

# Welcome to Kamp Konocti

Summer camp is an exciting adventure and a great tradition for campers, volunteers and tags. We're happy your daughter is joining us at camp this summer. This packet of information should answer most of your questions about camp. Please read the entire packet carefully. If you have any other questions, don't hesitate to email [kampkonocti@yahoo.com](mailto:kampkonocti@yahoo.com) or call Helen @ 707-837-8632. You can also visit our website, [www.kampkonocti.org](http://www.kampkonocti.org) for additional information.

## MEDICAL FORMS

We want to make sure we have all the information needed to care for your daughter. You need to fill out the Resident Health Camp Form. The Medical Evaluation portion must be filled out and signed by your physician or nurse practitioner. If your MD wants to send their medical form, please attach it to the Resident Camp Health Form. You will need to fill out the parent portions. **PLEASE RETURN IT TO our P.O. Box AS SOON AS POSSIBLE. THIS WILL ALLOW OUR NURSES AND COUNSELORS TO BE BETTER PREPARED TO CARE FOR YOUR DAUGHTER.** We will need these forms before your daughter can stay at camp. Please bring a copy with you to camp in case it was lost in transit. Keep it handy as we will need to review it upon your arrival. **We will not be able to have your child at camp without a current, signed physical form.** Physicals are good for two years. We will bring last years forms, but you'll still need to fill out the Personal Health portion of a new form.

## MEDICATIONS, BEDWETTING, SLEEPWALKING

If your daughter takes any medications, bring them to camp in their **original bottle**. Medications in any other container will not be dispensed. **The prescription directions on the bottle must be correct.** All medications will be dispensed from the nurse's office. The Resident Camp Health form includes an over the counter medications (OTC) consent. We will provide the OTC medications listed on the health form.

NO MEDICATIONS are allowed in the units with the exception of Asthma inhalers and epi-pens. Your child should know how to administer these. We would like you to provide a small fanny pack for your daughter to keep these medications safely with her at all times. You still need to fill out the consent form for these meds and show them to the nurse at check in. This rule protects everybody in camp, including the critters that may be attracted to meds.

If your daughter has trouble with bedwetting, please send along an extra sleeping bag. One that looks exactly the same can be helpful in the change with washing and drying for your daughter's privacy and comfort. We would also like to make every effort to escort her to the restroom in the middle of the night as needed. Many girls feel uncomfortable waking up a buddy or their unit leader to escort them to the bathroom in the middle of the night. Please reinforce that this is one of the reasons we are here. Past campers have been successful by bringing nighttime protection. Many products fit discreetly under pajamas. The campers were able to feel secure going to bed and not having to worry about a nighttime accident.

If your daughter is a sleepwalker we will request that she be on a bottom bunk. Please let us know the frequency of sleepwalking and how it is best to take care of her.

**KAMP KONOCTI  
GIRL SCOUTS OF NORTHERN CALIFORNIA**

**LIVING QUARTERS**

Your daughter will be staying in Adirondacks. These are 3 walled, roofed units with 4 sets of wooden bunk beds. You need to bring a foam pad or camping mat for under your sleeping bag. Adult unit leaders will stay in the unit with your child. **NO FOOD** can be brought into the Adirondacks. There are many small critters that cruise through during the day smelling for wonderful treats to munch on. Toothpaste and lotion should also be well sealed as many of these items have a delicious smell to the critters. The girls will have plenty of unit time, with cookouts and campfires occurring in their unit. They may want to bring a book or journal for quiet time. **NO ELECTRONIC EQUIPMENT OR GAMES WILL BE ALLOWED.**

There are bathrooms and showers nearby. Most are in the “outdoor” setting. We will encourage your daughter to take a shower at least every other day. We will teach environmental friendly, quick showering techniques: water on, get wet, water off while soaping up, water on to rinse off. We will also make time for morning and evening care, face washing, teeth brushing, etc. Please remind your daughter the importance of doing these things on a daily basis.

**MEALS**

Most meals are served family-style in the Dining Hall. There will be a variety of items served so each girl should be able to find enough food that she likes to keep her full and healthy. We do require that each girl drink at least one glass of water with each meal before any juice or milk. Snacks are available throughout the day. Remember to notify us in advance of any special dietary needs. We will communicate any food allergies or special diets to the kitchen staff. Food allergies will be posted in the kitchen so staff is aware of any food allergies that campers may have. Girls with particular dietary needs may need to bring supplemental food to camp. This food will be left with the Kitchen Supervisor with detailed instructions for its allotment. Please do not send snacks or other food items to camp.

**MISSING HOME**

Being away from home can be an adjustment for both campers and parents. Juliette Gordon Low was often homesick when she left home as a child. Before one particular trip she requested to bring a portrait of her mother. Her father didn't allow it, so she got a canvas and duplicated the portrait for herself. The portrait is at least 4 feet by 5 feet and hangs in the family home in Savannah today. We don't suggest your daughter paint a family portrait to bring, but a photograph can be helpful. It is possible that your daughter will miss home while she is at camp. To help minimize the potential of this happening, our staff members will help your daughter become adjusted to camp life as soon as possible. We have found that the more connections a camper can make with people and camp life, the easier it is for her to be away from home. If your daughter continues to have a difficult time being away from home, the Camp Director or Nurse may contact you to discuss the situation. You can also help your daughter adjust to camp by sending a few familiar items with her, such as a favorite stuffed animal, a picture of the family or her pet. You can also slip an encouraging note into her duffel bag for her to find upon her arrival. Make sure that this is a positive letter telling her about all the fun she will have and how proud you are of her. Send postcards, stamps and addresses so she can write to you, other family and friends while she is having quiet time at camp.

**KAMP KONOCTI  
GIRL SCOUTS OF NORTHERN CALIFORNIA**

**COMMUNICATION WITH YOUR DAUGHTER**

Mail is important to children away from home. PLEASE write to your daughter while she is at camp. Sending a letter a few days before she leaves home should guarantee that she'll get it within the first days of camp. If you send care packages, please make sure that there are enough food items for the unit, about 30 girls. Some items may need to be stored in the kitchen due to animals. If there is not enough food for the unit, the food will be stored in the kitchen and returned at checkout.

The counselors will encourage campers to write home as well.

Send mail to:

Your Daughter's First and Last Name  
Kamp Konocti  
P.O. Box 346  
Navarro, CA 95463

**CHECK- IN AND CHECK- OUT**

Camp begins on **Sunday, July 21<sup>st</sup>**, **check-in between 2-4pm. Please do not arrive before 2:00pm. We are working up until 2:00 pm to get camp ready for your daughter.**

At check in she will meet with the camp nurse, where her health history will be screened. She will be checked for head lice and any additional questions regarding your daughter's health will be addressed. You will take her belongings to the unit, meet her unit leaders and say good-bye. The campers will then have unit time with get acquainted games and activities. Dinner will be at 5:30pm so make sure she eats lunch before arriving. The road to Kamp Konocti is windy and can make some girls sick. You may want to consider driving up leisurely and stopping in Boonville for lunch or a picnic.

Closing ceremonies will begin at **10:00 am Saturday, July 27<sup>th</sup>**. Please be on time so you can share this experience with your child. **You will need to sign your daughter out with the unit counselor and pick up any medications from the nurse.** Once the ceremony is over, campers and their families are asked to depart the camp property. Parents who wish help load up council camp gear and clean camp after the ceremony will be greatly appreciated. It takes a lot of supplies to run a resident camp, most of it that needs to return to Santa Rosa. We would also appreciate help back in Santa Rosa at the Girl Scout Council office to unload the U-Haul truck. If you are interested, please fill in the form enclosed in this letter.

**CAMP PHOTOS**

We will be taking unit pictures in the camp t-shirt the first day. 5x7 unit pictures are included in the camper fee.

Kamp Konocti  
P.O. Box 186, Windsor, CA 95492

**KAMP KONOCTI  
GIRL SCOUTS OF NORTHERN CALIFORNIA**

**CAMP STORE**

The camp store will be open at camp check-in and check out and for the campers as a unit 2-3 times during the week. Items available for purchase are: t-shirts, sweatshirts, stuffed animals, jewelry items, stamps, postcards, snack food, etc. Most items are priced under \$5.00 except for some clothing items.

Girls going into 7<sup>th</sup>-9<sup>th</sup> grade typically spend a day out of camp. They usually have time to shop in Fort Bragg or Mendocino. \$10-\$20 is sufficient for their shopping day.

**THEME DAYS**

Part of camp fun includes theme days. Our CITs, counselor in training, choose the themes for the week. They have chosen:

Monday: Rainbow

Tuesday: Sports

Wednesday: Pajama-bring an extra pair!

Thursday: Character

Friday: Countries of the World

Packing a t-shirt or hat that your daughter has to compliment the theme will help add in the fun.

**EMERGENCY INFORMATION**

You will be notified immediately if there is a problem at camp. Make sure to leave us your daytime and evening phone numbers, as well as a second emergency contact. If you need to reach your daughter in case of an emergency, please call the Council Office at 707-544-5472. We will relay any messages to camp. If it is an after hours emergency that absolutely cannot wait until 9am, you may call 707-895-3181. This is a private residence; please do not call unless it is an emergency that can not wait until 9am. Remember it is a long drive to camp, and there is usually very little anyone can do in the middle of the night. Once we receive your message, we will act on it immediately.

**DUFFEL/GEAR BAG**

You and your daughter will be responsible for carrying her gear up to her unit. This might be a bit of a hike from the parking area, with a guarantee of one hill. Please refer to the equipment list for the items that she needs to pack.

KAMP KONOCTI  
GIRL SCOUTS OF NORTHERN CALIFORNIA

**EQUIPMENT LIST: Please label all items**

Please bring the following equipment in a duffel/gear bag or soft-sided luggage.

- Medications in original bottle with correct directions. Medications not meeting this requirement will not be given during camp.**
- Warm sleeping bag, **NOT** a slumber bag
- Whistle: mandatory
- Water bottle: mandatory
- Foam pad, air mattress or camping matt
- Mess Kit: plastic/tin cup, plate, bowl, cutlery, mesh bag
- T-shirts, shorts, jeans for 7 days, no halter tops
- Sweatshirt and warm jacket
- Underwear, socks for 9-10 days, always good to have extra
- Warm pajamas
- Sweat pants
- 2 pair of shoes, hiking boots or tennis shoes (closed toe and closed heel)
- 1 pair of water shoes for showering
- Hat
- Toiletries: toothbrush, paste, shampoo, soap, lotion, sanitary supplies etc.
- Sunscreen: necessary
- Bug repellent: necessary
- 2 Towels: shower and extra, washcloth
- Flashlight with extra batteries
- Pocket Knife, only to be used after unit safety instruction (optional)
- Sunglasses
- Letter/postcard writing supplies: postcards, stamps, addresses, pen
- Camera with name on it
- Book or journal for quiet time
- Money for store, turned in at check in time: girl scout/camping items, snacks
- Theme day clothing: See information above
- Things to Leave at Home:**
  - Cell phones, Radios, iPods, video games, snacks, drinks, jewelry, valuables  
***We cannot be responsible for these items while at camp.***

KAMP KONOCTI  
GIRL SCOUTS OF NORTHERN CALIFORNIA

Directions to Masonite Navarro from Santa Rosa Area

Take Highway 101 towards Cloverdale. Take the 128 West Exit (northernmost Cloverdale exit). Turn west. Follow the signs to 128 West. Take 128 through Boonville, Philo and Navarro. Approximately 2 miles after Navarro there is a Boy Scout Masonite Navarro camp sign. You will cross a concrete bridge.

Immediately after the bridge there is a sign on the right for Boy Scout Camp Masonite Navarro. Turn right at the sign. If you miss the first driveway, use the second. We will have Girl Scout Signs at the road and also CITs to help once you get near the camp.

Directions to Masonite Navarro from Ukiah, Willits, and Lake County: Take Hwy. 256 from Ukiah to Booneville. Take 128 through Boonville, Philo and Navarro. Approximately 2 miles after Navarro there is a Boy Scout Masonite Navarro camp sign. You will cross a concrete bridge. Immediately after the bridge there is a sign on the right for Boy Scout Camp Masonite Navarro. Turn right at the sign. If you miss the first driveway, use the second. We will have Girl Scout Signs at the road and also CITs to help once you get near the camp.

Directions to Masonite Navarro from Ft. Bragg and the Coast: Take Hwy. 1 to 128 East. Look for the left turn just before a concrete bridge about 1 mile from Navarro. We will have Girl Scout Signs at the road and also CITs to help once you get near the camp. If you get to Navarro, you've gone too far.

☺ Please pay attention to the CIT/Adult Parking Attendants.

☺ Please back your car in.

☺ Dogs are not allowed on camp property.

# Thank you!