

# Packing & Meals

By packing the correct items in your camper's backpack, you're setting them up for success at Camp Oak Spring. Campers will travel around camp with their backpacks for most of the day, so comfort and practicality are important when it comes to choosing a backpack.

Our Lost & Found will inevitably fill up as camp rolls along, and the first line of defenses against the overflowing Lost & Found is making sure that everything comes to camp labeled with your camper's name. From backpacks to water bottles – **please label everything with a first name and last initial.**

A few key items to pack in your camper's backpack are:

- Sunscreen & insect repellent
- Bandana or a hat
- Hair tie for long hair
- A “just incase” complete change of clothes in a waterproof bag
- Towel and flip-flops for swim time
- Rain poncho or jacket
- Reusable water bottle



At Camp Oak Spring, we value Healthy Living – one of the key components of Girl Scouting. Eating healthy ensures that our campers are able to be aware and energized during their time at camp. Our expert Kitchen Staff will provide a morning and afternoon snack each day to help our campers stay focused and ready to take on whatever challenges may arise. We provide drinkable water at multiple locations throughout camp, so be sure to send your camper with a refillable water bottle with their name on it.

One of the most important parts of Summer Camp is trying new activities, and cook-out is a great way for your camper to try something for the first time. On Monday, each program works as a team to choose what they will be preparing and eating for cook-out lunch that week. Juniors, Cadettes, and Seniors have cook-out on Wednesdays. Daisies and Brownies have cook-out on Thursdays. As Girl Scouts, we love to use our resources wisely. One great way to do that is to make sure your camper has a reusable mess kit (plastic plate, bowl, & cutlery in a mesh bag) that is labeled with their name or initials on cook-out day. Please review the postcard sent home on Monday for more information about what your camper will be preparing and eating on their cook-out day.

If your camper is staying for Night Lights, we will provide a pizza dinner to celebrate the extra time at camp. If your camper's week of camp includes a Family Night, you are welcome to join us for dinner and activities on Thursday evening. More information will be provided on the Monday of your camper's week. Campers participating in the Thursday night Overnight will have dinner provided for them and are provided breakfast on Friday morning.

Every Friday is an all-camp lunch day. Regardless of if your camper stayed over on Thursday night, our Kitchen Staff provides the entire camp with a delicious, healthy lunch on Friday. **All other days of the week (Monday, Tuesday, and your camper's non-cookout day) lunch is not provided.** Camp Oak Spring has refrigerators for each program, so all of the lunches will stay cold until it's time to eat. You will be notified via postcard what your camper's unit selected for cook out and what the kitchen is providing for all-camp lunch. If you know that your camper will not eat the cookout option or the all-camp lunch, feel free to pack them a lunch from home. Additionally, please be mindful that there are no microwaves available for use, so be sure to pack lunches than can be eaten cold!

