



# CAMP SURVIVOR



At CHARNWOOD, LIMA SOUTH

Hume Region's Camp Survivor provides an opportunity for Girl Guides to participate in the wider Guiding community while developing lifelong friendships, building confidence and independence, and taking part in a varied and engaging program in the outdoors.

**When:** 4.00 pm Friday 20 September to 4.30 pm Sunday 22 September

**Where:** Charnwood, 1450 Lima East Road, Lima South. Refer to [their website](#) for driving directions, or see below:

If using a GPS, put in 'Swanpool' then turn at the football oval. After 1.5 km turn left into Lima East Road and travel to the end of the road (8 km of dirt road.) There will be big gates & a Charnwood sign.

**Who:** Girl Guides from Hume Region aged 5-17 and their Leaders

**Cost:** \$105 per Guide

This includes all accommodation, food, activities, and volunteer expenses. All Guide camps are staffed by experienced, trained volunteer Guide Leaders who donate their time at no cost.

**Registration:** Registrations are online via the GGV website. You will need your Guide's membership number and password.

Please ensure you provide as much detail as possible about your Guide's health needs to ensure the Camp Leadership Team can best support your Guide whilst at camp.

Our team of volunteers need to assess each registration to plan for the camp and, as you would appreciate, late registrations are very disruptive and therefore will not be accepted.

**Registrations close on Monday 12 August 2019**

## Enquiries

If you have any questions about the event, please contact Heather Crosbie at [euroagirlguides@gmail.com](mailto:euroagirlguides@gmail.com)

If you have any questions about registration process, please contact [support@guidesvic.org.au](mailto:support@guidesvic.org.au) or call 8606 3500

**Arrival:** Between 4.00 pm and 6.00 pm on Friday 20 September. Please contact [euroagirlguides@gmail.com](mailto:euroagirlguides@gmail.com) if this will not be possible. We ask that all parents leave the campsite by 6pm.

On arrival, Guides will be directed to the sign-in area with all their gear. Accompanying adults will need to sign the Guides in and hand in Health Forms, health management plans, and medication as required.

**Departure:** Camp ends at 4.30 pm on Sunday 22 September. We ask that all Guides are offsite by 5.00 pm.

**Adults must sign out any Guides that they are picking up.** Don't forget to pick up medication before leaving.

## Conditions of Attendance

All participants must be current members of Girl Guides Victoria. You are welcome to attend 'on your own', that is without Leaders or other Guides from your regular Unit. The event is designed and planned for everyone to attend the *entire* camp. Whilst exception circumstances may be considered, late arrival or early departure is not generally possible.

### Activities include:

- Archery
- Initiative course
- Flying fox OR Abseiling (please nominate a preference on registration. Abseiling is more suited to Guides aged 10+)
- STEM (Science, Technology, Engineering, & Maths)
- International Guiding activities
- Wide game
- Campfire
- Guides Own

### First Aid

The staff at camp include a trained, designated First Aider to attend to basic first aid needs and minor mishaps. If, in her opinion, your Guide becomes too unwell to remain at camp, you will be contacted on the emergency number you provided to arrange for a pickup.

To run a safe and fun camp, and accommodate as many special needs as possible, our staffing ratios are planned out in advance. Events are designed and run by trained volunteers who often need time off work to support the event; we generally cannot add staff at the last minute. In this light, it is a condition of attendance that any medical needs or special support needs be made clear to us on registration. If your Guide arrives at the event with a special need that was not disclosed and planned for in advance, or would change our support ratios or training requirements, your Guide may not be able to stay at the camp and may be sent home with you. To avoid any disappointment at the last minute, please ensure that we know everything we need to know about your camper on application.

Camp staff will contact parents/guardians to follow up with identified special needs, allergy management, and general health plans noted on application to ensure all Guides have the best possible camp experience.

### Medication & Management Plans

An individualised Health Form will be emailed to each registered youth participant prior to camp.

Upon sign-in, you must provide the event First Aider with your Guide's Health Form and copy of your Guide's current plan for any medical condition listed on the Health Form (e.g. asthma, anaphylaxis, anxiety, depression, Autism Spectrum Disorder).

All personal medication (except asthma puffers and Epipens) must be handed in upon sign-in. This includes analgesics such as paracetamol and ibuprofen. Medications must be in original packaging and in a snap-lock bag clearly labelled with the Guide's full name and dosage instructions. Medications must be itemised clearly on the Health Form.

Please note that Girl Guides Victoria volunteers are not permitted to issue any medication to participants without permission from a parent or guardian. This means that even if your Guide doesn't always need the medication (such as pain relief for headaches or cramps), it's always a good idea to send it anyway so we have permission and access should we need to administer it. Medications should be collected at the end of the event from the First Aider.

### Allergy & Dietary Management

To assist our catering team, please list all allergies and dietary needs on registration so that we can plan to meet your Guide's individual needs. Please include any foods that your Guide absolutely will not eat.

Please be specific about food or allergies that cause anaphylaxis, distinct from food intolerances and preferences. Leaders manage on average 15 types of allergy or food intolerance at each camp and it is critical we have the right information and understand the severity and treatment for any allergy.

## Supervision/Leaders

Supervision of Guides will fall in line with Girl Guides Australia's staffing ratios for overnight activities. Guide Leaders all hold a current Working with Children Check, and have completed Child Safe Training.

## Behaviour Support and Management

As a Girl-Led organisation, we believe that jointly developing an understanding of what the camp rules are is important. At the beginning of the camp, the Guides and Leaders will work collaboratively to establish agreed behaviour Guidelines. An inclusive and positive participant interaction will be encouraged and fostered amongst all attendees.

Trained Leaders will be available at all times to work through and reflect on any issues which may arise. Whilst we will endeavour to avoid the situation, if a Guide cannot abide by the agreed group Guidelines and this is having a significant impact on the camp experience for her and others, she may be asked to return home at her parent's expense.

## Parent Contact

While being away from home can present some challenges for Guides, it's also a wonderful opportunity for girls to develop their skills of independence. It is for this reason that the camp staff will manage all communication on camp. If there's something important going on at home, you're more than welcome to contact us and we'll arrange a time for you to speak with your Guide. Likewise, we'll make sure that if your Guide needs to speak with you, that we arrange this contact.

If you need to make contact with camp staff in an emergency, please phone the Leader in Charge Heather Crosbie on 0419 307 127 and a message will be passed on as appropriate.

## Camp Courtesy

We would appreciate you taking the time to discuss the camp expectations with your Guide prior to her attending Camp Survivor. This will support her and the Leaders to have a shared understanding of expectations at camp. You may also wish to discuss the event with your Guide's local Unit Leader to understand how best to prepare her. Often local Unit Leaders have been to the campsite or have taken girls this age on camp before. Region camps are staffed by trained volunteers who are unlikely to come from your Guide's Unit, so please ensure she understands this aspect of camp.

As with all Girl Guide events and activities, we expect that all participants will live by the Guide Promise and Law throughout the camp. This includes working as a team member, helping out, and looking after one another.

We expect that all participants will:

- Live by the Guide Promise and Guide Law
- Challenge themselves to try new things
- Take responsibility for themselves and their possessions
- Treat others, their possessions, and the environment with respect, care, and consideration
- Practice openness and honesty
- Be present in the moment
- Remain with the group and within the boundaries of each camp or activity site

## Sleeping Arrangements

Guides aged 10-17 years will be sleeping in tents or swags. Guides aged 5-9 years will be indoors in dormitories.

## Bedtime

A key part of camp courtesy is bedtime, which enables all Guides to rest sufficiently, and provides a small window of time for volunteer Leaders to regroup and prepare for the next day.

All Guides and Leaders will be encouraged to get a good night's sleep. If any Guide is tired, she will be encouraged to take time out during the day and have a rest, and will be offered the opportunity to go to bed earlier than the designated time. Please engage your Guide in a conversation about how important it is to get some sleep, and to respect the other girls' need for sleep and rest. **Cranky Guides make for cranky camp!**

## Weather Plans

Should we need to use them, we have a range of contingency plans in place to make sure all Guides remain safe and in good spirits in the event of extreme weather. If deemed necessary, Guides will be moved out of tents and under cover. If required, alternative activities will be provided. Don't forget to pack a sturdy raincoat just in case!

## Mobile phones/Technology/Valuables

Region Camp is a great opportunity to spend time with new and old friends, and enjoy all the amazing experiences on offer. We therefore discourage Guides from bringing phones or other electronic devices to camp. Please note that service is very limited. As Guides are camping in tents, there will be not be opportunities to charge devices.

Cameras are permitted to be used in outside spaces only. Girl Guides Victoria hold no responsibility for any valuable items brought to camp, nor the publication or distribution of photos taken by campers at the event. In addition, we encourage the girls to embrace this opportunity to be present with the other campers.

## Food

We ask that Guides **do not** bring any food to camp. Some Guides attending camp will have food allergies and it is important that they are not unintentionally impacted. Our catering team are planning a delicious menu and all meals will be provided for Guides. It is a priority of ours that all campers are well fed!

## What to Bring – the 'Kit List'

It is recommended that Guides do not wear their 'best clothes' to camp. Guides need to be prepared for all weather conditions, and wear sturdy shoes. Please remember to label all items, as this makes returning lost property so much easier!

### In a small backpack Guides can carry themselves...

- Health Form, Health Management Plan, and Medication (as needed) - to be handed in on arrival
- Waterproof jacket (preferably with a hood) OR warm jacket with a waterproof poncho (Woolworths and Big W have them for about \$5)
- Small torch and spare batteries
- Water bottle - at least 600ml, pre-filled with water
- Notebook and small pencil case with writing pens/pencils and coloured pencils
- Personal sunscreen & insect repellent - **please no sprays/aerosols**
- Lip balm
- A 'sit-upon' - square of thick plastic, big enough to sit on while on the ground
- A bucket hat or soft hat with a brim
- Book to read - optional

### Dilly Bag/Mess Kit/Plate Bag - in a drawstring bag

- Large plate (2)
- Side plate
- Bowl (2)
- Cup
- Knife & fork
- Desert spoon
- Teaspoon
- Tea towels (3)
- Chux (2)
- Lunch box - large enough to put a sandwich/roll and snacks in

(Kit List continued over the page)

## In a large bag Guides can carry themselves...

### Clothing

Please check the weather forecast and pack appropriately. We will be camping in the hills and it can get quite cold at night-time.

- Shorts (1 pair) - no short shorts
- Long pants, jeans, or tracksuit pants (2 pairs)
- Warm jumpers/polo fleece (2)
- Long-sleeved t-shirt/skivvy (2)
- Beanie/Gloves/Scarf (for evening activities and cold weather)
- Sun hat
- Towel
- Toiletries - toothbrush/ toothpaste/floss, hairbrush and hair ties etc.
- Thongs (for showering only)
- Spare pair of sturdy shoes (in addition to shoes worn to camp) - gumboots/waterproof boots are appropriate
- Pyjamas (warm)
- Socks (3 pairs)
- Underpants (3 pairs)
- Garbage bags (2)
- Dirty clothes bag
- Shower cap
- Sanitary items (if required)

### Sleeping Gear - may be made up into a separate bed roll

- Pillow with pillow case
- Indoors (ages 5-9): sleeping bag + extra blanket if needed
- Outdoors (ages 10-17):
  - sleeping bag suitable for outdoors
  - sleeping mat & ground sheet/tarp OR swag
- Camp blanket & additional blanket (preferably wool)
- If making a bedroll: rope to tie it up
- Small teddy/toy (optional)

**Please label everything clearly with your Guide's name!**