

Grand Teton Council

Young Women Camp Leaders' Guide

(The information in this guide is subject to change.)

Little Lemhi or Island Park



Preface

This camp leader's guide has been created for you as the Camp Leader to better prepare for camp. A great week at camp does not automatically happen. It takes a great deal of planning on the part of the Camp Leader, Young Women Presidency, parents and girls, as well as the camp staff and the Grand Teton Council. With proper planning, your group can have a program that will meet the needs of the girls.

This book will describe the excellent program resources that are available in each of our camps: Little Lemhi, and Island Park. Don't limit your program to these items alone. Use our camps as a base and expand the possibilities for your group. The camp staff will be there to help you where possible.

At each of our camps there are so many things to do in camp that it is impossible to do and really experience everything in and around camp. You should remember, however, to not over plan. Leave enough flexibility in your program to allow for spontaneous activities that always seem to happen. Often these activities are the ones the girls will remember the longest and fondest.

The camps of the Grand Teton Council, BSA, are operated to provide an opportunity for Young Women groups to camp under their own leadership in a campsite set apart for their use so that they might run their own program within the operational plan of camp. Along with the necessary physical facilities, the council provides the services of a camp staff, which are available for coaching, and supervising. The camp staff exists for one purpose...to ensure that every Young Women's group has a successful camping experience.

Campsite Reservations

To reserve a campsite for a week of camp requires a \$200 non-refundable fee. This fee may be used to offset regular camp fees or to reserve a campsite. Deposit fees may be transferred to the following year until March 1 at which time they are not transferable. This fee is not refundable or transferable to another year if your unit does not keep their reservation.

Camp Fee Schedule

We are excited to provide our camp properties to your Young Women's group. See the current reservation sheet for prices.

Prices include 9 or 12 meals (depending in the plan you select), campsites, and shower house. The Camp Director, Commissary Director and First Aid Officer will be available to make your camp great! All fees should be paid two weeks prior to your group's arrival at camp.

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Civil Rights Statement

"In accordance with Federal and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."

Camp Law and Policies

Our Camp Law - Of necessity we live in a society of rules and regulations. These rules are for the benefit and safety of all members of society. Scout Camp is no different; we also have a set of rules that we must follow to have an enjoyable and safe experience for all. Our state and nation have laws that fill multiple volumes of books, but at Young Women's Camp we follow the basic laws in the values and theme of the Young Women program.

While the Young Women values and theme is the basis for all that we do at camp, it is necessary that we establish policies to meet specific issues. The following policies have been established for safety at camp.

Adult Leadership - The Grand Teton Council requires two-deep leadership. At least two adult leaders, one of whom must be 21 years or older are required for all trips and outings. We strongly suggest that at least one leader stay for the entire week of camp. This will provide continuity of leadership and will help the unit have a better program and a more successful advancement program. Adult leadership is needed at all times during your week at camp. This would include hikes, and outings outside of the camp property.

Bikes in Camp - ATV's, and motorcycles are not to be used in camp. If medical conditions require the use of a bike, arrangements can be made. Mountain bikes may be used at island Park Scout Camp on the roads in camp. All riders **must** wear helmets! Island Park Scout Camp encourages groups to bring their bikes for trips outside of camp.

Buddy System - Please encourage your girls to use the buddy system in ALL activities in camp. It is safer and more enjoyable than doing things alone.

Chainsaws - The use of chainsaws is authorized by trained adults using proper protective gear. Any use of a chainsaw is to be cleared with the camp director or camp ranger. Standing trees alive or dead are not to be downed. Cut only previously downed trees. We have plenty of wood that could be sawed for use, but we want to do it as safely and as considerate of others as possible.

Fireworks - Law prohibits the use of fireworks in a National Forest. They are also banned in all of our camps. Please do not bring them to camp. They are a fire hazard.

Fire Prevention - Our camps are located on or adjacent to U.S. Forest Service property and it is critical that we follow all regulations established by the BSA and the Forest Service to prevent fires. In this guide, fireworks and smoking have been discussed. Battery operated flashlights and lanterns are recommended for use in camp (remember, no flames in tents). In the event of fire, notify a member of the camp staff immediately. A fire drill will be held on Monday afternoon or the first day of your camp.

First Aid - First Aid is available at the lodge for girls and leaders if the need should arise. We have several staff members who are trained in advanced First Aid. Medical needs beyond First Aid will be referred to the appropriate hospital.

- Camp Little Lemhi - Eastern Idaho Regional Medical Center in Idaho Falls, Idaho.
- Island Park - Madison Memorial Hospital or Eastern Idaho Regional Medical Center.

Firearms, Ammunition and Other Weapons - Young Women are permitted to fire .22 caliber bolt action, single shot rifles, air rifles, shotguns and muzzle loading guns under the direction of a certified instructor . . . (BSA "Guide to Safe Scouting P.21). All weapons of any kind (bows, arrows, wrist rockets, etc.) are not to be brought to camp. Do not bring your own firearms, ammunition, or bows and arrows to camp.

Fishing Regulations - Fishing licenses are required and state regulations are enforced. Girls may fish using their adult leaders license.

Health Forms - A health history, revised within the past 12 months and a physical examination conducted within the past 36 months is required for each youth camper and adult under 40 years old. A parent or guardian must attest to the validity of the health history and physical examination for those less than 18 years old (use form 34414). Adults over 40 years old must show evidence of physical examinations within the past 12 months (use form 34412).

L.P. and Liquid Fuel Equipment - The use of propane/gas stoves and lanterns is permitted under close supervision of a knowledgeable adult. An adult should do refueling and lighting of this equipment. All storage of fuels is to be in the flammable shed located near the camp maintenance shed. Only the amount of fuel in the stove, etc. is to be in the campsite and it is to be under adult supervision.

Lost and Found - Lost and found for the camps is located in the trading post. Items not claimed at camp will be held at the Idaho Falls Scout Office until August 31, at which point they will be donated to charity.

Trading Post - The camp Trading Post will stock handicraft projects, collector's items, sundries, pop, candy and other food items. It will also have special camp souvenirs such as T-shirts, hats, mugs, and more. All sales are on a cash basis.

Vehicles and Transportation - Trucks are for hauling equipment, NEVER YOUNG WOMEN. Passenger vehicles used to transport girls to and from camp must be driven by properly licensed drivers 18 years or older. All girls must use seat belts. **Vehicles will be allowed in the parking lot only.**

Please be prepared to pack your equipment into your campsite. **Under the direction of the camp staff, units may drive one vehicle near their campsite, not to leave the road, immediately unload and return to the main parking lot.** Recreational Vehicles (RV's), Campers and Trailers are not allowed in camp, but can be parked in the main parking lot.

Visitors in Camp - Visitors are welcome any time. Visitors should check in at the camp office before going to the unit's campsite. Our camps do not have accommodations for guests outside of the group's campsite. There are public camping sites provided by the forest service near each of our camps. Visitors are welcome to eat with the group and should notify the Camp Director or Commissary Director two meals in advance that extra food is needed. Visitors' meals will cost \$6.00 per meal.

Food Service

Group members cook all meals in the campsite. An ample supply of food will be issued to each group from the commissary before each meal.

Two young women from each group should be assigned to pick up the food issue before each meal, and then return the basket as soon as the meal is over. The times for food issue will be posted in the commissary when you come to camp.

If a member of your group has special dietary needs, please contact the Camp Director two weeks before you come to camp. We will do all that we can to meet her special dietary needs.

Each time the girls pick up the food basket, it will include the food for all girls and leaders. Any visitors in camp should make arrangements for extra food to be in the basket by contacting the Commissary. Please make arrangements at least two meals in advance.

Groups arriving early are responsible for their own meals prior to noon on Tuesday or as scheduled in advance with the camp director see early meal menus below.

We suggest that every group bring a cooler to keep their cold items or perishable items in, so that after they have been picked up from the commissary to keep them cool just prior to each meal. This will help to make food items (like milk) more enjoyable than if they had sat on the table for an hour while the meal was being prepared.



The commissary will provide the basics for all of your meals in camp to the very best of our ability. In reviewing the planned menu you may want to pack a few of your favorite spices or nice touches in your group's food box to help your group's meals be even better. You may also consider what cooking equipment will aid you in preparing your meals in the most delicious manner. A Dutch oven is recommended for every eight people. It is strongly suggested that you avoid storing sweet smelling items that might attract bears in your food box or coolers.

Please communicate any needs your group may have. If you are getting too much or too little food for your group we want to know as soon as possible so that the problem can be corrected.

Dish Washing

One of the first chores at each meal is to prepare hot water to wash dishes. It is recommended after each meal to wash all dishes with hot soapy water and rinse them in hot water with bleach added. (Bleach is provided at camp as a staple item.)

Dutch Oven

A Dutch oven or two are needed to cook several items during the week.

Grand Teton Council SAMPLE Camp Menu

(We don't have the actual menu, but it will be the same as the scout menu each year and will be published in the Boy Scout Camp Leader's Guide when it is made available.)



*Menus are subject to change based on availability of products. No substitutions.

	Breakfast	Lunch	Dinner
Monday		Hoagies Chips Fruit Cookies Punch <small>Possible pre-camp meal. Please schedule in advance with Camp Director. Extra fees will apply.</small>	Pork Rib Bits Mashed Potatoes Gravy Corn Cookies Milk <small>Possible pre-camp meal. Please schedule in advance with Camp Director. Extra fees will apply.</small>
Tuesday	Pancakes Syrup Sausage Milk Hot Chocolate <small>Possible pre-camp meal. Please schedule in advance with Camp Director. Extra fees will apply.</small>	Grilled Cheese Sandwich Soup Fresh Fruit Punch	Spaghetti/Sauce French Bread Beans Cookies Milk
Wednesday	French Toast Syrup Bacon Milk Juice	Chicken Sandwich Carrots Celery Cookies Punch	Pub Burger Potatoes Gravy Corn Cookies Milk
Thursday	Hash Browns Eggs Sausage Milk Hot Chocolate	Hot Dogs Pork and Beans Chips Fresh Fruit Punch	Sloppy Joes Potatoes Cobbler Milk
Friday	Pancakes Syrup Bacon Juice Milk	English Muffin Pizza Fresh Fruit Cookies Punch	Chicken Mashed Potatoes Gravy Corn Dinner Rolls Pudding Milk
Saturday	Continental Breakfast		

Animal and Bear Safety

There are many animals that live at our Scout Camps on a year round basis. Moose, deer, bears, skunks, porcupines, squirrels, etc. can be encountered at our camps. Girls should be taught by adult leaders not to approach or touch the wildlife especially skunks, moose and bears. If skunks or large game animals visit your campsite, the visit should be reported to the camp director.

One of the more common large game visitors to our camps are bears. Each year, black bears make occasional visits to our camps. Often these bears have become accustomed to humans, human food, and garbage. Please review the following information with each girl and leader in your group as a safety precaution. It is important for each camper to know that Bears are NOT cute! They can be dangerous! ANYONE found to be purposely attracting bears will be asked to leave camp. (Further training will be given to those groups attending Treasure Mountain upon arrival at camp.) By following a few simple precautions and camp sanitation measures you can decrease the possibility of an encounter with a bear.

It is our hope that bears will find nothing in your campsite that will attract them and move on.

Encounters With Bears



If a bear is encountered, your actions will affect the situation. Maintaining a safe distance and behaving in a manner that does not threaten the bear often provides options for both you and the bear. Should an encounter occur, you are in a

situation where a "cool" head is necessary to avert harm to yourself or the unnecessary killing of a bear. Your first option should be to back out of the situation. Keep calm, avoid eye contact, back up slowly and speak in a soft monotone voice. Never run! If the bear is a black bear do not climb a tree because black bears can climb trees too.

If a bear charges, stand your ground. Bears often "mock charge" or run past you. The bear may charge past you several times before leaving the area. Shooting the bear is *not* recommended. The bear almost always lives long enough to severely maul the shooter.

Report all encounters, no matter how insignificant, to the Camp Director or the Camp Ranger. Your report may prevent someone else getting hurt.

Encounters in Camp

Bears that come into your camp are a completely different situation. They have chosen to approach you and have most likely become habituated to human food and garbage. These bears are dangerous

because they are no longer avoiding confrontations with humans. Get to safety as quickly as possible. Stay calm and avoid direct eye contact with the bear. If the bear attacks you, fight back with any possible weapon you might have.

Again, report the incident to the Camp Director or Camp Ranger as soon as possible, even if the bear simply walks through your camp.

Bear Behavior

Because bears do not have a spoken language, they rely heavily on body language and a variety of sounds to communicate their intent. Understanding their "language" may help you to better understand a bear's intent and allow you to respond appropriately to an encounter.

Bear Body Language

A bear that stands on its hind feet is investigating an unknown situation. This is not an aggressive posture. It simply means that the bear is unsure of what is in front of him. By standing on its hind feet it can get a better look and smell, and thus be able to identify whatever is in front of it.

A bear that is presenting a profile of its face is indicating a reluctance to escalate the encounter. The bear is looking for a way out of the situation. If the bear looks at you directly, and has its ears back, it is warning you that you are too close and it feels threatened. The bear may make a barking or woofing sound to further indicate its distress. If the bear "pops" his jaws, this is an indication that the bear is very agitated and likely to charge. Charges are often a test of your resolve, and often are false or otherwise called "mock charges".

A bear that does charge and knocks you down is attempting to remove a threat. The bear will use as much force as it believes is necessary to remove a threat. This is why lying down on the ground and playing dead is often the most successful tactic to use in an attack situation.

Always Remember

- Never bury garbage!
- Avoid cooking smelly or greasy foods!
- Keep sleeping bags and personal gear clean and free of food odors.
- Never sleep in the same clothes you wore while cooking.
- Never store food in your tent!
- Never "stash" candy or other food items that will attract animals!
- Never chase animals or even approach them!
- Never feed wild animals.

YOUNG WOMEN CAMP TIMETABLE

Camp Leader: By now your group should have completed its basic plans for camp. Your camp reservation is in and you have selected your camp leadership.

This checklist should be helpful from here on in:

TWO MONTHS BEFORE DEPARTURE

1. Leaders review this camp guide.
2. Commitments from other adult leaders assisting in camp.
3. Individual commitments for camp secured from each family.
4. Physical examination forms distributed to Girl's and Leaders. A medical examination is good for 3 years (if under 40 years old) with health history updated yearly.
5. Camp leader supplies each Girl with personal equipment list.
6. Camp leader begins program-planning procedure for camp.
 - a. Transportation plans started.
 - b. Group's equipment needs reviewed.
7. Contact the girl's that may need financial help to attend camp. Arrange for sponsor or project to help them get to camp.
8. Hold camp parents night, if you have not already done so.
9. Total fees paid 15 days ahead of the Monday you leave for camp.
10. Review camp menu for group.



FOUR WEEKS BEFORE DEPARTURE

1. Check to see if all medical examinations have been completed.
2. Camp fees are due in early May to receive discount on fees.
3. Check on final transportation arrangements.
4. Inventory group equipment.

ONE TO TWO WEEKS BEFORE DEPARTURE

1. Camp Leader holds final planning meeting.
2. Make sure the balance of camp fees are paid at Council Service Center. PLEASE TAKE RECEIPT (S) TO CAMP.
3. Medical form completed, signed by parents and in leader's hand.
4. Hold "Shake Down" camp equipment inspection for each girl.
5. Pack all equipment - get ready for FUN!!



If you have questions:

If you have questions that are not answered in the Camp Leader's Guide contact the current Camp Director (call 522-5155 for contact information.)

About Island Park

Island Park Scout Camp opened in 1974 and has been developed into a beautiful camp with great facilities. The mountain man theme is the basis of the camp program. Our mascot "Teton Pete" welcomes you to camp and invites you to enjoy our beautiful 10-acre lake, C.O.P.E. Course, and lots of quality programs for girls of all ages. At Island Park, there is no better school than the out-of-doors to teach self-reliance and consideration of others.

Check-In Procedures

The gate will be open at 8:00 AM Tuesday or as scheduled for check-in. Please check in at the camp office before going to your campsite. Please do swim checks before setting up camp.

Mail

Parents are encouraged to write to their daughter at camp. Girls and leaders are encouraged to write to their families while at camp. The camp Trading Post will carry stamps. The camp address is:

Girl's Name, Ward
Island Park Scout Camp
PO Box 11
Island Park ID 83429

Messages

Emergency messages to camp can be sent through the Idaho Falls Scout Office (208-522-5155). Cell phone reception is usually good in the area. The camp has a cell phone that is used for camp and emergency business only.

Mountain Biking

Here is a chance for your group to bring their bikes to camp. This area of Island Park is rich in geographic history, clear-cuts, reforestation, and animal life. Another bike tour will take you to Ripley's Butte, the last of the volcanic actions in the Island Park

calderas. Groups wishing to participate on a bike tour must **bring their own bikes**. Bikes *must* be walked in camp - please do NOT ride bikes in camp. All riders *MUST* wear helmets.

Project COPE

Project COPE stands for "Challenging Outdoor Personal Experience". COPE uses group initiative games, low-course and high-course activities to build confidence and trust in a team. Some of the activities involve a group challenge while others test individual skills and agility. Participants climb, swing, balance, jump, and think of solutions to a variety of activities. Participants in the high-course events must be at least 13 years old.

Program Areas

HANDICRAFT AREA - Girls will be able to work on their favorite woodcarving or leather program assisted by the handicraft staff. The Handicraft Area is located next to the Trading Post.

SHOOTING SPORTS - One of the most popular places in camp is the Shooting Sports Area. It offers instruction in Rifle Shooting, Shotgun Shooting, and Archery. Additional opportunities include shooting muzzleloaders.

WATERFRONT - In any camp, the waterfront is among the most popular program areas, and it certainly is at Island Park. The lake offers many experiences for Young Women including instruction in: Canoeing, Kayak, Lifesaving, Rowing, Sailing, and Swimming, Snorkeling, and Mile Swim. Group Leadership must insure that swimwear is appropriate and modest and in accordance with young women values and For The Strength of Young Guidelines.

Night Hikes

After dinner is a great time to get out of camp and go on a thrilling hike. Listen to the legends of the early settlers of Island Park. Three different night hikes and stories we offered: Grizzly Gulch, Homestead and the old tale of C.W. Black and his gold! Pre-sign up and group leadership are required.



If you have questions:

If you have questions that are not answered in the Camp Leader's Guide contact the current Camp Director (call 522-5155 for contact information.)

About Little Lemhi

Camp Little Lemhi opened in 1959. It is nestled among the tall pines of the Yeaman Creek Canyon. The creek starts above the camp as a spring and flows year-round. As the creek flows through the camp, it attracts a variety of wildlife including moose and deer. The canyon widens into a trout-filled lake where swimming and canoeing become a favorite pastime in the heat of the day.

For the trained canoeist, the Snake River offers some of Idaho's most scenic and exciting swift water trips. The nearby Palisades Reservoir and mountain trails offer excellent outpost camping.

The days are usually warm and pleasant. Summer showers are infrequent, but one should always "Be Prepared". The nights are usually not too cold, but you will need a warm sleeping bag or blanket.

Mail

Parents are encouraged to write to their daughter at camp. Girls and leaders are encouraged to write to their families while at camp. The Camp Trading Post will carry stamps. The Camp address is:

Girl's Name, Ward Name
Camp Little Lemhi
Boy Scouts of America
1158 Snake River Road
Palisades, ID
83428-5015

If you have questions after camp starts, please feel free to call us at camp. You may want to give this phone number to your family should the need arise to reach you. The staff will do its best to deliver emergency messages to your campsite in a timely manner. A telephone is available to leaders and campers to make credit card and collect telephone calls home.

Program Areas and Merit Badges Taught

HANDICRAFT AREA - Scouts will be able to work on their favorite woodcarving or leather project assisted by the handicraft staff. The Handicraft Area is located near the Trading Post.

SHOOTING SPORTS - One of the most popular places in camp is the Shooting Sports Area. It offers instruction in Rifle Shooting and Archery. Additional opportunities include shooting shotguns and muzzle loaders.

WATERFRONT - In any camp the waterfront is among the most popular of program areas. And it certainly is at Camp Little Lemhi. Although the water can be quite cool at times, the lake offers many experiences for girls including instruction in: Canoeing, Rowing, Swimming, and Whitewater.

At Camp Little Lemhi our waterfront is extended to the Snake River. The "*Riverman Trip*", a twelve mile canoe trip down the Snake River from camp to the Swan Valley Bridge can be planned for your group. Canoeing experience is a must for this exciting experience.

CAMP LEADER'S CHECKLIST

WHAT TO BRING TO CAMP

Personal Equipment

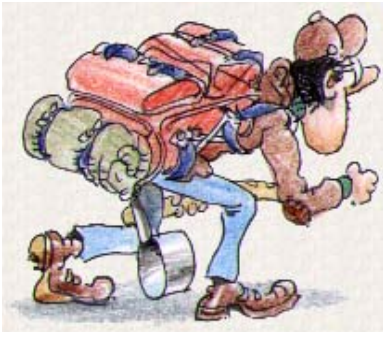
Medical Exam	Fishing Equipment	Sun Screen	Swimming Suit
Fishing License	Sleeping Bag	Flashlight	Poncho or Raincoat
Ground Cloth	Pillow	Jacket	Pants and Shirts
Pocket Knife	Pajamas	Pack	Spending Money
Soap, Toothbrush	Water Bottle	Comb	Extra Shoes
Camp Book	Towel and Washcloth	Mosquito Repellent	Socks
Underwear			

Ward Equipment

Broom	Water Containers	American Flag	Dish Washing Soap
Cooking Gear	Tool Kit	Utensils, Plates	Tentage
Cups, bowls	Axe	Hammer and nails	Dutch Ovens
Ice Chest	Toilet Paper	Bow Saw	Table Cloths (plastic)
Rope Twine	Shovel	First Aid Kit	Dish Washing Pans
Lawn Chairs	Lantern (if desired)		

CAMP LEADER'S FINAL CHECKLIST BEFORE LEAVING

- Are your camp fees paid two weeks before coming to camp? Remember to bring the receipts with you to camp. (If a girl decided to go at the last minute she can pay at camp.)
- Does every girl and leader have a medical form? Signed by parents & doctor?
- Are adult leaders going to be with girls at all times? (If there are changes during the week, be sure there is no time when a change happens that the girls are left without adult leadership.)
- Do you have all the equipment required to have a good camp?



PERSONAL EQUIPMENT LIST

All gear listed will be carried in your pack or duffle bag. Mark all gear with your name and Ward name.

Medical Exam	Personal first aid kit	Pajamas
Knife, fork, and spoon	Shirts	Jacket or sweater
Matches	Towels/Wash Cloth	Hiking boots
Plate, cup, and bowl	Pants	Light shoes
Pack or Duffle Bag	Underwear	Modest Swimsuit
Sleeping bag/Ground Cloth	Toothbrush/Toothpaste	Pencil and small notebook
Flashlight/Spare Batteries	T-shirts	Canteen or light plastic bottle
Air mattress or pad	Soap	Pre-addressed, stamped envelopes for letters home
Spare batteries	Socks	Tools and supplies for chosen Merit Badges
Raincoat or poncho	Comb	Spending money for optional extras
		Pocket knife (NO SHEATH KNIVES)

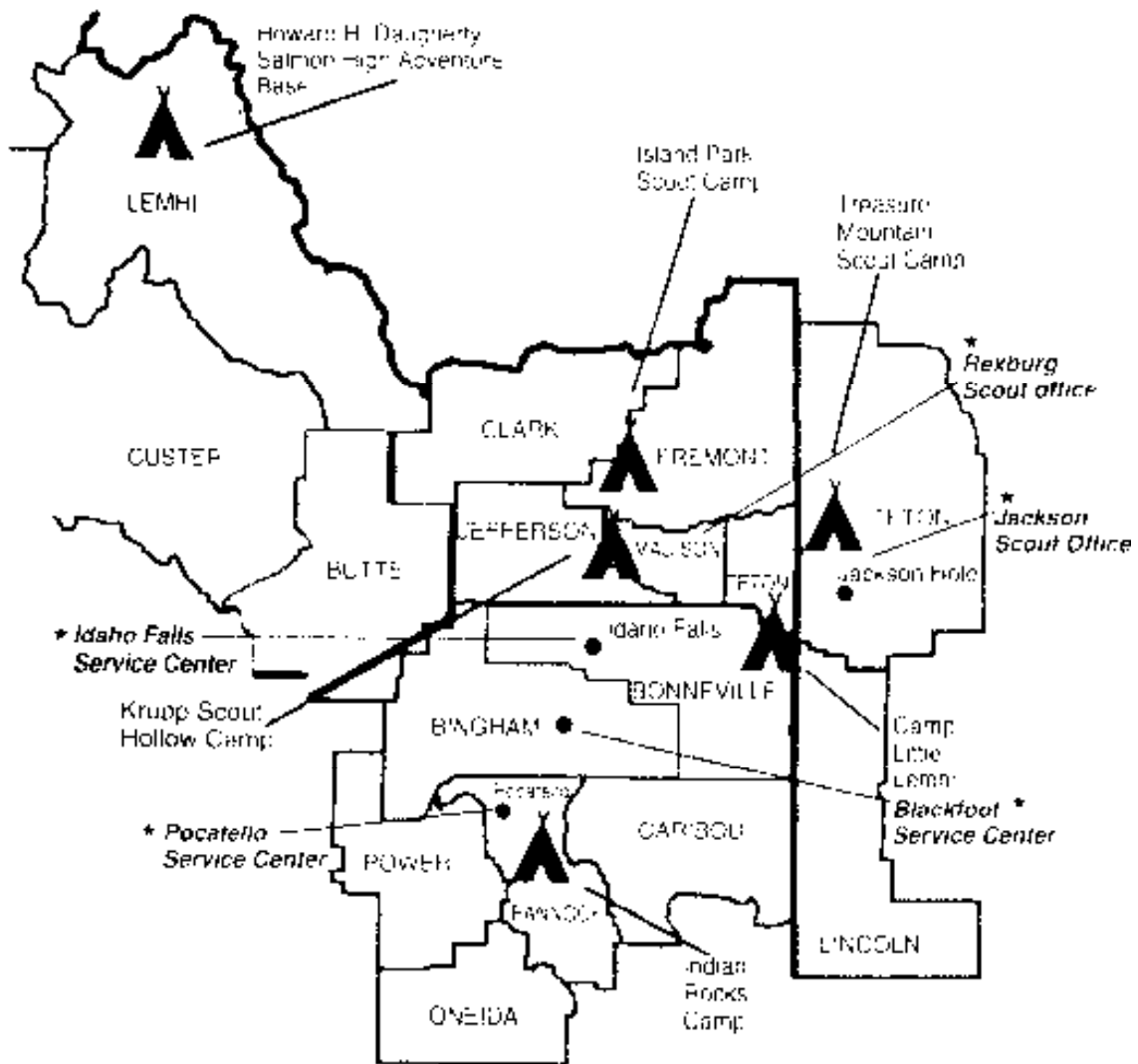
Optional Gear

Compass	Laundry bag	Rubber boots
Pillow	Sun cream or sunscreen	Sunglasses
Insect repellent	Sewing kit	Fishing gear
Photo gear	Sharpening stone	Harmonica, guitar, etc.
Laundry soap	Clothespins	Twine or light rope

- Put your swimsuit in the top of your pack. You will need it for swim-check first thing Tuesday morning.
- No pets, sheath knives, pocketknives with blades longer than 3", fireworks, and firearms will be allowed in camp.



Grand Teton Council Camps



See us on the Web:
www.grandtetoncouncil.org