

Girl Scouts of Alaska Togowoods Wilderness Trips



Parent/Guardian Handbook 2023

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 please read the General Camp Togowoods 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 on page 2-3 of 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 include:

- Paddler's Paradise
- River Runners

Programs that leave camp for an overnight trip include:

- Trekkers
- Voyagers

Programs that leave camp for multiple days/nights include:

- Hatcher Pass
- Johnson Pass
- Nancy Lakes

Health Care 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.

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.



Calling Camp

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

After May 24 you can reach us at:

Togowoods: 907-376-1310 (no text)

Camp Director: 907-248-2250

Statewide Camp Director: 907-273-0316

Camp directors are not always able to answer the phone when it rings. Be prepared to leave a message. We check messages multiple times a day.

Campers are not permitted to make or receive phone calls except in the case of an emergency.



Texting Camp

During your girl's time at camp, 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 1 week before camp

Statewide Camp Director: 907-273-0316



Visiting Camp

To increase communicable disease safety/preventative strategies, families should not visit while camp is in session.

The camp director is always appreciates parents/guardians calling her at camp if they have a concern or question.



Emailing Camp

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:
907-931-4039



Mail For Your Camper

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.

WHAT TO PACK—GENERAL INFORMATION

Packing Tips

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.

Leave These At Home

Electronics, cell phones, toys, and candy

Laundry

There are no laundry facilities at camp for campers. Campers should bring enough clothing for the entire session. Camp has 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. Items will be transported to the council office in Anchorage and kept until the end of the summer. Unclaimed items will be donated to charity. Girl Scouts is not responsible for items left at camp.

Personal Property

Camp is not responsible for any belongings brought to camp or items that are lost or stolen. All personal property must be stored and handled safely for the protection of all people, and such that it is not an attractive nuisance inviting unauthorized use.

Electronic devices should be left at home. Electronics brought to camp will be sent home with parents or stored in the camp office.

Personal sports/Outdoor equipment must be used in compliance with all camp policies.

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 until the end of the camp session.

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)
- ☐ Suimsuit (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
- ☐ Mess kit
- ☐ 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.

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

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.

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

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

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.

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)

DAY TRIPS

Paddler's Paradise

General Information

Girls in the Paddler's Paradise program build paddling skills during daily program blocks at the Camp Togwood's 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 *August 3*.

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 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 Togwood's 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 *July 26*.

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 CampBrain 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 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 *June 11-12*.

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 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 *June 27-28*.

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 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 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 19-21*.

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 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

Johnson Pass

General Information

Girls in the Johnson Pass program will challenge themselves on a 4 day, 3 night backpacking trip on the Johnson Pass trail in the Chugach National Forest.

Out of Camp Trip

The group will be hiking approximately 23 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 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 *July 16-19*.

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 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 *August 2-4*.

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 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