

Exciting NEW improvements coming to the Nation's Capital Camps



Fall 2018:

Enhancements to River Walk Trail at Camp Potomac Woods

♦ Materials have been put at stations vs carrying backpack. Activity guides to accompany badges.

Enhancements to Orienteering Course at Camp Brighton Woods

Late Fall 2018:

Tomahawk Range at Camp White Rock, Camp May Flather, Camp Potomac Woods

Slingshot Range at Camp Winona and Camp Potomac Woods

Spring 2018:

Expansion of elements at Camp Crowell Challenge Course

♦ Including 7 new enhancements and a longer zip line.

Interactive knot-tying stations at select camps.

♦ Stations will include descriptions on how to tie some basic knots.

Core Camp— Cookout Campout Combined Event

This spring, we will also be hosting a first of its kind integrated Core Camp and Cook Out /Camp Out training for adults and girls. As an added incentive for adults to take the training they will be able to bring a registered Girl Scout to the weekend.

While the adults are attending sessions the girls will be participating in fun camp activities. This even applies to our Men in Green so starting recruiting some of those Dads now.

For more information and updates check in the [Outdoor and High Adventure Rally](#) and on the [Events Calendar](#).

September Highlights:

- **September 7-9: POGO Encampment at Camp Potomac Woods**
- **September 22: High Ropes Activity Day at Camp White Rock**

Mark your calendars now:

- **October 6: Outdoor Adventure Day at Camp Winona**
- **October 6: Aquasco Core Camp at Camp Aquasco**
- **October 8: Spring Service Unit Encampment Application opens**
- **October 22: Registration for Spring Core Camps & Activity Days open**
- **October 31: Juliette Gordon Low's Birthday**

Who's Who in Camping Services

Denise Viau, Camping Services Manager

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- Camping Questions and Concerns
- Outdoor Resource Volunteers
- Safety Activity Checkpoint clarification

Megan Campbell, Camping Specialist

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- Director at Camp Winona
- Core Camps
- Archery Contact

Emily Reece, Camping Specialist

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- Director at Camp May Flather
- Core Camps
- Challenge Course Contact

Tamara M. Ashton, Administrative Assistant

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- General Camping Questions
- Campsite Reservations
- Service Unit Encampments
- High Adventure vendor database



Current Openings:

Outdoor Programs and High Adventure Specialists

For more information, visit <http://www.gscnc.org/en/council/employment.html#1>

Links for registration, important info and more!

For high adventure reservations, vendor lists, and safety activity checkpoints: [gscnc.org/en/camp/high-adventure.html](http://www.gscnc.org/en/camp/high-adventure.html)

For trainings, activity days, and core camp registration: [gscnc.org/events](http://www.gscnc.org/events)

For summer camp: [gscnc.org/summercamp](http://www.gscnc.org/summercamp)

Camp Compass:

A G.I.R.L.'s Guide to All Things Camping

High Adventure Highlights

New Safety Activity Checkpoints

In addition to your Volunteer Toolkit, a complete listing of the new Council approved Safety Activity Checkpoints can also be found in chart format in your new 2019 Volunteer Essentials. The new chart is an easy reference grid with respect to grade-level specifications for activity participation, Council approval requirements and credentialing (i.e., required certification/experience). See example to the right.

Activities at a Glance

Activities in Girl Scouting require consideration by the adult and caring adult who guides the girls through the planning of each activity. Making the abilities of girls and considering the progression of skills is taken from the easiest to the most difficult part of the activity in the role of the adult. Making sure the complexity of the activities does not exceed girls' individual skills is the reason why the Safety Activities Checkpoints are based on progressive experiences. As you explore the many options to engage girls in exciting activities, you will notice that there are seasonal updates for some activities to start at an older grade level. These recommendations have taken into consideration the emotional, physical, and developmental stages of girls and should guide you as you plan activities with the girls. Please reach out to your council if you have specific questions about the progression. Guidelines may differ from state to state. The ultimate goal is for girls to feel confident and comfortable with each planned activity.

Activities at a Glance	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH	AI	AJ	AK	AL	AM	AN	AO	AP	AQ	AR	AS	AT	AU	AV	AW	AX	AY	AZ	BA	BB	BC	BD	BE	BF	BG	BH	BI	BJ	BK	BL	BM	BN	BO	BP	BQ	BR	BS	BT	BU	BV	BW	BX	BY	BZ	CA	CB	CC	CD	CE	CF	CG	CH	CI	CJ	CK	CL	CM	CN	CO	CP	CQ	CR	CS	CT	CU	CV	CW	CX	CY	CZ	DA	DB	DC	DD	DE	DF	DG	DH	DI	DJ	DK	DL	DM	DN	DO	DP	DQ	DR	DS	DT	DU	DV	DW	DX	DY	DZ	EA	EB	EC	ED	EE	EF	EG	EH	EI	EJ	EK	EL	EM	EN	EO	EP	EQ	ER	ES	ET	EU	EV	EW	EX	EY	EZ	FA	FB	FC	FD	FE	FF	FG	FH	FI	FJ	FK	FL	FM	FN	FO	FP	FQ	FR	FS	FT	FU	FV	FW	FX	FY	FZ	GA	GB	GC	GD	GE	GF	GG	GH	GI	GJ	GK	GL	GM	GN	GO	GP	GQ	GR	GS	GT	GU	GV	GW	GX	GY	GZ	HA	HB	HC	HD	HE	HF	HG	HH	HI	HJ	HK	HL	HM	HN	HO	HP	HQ	HR	HS	HT	HU	HV	HW	HX	HY	HZ	IA	IB	IC	ID	IE	IF	IG	IH	II	IJ	IK	IL	IM	IN	IO	IP	IQ	IR	IS	IT	IU	IV	IW	IX	IY	IZ	JA	JB	JC	JD	JE	JF	JG	JH	JI	IJ	JK	KL	KM	KN	KO	KP	KQ	KR	KS	KT	KU	KV	KW	KX	KY	KZ	LA	LB	LC	LD	LE	LF	LG	LH	LI	LJ	LK	LL	LM	LN	LO	LP	LQ	LR	LS	LT	LU	LV	LW	LX	LY	LZ	MA	MB	MC	MD	ME	MF	MG	MH	MI	MJ	MK	ML	MM	MN	MO	MP	MQ	MR	MS	MT	MU	MV	MW	MX	MY	MZ	NA	NB	NC	ND	NE	NF	NG	NH	NI	NJ	NK	NL	NM	NN	NO	NP	NQ	NR	NS	NT	NU	NV	NW	NX	NY	NZ	OA	OB	OC	OD	OE	OF	OG	OH	OI	OJ	OK	OL	OM	ON	OO	OP	OQ	OR	OS	OT	OU	OV	OW	OX	OY	OZ	PA	PB	PC	PD	PE	PF	PG	PH	PI	PJ	PK	PL	PM	PN	PO	PP	PQ	PR	PS	PT	PU	PV	PW	PX	PY	PZ	QA	QB	QC	QD	QE	QF	QG	QH	QI	QJ	QK	QL	QM	QN	QO	QP	QQ	QR	QS	QT	QU	QV	QW	QX	QY	QZ	RA	RB	RC	RD	RE	RF	RG	RH	RI	RJ	RK	RL	RM	RN	RO	RP	RQ	RR	RS	RT	RU	RV	RW	RX	RY	RZ	SA	SB	SC	SD	SE	SF	SG	SH	SI	SJ	SK	SL	SM	SN	SO	SP	SQ	SR	SS	ST	SU	SV	SW	SX	SY	SZ	TA	TB	TC	TD	TE	TF	TG	TH	TI	TJ	TK	TL	TM	TN	TO	TP	TQ	TR	TS	TT	TU	TV	TW	TX	TY	TZ	UA	UB	UC	UD	UE	UF	UG	UH	UI	UJ	UK	UL	UM	UN	UO	UP	UQ	UR	US	UT	UU	UV	UW	UX	UY	UZ	VA	VB	VC	VD	VE	VF	VG	VH	VI	VJ	VK	VL	VM	VN	VO	VP	VQ	VR	VS	VT	VU	VV	VW	VX	VY	VZ	WA	WB	WC	WD	WE	WF	WG	WH	WI	WJ	WK	WL	WM	WN	WO	WP	WQ	WR	WS	WT	WU	WV	WW	WX	WY	WZ	XA	XB	XC	XD	XE	XF	XG	XH	XI	XJ	XK	XL	XM	XN	XO	XP	XQ	XR	XS	XT	XU	XV	XW	XX	XY	XZ	YA	YB	YC	YD	YE	YF	YG	YH	YI	YJ	YK	YL	YM	YN	YO	YP	YQ	YR	YS	YT	YU	YV	YW	YX	YY	YZ	ZA	ZB	ZC	ZD	ZE	ZF	ZG	ZH	ZI	ZJ	ZK	ZL	ZM	ZN	ZO	ZP	ZQ	ZR	ZS	ZT	ZU	ZV	ZW	ZX	ZY	ZZ
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Sample of NEWLY APPROVED High Adventure Activities

A complete list can be found in the **2019 Volunteer Essentials and The VTK**. A few highlights include:

- ⇒ Laser tag- paintballing
- ⇒ Tomahawk throwing
- ⇒ Slingshots
- ⇒ Bubble soccer
- ⇒ Moon bounces
- ⇒ Snowboarding



New Canoes & Kayaks

Our **NEW** boats are located at our camp properties with water access. These boats also came with **NEW** trailers, making them available for transport. To make boat reservations, please, use the camp reservation page.



High Adventure Opportunities available in the Fall for troops: Our challenge courses with trained facilitators at Camp Crowell and White Rock are open for troop reservations for the following weekends:

White Rock

September 29th, October 13th

October 27th, November 3rd

November 10th, November 11th

Crowell

September 22nd, November 3rd

November 10th, November 17th

All reservations can be made from our camp reservation page.

Troop Camping Updates:

Commercial Kitchens: In accordance with state and county regulations, our Council now requires ServSafe licensing for the use of our commercial kitchens. We require the basic food handlers certification. It is \$15. Commercial kitchens are only available for encampments or large group events. All super lodges have troop kitchens available for smaller groups.



Commercial Kitchens are available for use at Camp White Rock, Camp May Flather, Camp Winona, and Potomac Woods.

CAMP LIFE IS THE BEST LIFE!

So why not volunteer?

If you love high adventure and would like to assist in creating that passion for girls in troops other than your own, please inquire about how to become a high adventure volunteer. We are seeking certified adult volunteers for archery, canoeing, kayaking, challenge course and climbing wall facilitating and more to come.

Email campingaa@gscnc.org with "On-Call High Adventure Volunteer" as the subject line for more information.