mysteries to save the day! During the week, head out on the trails to find clues, step up at the archery range for target practice, then grab a helmet and lean into the rope to rappel down the canyon wall to search for hidden answers in the rocks! All this action while brainstorming the next twist in the ongoing story! Join the fun and be the master of your camp adventure! Cadette Archery, Cadette Climbing Adventure, Cadette Trail Adventure

Be Courageous

Session 2 July 2 - 8

Grades 6-12

\$450

Min 6 Max 8

Do you wake each morning and wonder to yourself what kind of adventure today will hold? If so, then bring your courageous self to camp for a week of archery, boulder bouncing, hiking, swimming, and rappelling! Grab that archery bow and take aim, lean back and trust the rope as you rappel down the canyon wall, grab your hat and fill up your water bottle to head out for the top of the plateau, and cool down after all your adventures with a splash in the blue, sparkling pool! Maybe even sleep out under the stars to end your courageous and adventure filled day!

Cadette Archery, Cadette Good Sportsmanship, Cadette Climbing Adventure

<u>Hiking Boots</u>

Session 3 July 9 - 15 Grade 3 Min 6 Lace up yo Max 12 trails of Ca \$450 over camp

Lace up your hiking boots, grab your hat, water bottle, and camera! Let's head out on the trails of Camp Mitre Peak! Have you ever hiked up Stairway to Heaven and looked down over camp? Ever been to Daffy's Cave or Second pool? How about Tonkawa Cave? Explore Frankenstein's head? Can you identify deer or racoon prints? Ever smelled a chocolate daisy? Make yummy trail snacks, follow trail signs to find hidden treasures, and learn how to be prepared on the trail, as well as basic first aid. Get to know the other campers as you travel up and down the trails taking pictures and making memories! Brownie Hiker, Brownie Outdoor Adventurer

<u>Trail Mix</u>

Session 3
Grades 3-5
Min 6
Max 24July 9 - 15Camp your way! Campers spend the week in their unit deciding each activity they do!
Love nature and the outdoors? Explore one of the many camp trails! Learn what you can
do to help protect the outdoors. Is performing more your style? Create a skit or sing some
songs! Love horses? Paint a pony or learn about taking care of horses. Like to do arts &
crafts? Make a friendship bracelet to give to a new camp buddy! Love swimming? Jump
into the refreshing swimming pool, snorkel for treasure or play pool games with your
friends! (Horseback riding lessons not included.)
Brownie Cabin Camper, Brownie Outdoor Adventurer, Junior Camper, Eco Camper

Hoof Prints

Session 3 June 25 - July 1

Grades 4-5

Min 6

Max 8 \$600



Ready to challenge yourself and your horse? Ready to learn how to groom and unsaddle your horse? Interested in exploring camp with a trail ride? Hoof Prints is the program for you! No prior riding experience is required. Learn to ride tall in the saddle and control your horse so you can show off your riding skills when you navigate through an obstacle course in the arena! Head out for a trail ride on the new horse trails in camp! Learn how to care for your horse, including a demonstration picking a horse's hooves. Learn the technical names of a horse's gait, the rules of riding on the trail, parts of the saddle, and more! A 4x6 photo is included, so smile big for your photo with your horse! Junior Horseback Riding







Boots n' Saddles

July 9 - 15

Session 3 Grades 6-8 Min 6 Max 8 \$600

Pull on your boots, strap on your helmet and head out to meet your horse! Riding experience is preferred, but not required, as long as you are comfortable around horses. Learn to safely lead and tie your horse to the rail with a quick release knot. Grab a comb to groom; then saddle up your horse before heading out to the arena. Learn and build on what you already know about riding and controlling your horse! You might even get the chance to trot around in the arena! Then, head out for a trail ride! Zig zag through the new horse trails in camp before heading out for a longer trail ride. Before the week is over, you and the other girls in BnS lead the camp flag ceremony on horseback! Head down to the barn in the evening to learn how to care for the horses including taking a turn mucking the pens! Learn how to read a horse's body language to determine how they are feeling and the proper way to give medicine or pick their hooves. A 4x6 photo is included so smile big for your photo with your horse! You are working your way to becoming an expert Horse Wrangler! **Cadette Animal Helpers**

Amphi-Theatre

Session 3 July 9 - 15

Grades 6-12 Min 6 Max 16 \$495



camp and learn how to write plays, direct, create costumes, design and build sets, and act! Not interested in acting? Then use your talents behind the curtain! There are many important roles in putting on a good production! Learn skills using traditional camp skits and practice with improv sessions. Climb into the camp van for a field trip to Alpine to talk with Sul Ross University theater experts. Most of the week is focused on playwriting, set design, and building for your live on-stage camp production at the end of the week! Followed by a curtain call when the actors and the behind-the-scenes helpers come out to take their final bows to great applause!

"All the world's a stage," said William Shakespeare. This summer, you take center stage at

Cadette Public Speaking, Senior-Troupe Performer

Art in the Round

Session 3 Grades 6-12

Min 6 Max 16 \$495



You don't have to be good at drawing or painting to be an artist. Art comes from within, and during this week at camp, we will explore your inner creative genius. Learn about color and texture, art in nature, plein air painting, batik, tin punching, and more. Did you know that Vincent van Gogh was a fan of plein air painting, or the practice of painting in the great outdoors? Visit with an artist to learn how to develop your talents and maybe even visit an art studio. At the end of the week, plan and host an Art Walk for the entire camp to view! Iced drinks and snacks are available as you mingle and answer questions about your artwork!

Cadette Outdoor Art Apprentice, Senior Outdoor Art Expert, Ambassador Outdoor Art Master

Big Bend Water Expedition

Session 1 June 25 - July 1

Grades 9-12 Min 6 Max 8 \$725



There is a place in far West Texas where night skies are dark as coal and rivers carve temple-canyons into ancient limestone. This magical place is called the Big Bend area. This program has you preparing, practicing, and packing for your Big Bend Water Expedition! It includes a day in a kayak or raft on the Rio Grande River with an experienced outfitter, Angell Expeditions.

The primitive camping experience has you tent camping near the Big Bend Basin, using portable toilets, preparing your meals, and carrying a picnic lunch on the water. Campers need a couple pairs of water shoes or old tennis shoes, along with a wide-brimmed hat, long-sleeved shirt, a camelback or large water bottle, and sunscreen. Campers must be good swimmers and comfortable on a small boat and in water over their heads. Campers and adult staff always wear life vests when in the water. When not on the water, you explore the Big Bend trails and canyons, so you need a good pair of walking shoes or hiking boots. Remember, this is a high adventure trip, so campers must be able-bodied, willing to follow all safety directions, and have a keen sense of adventure! Senior Paddling, Senior Trail Adventurer, Senior Adventure Camper, Ambassador Ultimate Recreation Challenge







<u>Ridin' & Rappellin'</u>

Session 2 & 3 July 2 - 15

Grades 9-12 (NOTE: this is a two week session.)

Min 6 Max 8
Want to go horseback riding AND on a rappelling adventure? Then, Ridin' & Rappellin' is for you! Previous riding experience is required to safely advance your skills. Have you ever wanted to ride out to the windmill or other sections of the beautiful ranch lands surrounding camp? Learn to catch, halter, and tie to the rail before you groom, bridle, and saddle your horse. With fun activities and challenges in the arena, your riding skills are honed and improved to be your best horseback riding self! Riding games include barrels, pole bending, flag racing, and a \$1 bill snatch! Paint and dress up your horse for a "best dressed" contest!

Take time to show a younger rider how to approach and mount a horse at the beginning of the week, then help them put on a horse parade at the end of the week! Next, trade your horseback riding helmet for a harness and climbing helmet! Learn how to harness up, clip onto the rope, and control your descent down the rock under the watchful eye of a trained and experienced rappelling and climbing instructor. Have fun and build your confidence in the saddle and on the rock! A 4x6 photo is included, so smile big for your photo with your horse!

Senior Voice for Animals, Ambassador Ultimate Recreation Challenge



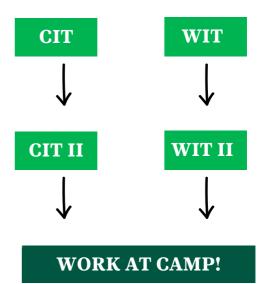




Girl Scout Camp leadership programs combine exciting summer camp activities with experiential leadership training, resulting in a unique, fun, and high-quality adventure for Girl Scouts who dream big! Leadership programs are progressive and are designed based on the ages and development of the campers.

Each session of a particular camp program will include similar foundational skills, but as every week's campers are different, at the end of the summer you will have the opportunity to practice a wide range of skills.

Each level of the leadership program teaches new skills that are intended to be taken back after camp and applied at the troop, service unit, or day camp level.







Counselor-in-Training I (CIT I)/Wrangler-in-Training I (WIT I)

Sessions 1-3 June 25 - July 15

Grades 11-12 \$725



Join the CIT/WIT program if you are interested in working in a camp setting as a staff member such as a unit counselor, horse wrangler, or lifeguard. (WITs must have horse experience.) The CIT/WIT program prepares you to inspire, teach, and mentor campers of all ages to help girls gain confidence and new skills in a safe and fun environment and meet the Girl Scout mission.

Each CIT and WIT creates a resource portfolio, including songs, games, and other program ideas to use when working with campers. Develop your own personal strengths and leadership style to make you a stronger team member and camp leader! To fully understand risk management, CIT/WITs also learn the behind-the-scenes procedures in the office, trading post, pool, barn, archery range, health center, and kitchen. The WIT I training also includes early morning feeding, grooming, saddling, and assisting with one or two programs a week.

During your three weeks of camp, there are opportunities to ride horses, have the pool all to yourselves, go to the archery range for some target practice, and stretch your imagination in arts & crafts. If you are interested, you can even assist at the rappelling course!

This leadership training gives you a full picture of how to successfully lead campers, the mechanics of how camp works, and how to become a part of a strong team of young people called "The CIT/WITs!" (pronounced "kit/wits"). CIT I Pin

Counselor-in-Training II (CIT II)/Wrangler-in-Training II (WIT II)

Grades 11-12

BE A CIT/WIT THIS SUMMER AND NEXT SUMMER YOU CAN BE A CITII/WITII

Once you have successfully completed the CIT I and WIT I program, you are invited to return for the second half of this training. The CIT II /WIT II program continues the training towards working in a camp setting as a unit counselor, horse wrangler, or lifeguard.

You start with a review of the major components of the CIT I/WIT I program, including girl planning, age characteristics, routines, and traditions. The majority of this training includes leading or assisting in hands-on activities with campers in your preferred program area. Working with your CIT/WIT Director, your personal and program goals are set to complete your individual training. Plan a visit to a nearby camp with your CIT/WIT team to observe how other camps operate and to bring back new games and songs to share with Camp Mitre Peak campers! Learn more by interviewing the Camp Director or Assistant Camp Director on what it takes to be a part of the camp staff next summer!



Arrival/Departure to Camp

- Sunday Check-in: 2:00 - 3:00 PM CST

- Saturday Check-out: 10:00 - 10:45 AM CST

Please respect check-in and check-out times as they have been developed to accommodate a smooth transition for all campers. Check-in and check-out times have also been designed to allow the staff to have adequate time off between sessions.

If an emergency arises and you need to deviate from the above times, contact the Camp Office at (432) 364-2314.

Arrival

Gate will open at 2:00 PM CST.

Parent Orientation is available at 3:30 PM at the Kiva, if you have questions. After the Parent Orientation, you can discuss any special custody arrangements or other important information with the Camp Director.

Departure

All campers must be picked up by 10:45 AM CST. All adults picking up campers must show a photo id. Campers are not allowed to leave camp with anyone other than their parent or guardian without a signed, written statement from the parent authorizing the specific adult by name that is picking up the camper. This authorization should be discussed with your camper and the counselor at check-in and is included in the Camper Registration Packet.

At Check-out parents receive medications, leftover Trading Post money, badge sheet and parent survey link.

Camper Behavior

Campers who consistently do not follow directions can endanger their own safety as well as the safety of other campers and staff.

A camper may be sent home early for consistently not following directions. A parent phone call will be placed prior to a final decision. No refunds will be given.

Stay 'N Play

Campers may stay overnight at camp between consecutive resident camp programs for free! Girls will enjoy downtime, movies, special treats, and getting recharged for the next week. Their laundry will also get done during this time. Check "Stay 'N Play" in the Camper Registration Packet.

Packing

A complete packing list will be provided in the Camper Registration Packet but here is a list to get you started:

Sleeping bag or sheets/blankets; short sleeved shirts; shorts; pants; jackets; shoes and lots of socks that cover the ankles; toiletry items (biodegradable shampoo and soap preferred); two good flashlights or headlamps with extra batteries; a water bottle; a hat with a brim; a long sleeved light-colored cotton shirt for sun protection; sunscreen; a battery-operated clock or watch; shower shoes; any medication; and Trading Post money. No sandals, halter tops, midriffs, sleeveless shirts, sun suits, or no-show socks as these articles do not provide adequate protection from the sun and rough terrain.

No expensive or valuable clothing, jewelry, or toys, as these items of value are not appropriate for a rustic camp setting. No electronic devices or cell phones, as we want the camper to have an amazing camp experience! We feel it helps the camper be fully present at camp when they disconnect from social media, emails, and texts.

Health Information

Doctor Exam / Camp Physical

All campers are required to have a completed Health Record & Doctor Exam Form, often called a "camp physical." This form must be completed after January 1, 2023, and submitted one month prior to the session start date. See chart on page 8 for deadlines. If registering less than one month prior, then the Exam should be submitted as soon as possible.

A list of current immunizations by date MUST be included in the Health Record and Doctor Exam Form. Writing "current" is not acceptable. This Exam Form must be completed by a physician, nurse practitioner, or physician's assistant with original signatures and dates. Exam forms may be duplicated, but each copy must have original signatures.

Medications

All medications, prescription or nonprescription, including vitamins, must be in the original container with dosage instructions clearly shown on the label or printed clearly and signed by the parent. Parents must leave medications with the health supervisor during check-in. Send enough of the prescriptions to last for her entire stay at camp. Include medications for any threatening conditions that require only occasional use, such as epinephrine pens or inhalers.

Health Screening

The purpose of the on-site health screening is to ensure that campers are admitted to camp without a contagious illness or condition. We screen for 1) raised temperatures; 2) head lice; and 3) foot fungi. Campers will have to remove their shoes, socks, and hair accessories (ponytails, braids, hair beads, etc.) for screening.

Contagious conditions will prevent a camper from being admitted into camp, and if detected, it is the responsibility of the parent to seek treatment. A camper may be allowed back into camp after receiving prescribed care. Camp fees are non-refundable when a camper arrives with a pre-existing condition.

Health Center & Local Services

The air-conditioned Health Center houses the camp nurse and includes an isolation ward and a med/clinic room. Campers' medications are properly stored and administered by the camp nurse. In cases of illness or injury, campers are treated at camp unless the nurse determines that further care is needed. When necessary, campers are taken to a local physician or Big Bend Regional Medical Center, ten minutes from the camp in Alpine. In addition to the nurse, camp staff personnel are also trained in first aid, CPR, and how to use the camp's AED.

Camper Blues

Your encouraging attitude before and during camp will help prevent "missing home/camper blues." The books Off to Camp and Bug Bites and Campfires are good for first-time campers and families to read together. Counselors are supportive and caring when camper blues occur. The feeling usually passes within a day, and the camper enjoys the rest of the session. If the blues continue or the camper is not actively participating, the counselor will inform the Camp Leadership Team and make a note in the Camper Logbook in the camp office. If camp staff require assistance, parents will be contacted. Often, parents can suggest ideas or ways to overcome the camper blues.

You may call and ask to speak with your child's counselor at any time; just know that it may be necessary to leave a message. The counselor will typically return the call at the next meal.

Meals

Meals are served family style in the morning and evening, with lunch served buffet style. Two counselors sit at each table with six campers of varying ages. Campers also cookout two meals each week with their unit group.

Communication

Lack of mail is the chief cause of "Camper Blues." Letters can be mailed prior to your daughter's session OR left at our Trading Post during check-in. Please allow at least three to four days for the postal service to deliver mail to camp. If mail is left at our Trading Post, please make sure it is clearly marked with: camper name, program name, and delivery date. When writing, try to avoid phrases like "we miss you so much," "wish you were here," "your pet hasn't eaten for a week," or "your friends ask about you." Be creative and send your camper fun letters, cartoons, or word puzzles.

> <u>Mailing Address</u> Your Camper's Name Camp Mitre Peak - Program PO Box 9680 Alpine, TX 79831

Bunk 1 is an online service that allows parents to send bunk notes (emails) to campers that can be customized with photos, borders, and puzzles. The bunk notes are printed off and delivered to the campers along with the regular mail each day. Information on subscribing to Bunk 1 will be in the Camper Registration Packet.

In addition, Bunk 1 offers a secure photo gallery for each camp. Only family members of current campers are granted access to view and purchase products. Photos of camp activities are uploaded each day so that parents can log in and see their camper in action!

Trading Post

Our Trading Post has healthy snacks, necessary items like toothpaste and deodorant, and cute camp souvenirs available for purchase, ranging in price from \$0.50 to \$20.00. You may deposit money into your daughter's account during check-in with cash, check, credit card, or Desert Dollars. Campers will go shopping 3 - 4 times during the week.

Birthdays

Birthdays are fun celebrations at camp. Special arrangements for giving a present or providing treats for your daughter's entire unit can be made in advance with the Camp Director. Girls with birthdays while at camp are recognized during breakfast on "their" day.

Badge Sheets

Each program listing shows badges/journeys with components that may be met during the activities of that specific program. While the focus is not on earning any one badge during that program, badge sheets are provided in the camper's packet at the end of the week. These badge sheets will show which requirements for which badges/journeys were met throughout the week during the program time and afternoon choice activities.

Camp Mitre Peak Location

200 Camp Mitre Peak Road, Fort Davis, Texas from El Paso, TX - 3.5 hours from Midland, TX - 3 hours from Odessa, TX - 2.5 hours from Las Cruces, NM - 4.5 hours from Roswell, NM - 4.45 hours from Carlsbad, NM - 3.5 hours



It is our goal to continue to provide opportunities for girls who want to go to camp. Camp scholarships provide life-changing experiences for girls who may not otherwise be able to participate because of their economic circumstances. Contributions to camp scholarships make it possible for all girls throughout the 33 counties we serve to attend camp and have the same opportunities and experiences regardless of their financial situation. In addition, camp scholarships help underwrite the cost of camp activities, keeping fees low for girls.

With your help, we will continue to give Girl Scouts the opportunities they need to become the leaders they want to be today and the leaders our community needs them to be tomorrow.

\$1,000 - One week of resident camp for two girls\$500 - One week of resident camp for one girl\$250 - half of one week of resident camp for one girl

Donations can be made at <u>www.gsdsw.org</u> or complete the form below and mail to:

Girl Scouts of the Desert Southwest - Camp Scholarship 9700 Girl Scout Way El Paso, TX 79924

Yes, I would like to help send a girl to	camp!		
Name			
Address			
City		State	Zip Code
Phone	Email		
Payment Information			

\$1,000 \$500 \$250 Other \$____

Enclosed is my check payable to Girl Scouts of the Desert Southwest

If you would like to pay by credit card check here and a staff member will contact you.



of the desert southwest southern new mexico and west texas

> 9700 Girl Scout Way El Paso, Texas 79924

Questions?

Our Customer Care team is always happy to help with camp registration or any questions about our camp programs.

> info@gsdsw.org (915) 566-9433 www.GSDSW.org