

Girl Scouts of Alaska Togowoods Wilderness Trips



Parent/Guardian Handbook 2024

GENERAL INFORMATION

Whether your camper is going on a day trip, overnight trip or multi-night trip this handbook will provide you with information about her time outside camp.

For general information about Togowoods read the General Sleepaway Handbook.

About Out of Camp Trips

Our trip programs teach girls outdoor skills. More importantly, our wilderness trips lay a solid foundation for leadership, teamwork, and self-confidence throughout girls' lives.

All overnight and multi-night trip programs require a properly fitted backpack, wilderness-rated packable sleeping bag, and hiking boots. For more information on packing see the packing lists in this handbook.

Campers should be able to carry a 20-30 pound backpack and, for canoeing treks, share the weight of carrying an 80 pound canoe for up to a mile over land.

All trips are based out of Camp Togowoods.

We follow State of Alaska, Girl Scouts of the USA, and American Camp Association standards with regard to all our programs both on site and out of camp.

Programs That Leave Camp

Programs that leave camp for day trips:

- Paddler's Paradise
- River Runners

Programs that leave camp for an overnight trip:

- Trekkers
- Voyagers

Programs that leave camp for multiple days/nights:

- Hatcher Pass
- Nancy Lakes
- Kesugi Ridge
- Swan Lakes

Health Care/Emergencies On Trail

Our wilderness trips travel to remote and pristine areas of the Kenai Peninsula, Chugach Forest, Talkeetna Mountains and Susitna River Valley.

Because we travel to remote areas, sometimes hours from professional medical care, staff are trained in emergency backcountry procedures, carry satellite phones and at least one staff member is certified in Wilderness First Aid/CPR or higher. Wilderness groups carry first aid kits and epi pens.

If your camper becomes ill, has an emergency on trail, an injury or and cannot continue to participate in camp programming we will contact you to coordinate pick up.

Food/Water On Trail

Food

Campers and camp staff carry food and water supplies while on trail. Meals are designed to provide energy to sustain campers while they hike, canoe and camp.

Campers cook meals over an open fire or a backpacking stove with camp staff supervision and assistance.

All supplies with a scent, including food, are stored in bear canisters while on trail.

Water

Campers and camp staff water as well as water purification systems while on trail. Groups have at least one back up water purification system in addition to their primary water filter.

Campsites

Wilderness groups decide their campsites each day based on how far the group travels, sites available and group needs. Camp staff communicate campsite locations to the camp director each day.

CONTACTING CAMP

Our camp leadership team is always happy to talk with parents/guardians to answer questions, address concerns or share how a girl is doing at camp.



Phone Calls

Before May 24 you can reach us at: 907-248-2250

After May 24 you can reach us at:

Togowoods Director: 907-376-1310
Chief Mission Officer: 907-273-0316

Campers do not make or receive phone calls at camp to enjoy their time unplugged and independent.

We urge parents not to tell their camper that they may call home. Instead, make sure your camper knows there is always someone at camp they can talk to whether it is their counselor or the camp director.

We will call if your camper is experiencing sustained homesickness or a significant challenge at camp.

Parents are welcome to call camp and ask us to check on their camper. Camp directors are often interacting with campers so be prepared to leave a message. Messages are checked multiple times a day and we aim to return calls the same day we receive messages.



Texts

You may also contact the camp director by text.

Make sure to include the name of the camper you are texting us about.

Camp Director: We will email contact information one week before camp begins.
Chief Mission Officer: 907-273-0316



Emails

Parents/guardians can email us before, during or after your girl's camp session. When emailing, make sure to include your camper's name.

You can email us at:

customercare@girlscoutsalaska.org.



Contacting Camp in an Emergency

If there is an urgent situation or emergency you need to let camp know about and the camp director is not able to answer her phone you can call either of the numbers below:

Girl Scout Office (9-5 Monday-Friday):
907-248-2250

Girl Scout Emergency Number (24/7):
907-931-4039



Mail

If you would like to "send" your camper mail while she is at camp, you can pre-write and drop off letters (labeled by day) with the camp director.

Do not send food, candy or gum. These items will be stored and returned to campers when they depart.



Visiting Camp

Our camp programs are structured to allow campers the opportunity to develop independence and life skills. Parents or guardians visiting can provide a distraction that prevents campers from fully engaging in their programs. This means we do not have parent or guardians visitors while camp is in session.

WHAT TO PACK—GENERAL INFORMATION

Packing Tips

Camp happens in all types of weather. Everything from the packing list is needed. Old play clothes are ideal, we get dirty at camp (no Girl Scout uniforms needed)!

Pack medications separately so that they can be turned in during check in.

Pack toiletries in a separate bag that is clearly marked with the camper's name. All toiletries will be stored in a unit shelter.

Label all items with your camper's name.

Laundry

There are no laundry facilities at camp for campers. Campers should bring enough clothing for the entire session. Camp staff have access to a washer and dryer to launder camper's items if necessary.

Lost & Found

Any items found will be shown to campers at the end of each session. Unclaimed items will be transported to the council office in Anchorage and kept until the end of August. Unclaimed items will be donated to charity.

Personal Property

Camp is not responsible for any belongings brought to or left at camp or items that are lost or stolen.

Leave the following items at home:

- Electronics
- Cell phones (including watches with call/text capabilities)
- Food including candy, gum, soda
- Toys
- Personal sports equipment

Electronic devices brought to camp will be sent home with parents or stored in the camp office until the end of the day.

Pets are not allowed at camp.

Vehicles—If older campers drive to camp, vehicles are to be parked and keys turned in to the camp director at check in. Keys will be returned at check out.

Prohibited Items—Camp is smoke free, alcohol and drug free and weapon free.

GENERAL PACKING LIST

General Packing List

Clothing

- Underwear (1 per day)
- Socks (2 pair per day)
- Wool socks (2 pairs)
- Shorts (2 pair)
- Pants (2 pair)
- T-shirts (1 per day)
- Long sleeve shirts (3 pair)
- Warm pajamas (1 pair)
- Warm sweatshirt/fleece (1)
- Swimsuit (1)
- Sturdy tennis shoes or hiking boots that tie (1 pair)
- Shoes to get wet/rain boots (1 pair)
- Flip flops for the shower (1 pair)
- Warm hat, gloves (1)
- Sun hat (1)
- Rain coat with hood (1)
- Rain pants (1 pair)

Optional

- Camera
- Letter writing supplies
- Journal
- A book/quiet game for Me Time

Gear and Personal Items

- Warm sleeping bag/blankets
- Pillow
- Beach towel (1)
- Shower towel (1)
- Shampoo (travel size)
- Toothbrush/paste
- Comb/brush
- Personal care items (deodorant, pads, tampons, etc)
- Sun screen
- Bug spray (non-aerosol)
- Flashlight with extra batteries
- Waterbottle with closeable lid
- Day pack/school backpack

Leave at Home

- Cell phones and electronics
- Valuables like jewelry
- Open toed sandals/open backed shoes (ex: crocs, clogs)
- Candy, gum, extra food

WILDERNESS TRIPS PACKING LIST

Wilderness Packing List

The items on the wilderness packing list are *in addition* to the general packing list.

Campers will not take everything they bring with them to camp on their trip. They will pack for the trip as a group using re-sealable bags.

If you do not have an item on the list we may have gear your girl can borrow at camp. Call us at 907-248-2250 or email us at customercare@girlscoutsalaska.org.

Equipment and Fabric Types

It is important that you take note of fabric types when they are listed. They can make the difference between a camper being slightly wet and uncomfortable or life threatening hypothermia.

Boots

Make sure hiking boots are properly sized and thoroughly broken in at least two months before your camper arrives at camp.

Sleeping Bags

Sleeping bags are important. Cotton is heavy and bulky. Select a synthetic fiber bag that will stuff into about a 12" x 12" x 6" stuff sack. Lightweight slumber bags are not warm enough. We recommend a bag that is rated for 0-20 degrees.

Raingear

Raingear is essential. Campers in rain ponchos will be cold and wet. Make sure you include a rain coat and rain pants.

Clothing

- A WATERPROOF rain jacket (with hood) AND pants
- Warm winter hat (wool or fleece)
- Wool socks (4 pairs)
- Quick drying pants (not jeans) (1 pair)
- Long underwear tops and bottoms (should not contain any cotton) (2 pair)
- Non-cotton fleece sweatshirt or 100% wool sweater (1)
- Hiking boots (hiking trips) (1 pair)
- Mud boots (canoe trips) (1 pair)
- Lightweight, compactable tennis shoes (1 pair)

Gear

- Stuffable synthetic sleeping bag rated 20 degrees or below (no cotton fill) (1)
- Internal or external frame backpack (to hold at least 40 liters)
- Plastic insulated mug/cup (1)
- Plastic bowl (1)
- Spoon (1)
- Sturdy, non-leaking water bottle (at least 32 ounces per bottle) (2)
- Ensolite pad, Thermarest or other sleeping pad
- Gallon size re-sealable Ziplock bags (2)
- Large plastic garbage bags (non-scented) (5-10)

General

- See the general packing list on the previous page

DAY TRIPS

Paddler's Paradise

General Information

Girls in the Paddler's Paradise program build paddling skills during daily program blocks at the Camp Togwoods waterfront. Campers explore our lake and practice their paddling skills with our Small Craft Safety trained staff.

Togowoods offers canoeing, kayaking, and recreational row boating.

Out of Camp Trip

Paddler's Paradise campers test their skills on a 1/2 day kayak trip on Cottonwood Lake and Mud Lake.

The group will be out of camp on *June 19 or July 29*.

Transportation

Girls will travel to the lake by 15 passenger mini bus. All drivers are instructed how to handle emergency procedures and their driving records have been checked.

Drivers will inform campers of the following rules:

- Remain seated with a buckled seatbelt when the vehicle is in motion.
- Keep hands, feet and head to yourself and inside the windows while the vehicle is in motion.
- Don't yell or scream; the noise level shouldn't distract the driver.
- Don't stand or change places when the vehicle is moving.
- Obey the driver's instructions at all times.
- Campers need to check to see that they have all their belongings prior to getting out.

River Runners

General Information

Girls in the River Runners program build paddling skills during daily program blocks at the Camp Togwoods waterfront. Campers explore our lake and practice their paddling skills with our Small Craft Safety trained staff.

Togowoods offers canoeing, kayaking, and recreational row boating.

Out of Camp Trip

River Runners campers experience the ultimate challenge (and thrill) on a 1/2 day river raft trip on the Matanuska River with NOVA River Runners.

The group will be out of camp on *June 28*.

NOVA River Runners, Inc.

NOVA River Runners, Inc is our outfitter for this trip. NOVA pioneered whitewater rafting in Alaska 40 years ago.

All campers in this program must have a signed release form to participate. It is available on your camp account starting April 25.

Transportation

Girls will travel to NOVA by 15 passenger mini bus. All drivers are instructed how to handle emergency procedures and their driving records have been checked.

Drivers will inform campers of the following rules:

- Remain seated with a buckled seatbelt when the vehicle is in motion.
- Keep hands, feet and head to yourself and inside the windows while the vehicle is in motion.
- Don't yell or scream; the noise level shouldn't distract the driver.
- Don't stand or change places when the vehicle is moving.
- Obey the driver's instructions at all times.
- Campers need to check to see that they have all their belongings prior to getting out.

OVERNIGHT TRIPS

Trekkers

General Information

Girls in the Trekkers program enjoy a backpack trip in Hatcher Pass as they practice their camping skills (cooking, orienteering, minimal impact camping).

Out of Camp Trip

The group will be out of camp on *July 16-17*.

Transportation

Girls will travel by 15 passenger mini bus. All drivers are instructed how to handle emergency procedures and their driving records have been checked.

Drivers will inform campers of the following rules:

- Remain seated with a buckled seatbelt when the vehicle is in motion.
- Keep hands, feet and head to yourself and inside the windows while the vehicle is in motion.
- Don't yell or scream; the noise level shouldn't distract the driver.
- Don't stand or change places when the vehicle is moving.
- Obey the driver's instructions at all times.
- Campers need to check to see that they have all their belongings prior to getting out.

Voyagers

General Information

Girls in the Voyagers program practice and gain confidence in their paddling and camping skills (cooking, orienteering, minimal impact camping) with an overnight canoe adventure in the Nancy Lakes System.

Out of Camp Trip

The group will be out of camp on *August 4-5*.

Transportation

Girls will travel by 15 passenger mini bus. All drivers are instructed how to handle emergency procedures and their driving records have been checked.

Drivers will inform campers of the following rules:

- Remain seated with a buckled seatbelt when the vehicle is in motion.
- Keep hands, feet and head to yourself and inside the windows while the vehicle is in motion.
- Don't yell or scream; the noise level shouldn't distract the driver.
- Don't stand or change places when the vehicle is moving.
- Obey the driver's instructions at all times.
- Campers need to check to see that they have all their belongings prior to getting out.

MULTI-NIGHT BACKPACK TRIPS

Hatcher Pass

General Information

Girls in the Hatcher Pass program practice their backpacking and camp skills on a 3 day, 2 night trip in Hatcher Pass.

Out of Camp Trip

The group will be hiking approximately 7 miles over the course of 3 days. The trip requires the physical ability to carry a 20-25 pound backpack for 6-8 hours a day.

The safety and success of the group depends on each camper's physical and emotional readiness for the trip. Prior to heading out, the group will practice wilderness camping techniques, and learn emergency rescue skills/protocols. It is the responsibility of each camper to maintain a level of fitness necessary to participate in this program. Some type of exercise (walking, biking, yoga, etc) is a great way to prepare for the trek prior to camp.

The group will be out of camp on *July 10-13*.

Transportation

Girls will travel by 15 passenger mini bus. All drivers are instructed how to handle emergency procedures and their driving records have been checked.

Drivers will inform campers of the following rules:

- Remain seated with a buckled seatbelt when the vehicle is in motion.
- Keep hands, feet and head to yourself and inside the windows while the vehicle is in motion.
- Don't yell or scream; the noise level shouldn't distract the driver.
- Don't stand or change places when the vehicle is moving.
- Obey the driver's instructions at all times.
- Campers need to check to see that they have all their belongings prior to getting out.

Kesugi Ridge

General Information

Girls in the Kesugi Ridge program will challenge themselves on a 4 day, 3 night backpacking trip over Kesugi Ridge in Denali State Park.

Out of Camp Trip

The group will be hiking approximately 27 miles over the course of 4 days. The trip requires the physical ability to carry a 30 pound backpack for 6-8 hours a day.

The safety and success of the group depends on each camper's physical and emotional readiness for the trip. Prior to heading out, the group will practice wilderness camping techniques, and learn emergency rescue skills/protocols. It is the responsibility of each camper to maintain a level of fitness necessary to participate in this program. Some type of exercise (walking, biking, yoga, etc) is a great way to prepare for the trek prior to camp.

The group will be out of camp on *July 27-30*.

Transportation

Girls will travel by 15 passenger mini bus. All drivers are instructed how to handle emergency procedures and their driving records have been checked.

Drivers will inform campers of the following rules:

- Remain seated with a buckled seatbelt when the vehicle is in motion.
- Keep hands, feet and head to yourself and inside the windows while the vehicle is in motion.
- Don't yell or scream; the noise level shouldn't distract the driver.
- Don't stand or change places when the vehicle is moving.
- Obey the driver's instructions at all times.
- Campers need to check to see that they have all their belongings prior to getting out.

MULTI-NIGHT CANOE TRIPS

Nancy Lakes

General Information

Girls in the Nancy Lakes program continue to improve their canoeing skills and learn how to portage a canoe with a 3 day, 2 night paddle in the Nancy Lakes System.

Out of Camp Trip

The group will be paddling approximately 7 miles over the course of 3 days. The trip requires the physical ability to carry a 20-25 pound backpack, share the load of an 80 pound canoe and hike over root-bound trails on approximately 1/4 mile portages each day.

The safety and success of the group depends on each camper's physical and emotional readiness for the trip. Prior to heading out, the group will practice paddling skills, wilderness camping techniques, and learn emergency rescue skills/protocols. It is the responsibility of each camper to maintain a level of fitness necessary to participate in this program. Some type of exercise (walking, biking, yoga, etc) is a great way to prepare for the trek prior to camp.

The group will be out of camp on *June 27-29*.

Transportation

Girls will travel by 15 passenger mini bus. All drivers are instructed how to handle emergency procedures and their driving records have been checked.

Drivers will inform campers of the following rules:

- Remain seated with a buckled seatbelt when the vehicle is in motion.
- Keep hands, feet and head to yourself and inside the windows while the vehicle is in motion.
- Don't yell or scream; the noise level shouldn't distract the driver.
- Don't stand or change places when the vehicle is moving.
- Obey the driver's instructions at all times.
- Campers need to check to see that they have all their belongings prior to getting out.

Swan Lakes

General Information

Girls in the Swan Lakes program will challenge themselves on a 6 day, 5 night canoe trip on the Swan Lakes Canoe System and a 1/2 day sea kayak trip on Resurrection Bay with Sunny Cove.

Out of Camp Trip

The group will be canoeing approximately 15 miles over 5 days. The trip requires the physical ability to carry a 20-25 pound backpack, share the load of an 80 pound canoe and hike over root-bound trails on approximately 1/2 mile portages each day.

The safety and success of the group depends on each camper's physical and emotional readiness for the trip. Prior to heading out, the group will practice paddling skills, wilderness camping techniques, and learn emergency rescue skills/protocols. It is the responsibility of each camper to maintain a level of fitness necessary to participate in this program. Some type of exercise (walking, biking, yoga, etc) is a great way to prepare for the trek prior to camp.

The group will be out of camp on *June 14-19*.

Sunny Cove Kayaking

Sunny Cove Kayaking is our outfitter for this trip.

All campers in this program must have a signed release form to participate. It is available on your camp account starting April 25.

Transportation

Girls will travel by 15 passenger mini bus. All drivers are instructed how to handle emergency procedures and their driving records have been checked.

Drivers will inform campers of the following rules:

- Remain seated with a buckled seatbelt when the vehicle is in motion.
- Keep hands, feet and head to yourself and inside the windows while the vehicle is in motion.
- Don't yell or scream; the noise level shouldn't distract the driver.
- Don't stand or change places when the vehicle is moving.
- Obey the driver's instructions at all times.
- Campers need to check to see that they have all their belongings prior to getting out.