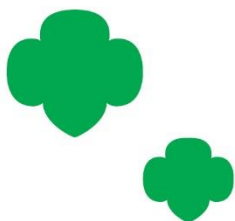




Camp Welcome Guide

Camp Conshatawba



WELCOME TO CAMP

We are excited that you have chosen Camp Conshatawba to meet your troop's camping needs. We strive to offer an excellent camping facility and great outdoor experiences.

For more than a century, camping has been a cornerstone of the Girl Scout Leadership Experience. It's a tradition that endures because of the fun, friendship, and amazing adventures that take place.

Did you know 80 percent of Girl Scouts who have been camping said it was their most memorable experience? Also, Girl Scouts who have regular outdoor experiences are better problem solvers and challenge seekers, and spending time in nature promotes healthy social development and improves concentration and creative reasoning.

Inside this brochure you will find the following information:

- Emergency contact information
- Procedures and Regulations
- Attractions in the area
- Local shops: for pizza, coffee, groceries, ice cream
- Activities & Amenities available at camp
- Answers to frequently asked camp questions

We hope you enjoy your stay and please remember:

The amazing thing about camp is it truly brings out the best in everyone, and you don't feel like you have to change who you are.

EMERGENCY CONTACT INFORMATION:

In case of serious incident, illness, accident, or injury:

1. Determine extent of injury and give appropriate first aid, as qualified.
2. Call for emergency help.
3. Alert GSWPA at:
 - a. 800-248-3355 (business hours)
 - b. 877-359-7878 (after hours)

In case of minor emergency: such as power outage, cannot access building, etc. Please call: 814-243-2093.

Local Emergency Contacts:

Conemaugh Memorial Medical Center	814-534-9000
Ambulance/Fire/Police	911

Address and Directions to Hospital:

Conemaugh Memorial Medical Center
1086 Franklin Street, Johnstown, PA 15905

1. Right onto Oaks Road.
2. Right onto Tunnel Street.
3. Right onto PA 53.
4. Left onto 219 S and exit Johnstown/PA 56.
5. 56 W to Bedford Street Exit.
6. Left onto Haynes Street.
7. Left onto Somerset Street.
8. Left onto Franklin. Go .6 miles, hospital on right.

ACTIVITIES AND AMENITIES AVAILABLE AT CAMP:

- Swimming pool
- Climbing wall/tower
- Zip line
- Low ropes course
- Shooting sports range for archery and bb/pellet guns
- Archery range
- Compound bows and targets
- Hiking trails
- Playing field
- Cross country skiing
- GPS units for geocaching/orienteering
- Volleyball court
- Gaga pit
- Theater stage (indoor)
- Nature center
- Program Kits for select badges

FREQUENTLY ASKED CAMP QUESTIONS:

Where are the dumpster located? The dumpster is located just down the road from the climbing tower on the main road through camp.

Is firewood provided and where is it located? Yes. At Director's Lodge, Memory, Overlook, and Boeing there is a small wood box under the porch at each unit. Merry Go Round Lodge has a large wood box outside the main entrance. Seneca Unit has two wood boxes, one by the tent fire circle and one behind the lodge. At Conestoga and Shawnee Units there is a wood box near the access road. At the Activity Center there is a wood rack outside and to the right of the door closest to the fire place. The Nature Center has a small wood rack on the front porch.

Do you supply pie irons, forks, cook box, etc.? Yes. Pie irons, forks, and cook boxes are located in the building/pavilion or under the eaves/on the porch.

Do you offer ice? There is an ice machine in Memory Dining Hall. If Memory Dining Hall is occupied, please knock and ask permission to get ice. If unoccupied, please contact the Ranger.

Where can I find the activity equipment? Rented equipment will be available in the associated area. Archery and BB equipment at the archery/BB range, balls will be in gaga pit, low ropes/tower at the tower, etc. Free equipment is available upon request and is in the Activity Center.

How is winter driving on camp roads? While roads are plowed, and minimal anti-skid materials are put on the roads, the roads remain slippery in the snow. Leaders should remind everyone who is driving to check tire quality and vehicle type when driving to their lodge. Vehicles that may have difficulty should park in the lower Overlook parking lot can contact the ranger 814-243-2093 to have their gear hauled to their lodge. Campers will then walk to their lodge.

LOCAL ATTRACTIONS:

Flight 93 National Museum

6424 Lincoln Highway 30, Stoystown, PA 15563
814-893-6550

The Flight 93 National Memorial is located at the site of the crash of United Airlines Flight 93, which was hijacked in the September 11 attacks, in Stonycreek Township, Somerset County, Pennsylvania, about 2 miles north of Shanksville, and 60 miles southeast of Pittsburgh.

Allegheny Portage Railroad National Historic Site

110 Federal Park Rd., Gallitzin, PA 16641
814-866-6150

The Allegheny Portage Railroad was the first railroad constructed through the Allegheny Mountains in central Pennsylvania, United States; it operated from 1834 to 1854 as the first transportation.

Laurel Highlands Hiking Trail

1117 Jim Mountain Road, Rockwood, PA 15557

724-455-3744

The Laurel Highlands Hiking trail is a 70-mile backpacking and hiking trail in Western PA. Part of the Potomac Heritage Trail, it is one of the most celebrated Pennsylvania hiking trails for its varied terrain and wondrous beauty.

Johnstown GeoTrail

Come to the Johnstown Convention and Visitors Bureau to pick up your Geo Trail passport.

111 Rossevelt Blvd., Johnstown PA 15906

814-536-7993

There are 40 caches that make up the trail and each location tells a story of the areas past. If you locate at least 30 of these caches and document each code in your passport, you will receive the Geocoin. The coin depicts the historic stone bridge and the Inclined Plance, both of which are located in downtown Johnstown. Happy caching!

Staple Bend Tunnel Park

1189 Beech Hill Rd., Johnstown, PA 15904

814-886-6121

The Staple Bend Tunnel, about 4 miles east of Johnstown, Pennsylvania, in a town called Mineral Point, was constructed between 1831 and 1834 for the Allegheny Portage Railroad. Construction began on April 12, 1831. This tunnel, at 901 feet in length, was the first railway tunnel constructed in the United States. Bring a flashlight.

Prince Gallitzin State Park – Pontoon boating, cool swimming & fabulous views

966 Marina Rd., Patton, PA 16668

814-674-1000

Several beaches with life guards in season. Picnic areas, level fields for games/frisbee, good parking a short walk to the lake, Headache Hill view of the lake with a built in breeze from atop the water tower, boat ramps, fishing, fresh air and some walking trails.

Coal Tubin

416 Main St., Johnstown, PA 15901

814-254-4393

Float down the river and enjoy the views. The trip takes about 2-3 hours depending on how fast the current is. There are even some areas where you can slip out of the tube and swim around a little bit. A great way to spend a summer day.

DelGrosso's Park and Laguna Splash

4352 E Pleasant Valley Blvd., Tipton, PA 16684

SummerFun@DelGrossos.com

DelGrosso's Amusement Park is the home of "Famous Fun and Family Food!"

The Pennsylvania amusement park has more than 30 rides and attractions, including Kid's Kingdom for the little ones. Both children and adults enjoy thrilling rides, fun midway games, entertainment and great food.

Seven Springs Mountain Resort

777 Water Wheel Dr., Champion, PA 15622

1-800-452-2223

Offers snow tubing, skiing, and snowboarding

Local Pizza Shops:**Rita's Bakery & Pizza**

1300 Railroad St., Summerhill, PA 15958

814-495-4333

Jo Jo's Pizza

920 Locust St., Michael, PA 15951

814-495-7272

Local Places for a Good Cup of Coffee:**Sheetz**

101 Forest Hills Dr. Box 188, Sidman, PA 15955

814-487-4428

Starbuck's

109 Town Centre Dr., Johnstown, PA 15904

814-262-0823

Local Shops & Grocery Stores:**Dollar General**

540 Locust St., Sidman, PA 15955

814-533-5800

Walmart Supercenter

150 Town Centre Dr., Johnstown, PA 15904

814-266-6996

Local Ice Cream Shops:**The Meadows Original Frozen Custard**

169 Mini Mall Road, Ebensburg, PA 15931

The Ranger Soft Serve & Miniature Golf

490 Locust Street, Sidman, PA 15955

814-487-5617

CAMP OVERVIEW:

Camp Conshatawba has four heated lodges, each with indoor bathrooms and showers, electricity, and full kitchens. While unheated, other group rental options include two lodges with indoor bathrooms and full kitchens, two platform tent units, and one cabin unit. Located in the heart of camp, the dining hall is equipped with a commercial kitchen that can serve 80 people and an activity building. Camp Conshatawba also offers many outdoor activities including a challenge course, zip line, archery, BB/pellet shooting, gaga ball pit, swimming, and nature activities. During winter, cross country skiing is available.

Activity Center (Day Use): A large non-winterized building that offers an indoor transverse wall, theater stage, large indoor fireplace, and an arts and crafts area. It has a capacity of 100 and is available from May 1 – September 30.

Boeing Lodge: This winterized lodge sleeps 28 in a large bunk area with bunk beds. There is a separate living and kitchen area with tables, chairs, and an indoor fireplace. The lodge includes an indoor restroom with two showers and flush toilets. Boeing Lodge has a large porch for gathering, and there is a fire circle with benches nearby.

Boeing Pavilion (Day Use): Located near Boeing Lodge, this open-air pavilion seats approximately 40 at picnic tables. Available for day use, this pavilion includes a chimney grill set up for outdoor cooking and electric lighting and outlets.

Conestoga Cabins: This unit sleeps 32 in four non-winterized cabins that sleep eight each on bunk beds. A pavilion provides a refrigerator, counter space, picnic tables, and a sink. There is also a pump outside of the pavilion as an additional water source. There is a fire circle with benches and a fireplace/chimney/grill a short distance from the pavilion. Composting toilets are located inside in the back of the pavilion. There are showers available nearby at the pool house Memorial Day-Labor Day.

Director's Lodge: A winterized lodge that sleeps 20 and has three floors. On the first floor, there is a fully equipped kitchen, an ADA accessible restroom and shower, and a leader bunk room with two bunk beds. The second floor has five bunk beds as well as a sink, shower, and flushing toilet. The third floor has additional beds. Director's Lodge has a large porch for gathering and a fire circle with benches nearby.

Memory Lodge Overnight/ Day use Dining Hall: A winterized lodge that sleeps 20 with mattresses on the floor. Indoor Dining Capacity seats 80 with tables and chairs, there is also a covered patio with a dining capacity of 40 on picnic tables and is only available seasonal. Women's restroom with flushing toilets and showers, gender inclusive restroom with shower. Indoor fireplace with a wraparound porch and a Creekside covered patio. Also, a fire circle with benches nearby.

Kitchen: has a convection oven, stove (two ovens, four burners, large griddle), ice machine (seasonal), coffee percolators, mixer, dish sterilizer, double-door refrigerator and freezer, small microwave

Equipment: 10 tables, 100 chairs, dishes for 80, pots, pans, skillets, cookie sheets, mixing bowls, colander, measuring cups, can opener, pitchers, cooking utensils, buckets, brooms, dust pans, mop, toilet brushes, dish washing buckets

Merry Go Round Lodge: This unique, octagon-shaped lodge sleeps 10 and is heated by a wood burning stove. It has one large area for mattresses on the floor. There is a small kitchen with pots, pans, dishes, cooking utensils, tables, and chairs. The indoor restroom includes sinks and composting toilets. There are showers available nearby at the pool house from Memorial Day through Labor Day.

Nature Center (Day Use): A non-winterized space available for day use only that offers educational opportunities for about 20 in one of four rooms. Taxidermy animals that are native to western Pennsylvania are displayed, and program kits can be reserved for an additional fee.

Overlook Lodge: Winterized lodge that sleeps 32 in two large areas on bunk beds. The main living area has seating around an indoor fireplace, tables, chairs, a full kitchen, restrooms, showers, and indoor flush toilets. The Overlook Lodge has a deck on the back for relaxing and a fire circle with benches nearby.

Seneca Lodge and Tent Unit: A non-winterized lodge that sleeps 15 on floor mattresses and a platform tent unit that sleeps 24 on cots in six tents. The lodge shares the indoor restrooms, full kitchen, indoor fireplace, and outdoor fire circle with the platform tent unit. Shower facilities are available at the pool house from Memorial Day thru Labor Day.

Shawnee Tent Unit: The Shawnee Platform Tent Unit sleeps 32 in eight tents and includes a pavilion with picnic tables and lighting, a grill for over the fire circle, fire circle, restrooms, and a refrigerator. Composting toilets are located in the back of the pavilion. Shower facilities are available at the pool house Memorial Day thru Labor Day.

EMERGENCY PROCEDURES & DIRECTIONS FOR CAMP CONSHATAWBA:

In case of serious incident, illness, accident, or injury:

1. Determine extent of injury and give appropriate first aid, as qualified.
2. Call for emergency help.
3. Alert GSWPA at:
1-800-248-3355 (business hours)
1-877-359-7878 (after hours)
4. Speak only to the police or proper authorities. Do not say "No comment" or release names or statements to anyone. Refer all inquiries and media requests to the council spokesperson at 1-800-248-3355 for more information.
5. Do not sign any statements or reports, except for police.

Arrival: Weekend users may arrive at 4 p.m. No one should be on camp property prior to scheduled time. Please follow the designated time on your User Agreement. The Camp Ranger will unlock the building before each group arrives.

Departure: Weekend users should depart by 1 p.m. Please do not lock the doors when leaving as another group may be arriving after you. It is the responsibility of the user group to clean the site. Allow enough time for this to be a part of your event. An adult should clean the bathroom sinks and toilets and wear rubber gloves. Please use the Rental Departure Form to ensure that all tasks are completed.

Parking: Park in the designated area for each unit. Carry all supplies to the building. Do not drive or park in the grass.

Telephone for Camp Ranger: 814-243-2093

FIRE BUILDING:

Build fires in established areas only. Always have a bucket of water near the fire. Be sure all fires are properly extinguished. Dispose of cold ashes in the small metal ash can. Gather small wood and leave a few large pieces for the next group. Do not dispose of partially burnt logs, these can be used by the next group in their fire. To reduce the environmental impact of wood fires, do not burn excessive amounts of wood. Use only what is absolutely necessary.

EQUIPMENT AND SUPPLIES:

Equipment available in lodges: The following equipment should be available: pots, pans, skillets, cookie sheets, mixing bowls, colander, measuring cups, can opener, pitchers, cooking utensils, plates, bowls, and silverware, as well as a coffee pot and a microwave.

Equipment available in Tent Units: The following equipment should be available: pots, skillets, cooking utensils.

Supplies available at Lodges & Tent Units: Buckets, brooms, dust pans, mop, rake, shovel, bow saw, commode brush, and dish washing buckets. The following paper products and cleaning supplies will be available at all units: toilet paper in each stall, paper towels, hand soap in dispensers, all-purpose cleaner, bathroom cleaner, floor cleaner, and trash bags for each trash can. Users are responsible for any items beyond what is listed above.

Equipment and Supplies groups are required to bring to camp: First Aid Kit, insurance forms, roster listing attendees, program supplies, personal gear, bedding, food, special cooking equipment, hand sanitizing products, matches, hot mitts, dish detergent, dish cloth and towel, sponge, and rubber gloves for cleaning the bathrooms. A battery-powered radio, this brochure, and a flashlight.

CAMPSITE RULES AND REGULATIONS:

Food Handling Procedures

- Stored food should be kept off the floor in properly sealed containers. Doors to food preparation areas should be closed.
- Refrigerated food should be kept in temperatures below 40°F. There is a thermometer in all refrigerators. Check the temperature to make sure that it does not exceed 40°F. If the refrigerator is above 40°F, please note it on the Site Maintenance Card.
- Garbage and rubbish cans in the kitchen are to be leak-proof and securely covered or tied when not in use. This will reduce the number of flies and other insects on or around exposed garbage in order to control/prevent the spread of disease.
- Use only clean and sanitized utensils and equipment during food preparation.
- Food contact surfaces including counters, cutting boards, and knives that contact raw food during food preparation must be cleaned and sanitized after each use. It is suggested to use a bleach solution or other commercial sanitizer between times of use.
- Anyone involved in food preparation should take the appropriate safety precautions when holding, cooling, thawing, and serving food. The minimum temperature for holding hot foods is 140°F. Food temperature should be monitored periodically.

Dishwashing Procedures

- For washing dishes by hand, the wash and initial rinse temperature should be at least 100°F. A second-rinse process should be used with sanitizing tablets or a bleach mix.
- All dishes and food service utensils must be air dried and protected from dust and contamination between uses.

Waste Disposal

Place trash in lined garbage bins. Before leaving the site, take the closed bag, including the trash from the bathroom, to the designated dumpster. Slide either of the side doors to deposit bags. Pick up all litter on the property. Encourage girls to recycle. Take recyclables home if your community has a pick-up day or drop-off location. Please check the camp map for locations of dumpsters.

Vandalism

Discuss site usage with the group. Tell them how to respect the property and to observe the following: do not cut down live trees; do not write on walls or tents; do not destroy the natural habitat; do not pick plants or wild flowers; and do not carve into trees or tables. Graffiti is not tolerated. Once it starts, it spreads! Please stress this with the group. A fine will be assessed to

individuals and/or groups defacing and/or destroying property. Groups misusing sites may be denied future reservations.

Health Care

An adult with CPR and First Aid certification from a nationally recognized provider must accompany the group to provide emergency care. User groups are to provide their own first aid kit, be responsible for emergency transportation, and provide first aid and emergency care.

Health Information

User groups are to have the following information for all group members at camp: name and address of all participants; emergency contact names and numbers; a listing of any persons with known allergies or health conditions requiring treatment, restriction, or other accommodations while on site; a signed permission to seek emergency treatment or a signed religious waiver for minors without a parent on site.

Safety Procedures and Regulations

- Gas, liquid flammables, explosives and hazardous or poisonous materials must be handled only by persons trained or experienced in their safe use and disposal. They must be stored with access limited to trained persons, in closed safe containers that are clearly labeled and in locations separate from food. Some cleaning products may be poisonous and children should be supervised in their use. Such materials should be stored out of the reach of children when not in use.
- Campers should alert an adult if they see a “stranger” in camp. Adults should approach anyone perceived as a stranger (if appropriate) and ask them why they are in camp. If the person(s) are not a member of another user group, they should be told to leave camp. If an adult does not feel comfortable approaching a perceived “stranger,” call the Ranger or the police for assistance.
- Use the “buddy system.” Girls should be supervised and must let an adult know where they are at all times.
- Do not transport campers in non-passenger vehicles, such as the back of pick-up trucks or wagons, where seats are not attached to the vehicles.
- Drive slowly and follow posted speed limits and directional signs.
- Running is encouraged at camp during games and on grassy areas. Please walk on gravel roads and unstable trails.
- Socks and closed toe shoes or sturdy sports sandals with heel straps must be worn at all times. NO FLIP FLOPS OR CROCS!
- NO FOOD IN THE TENTS.
- Treat all campers in your group and in other groups with respect.
- Clotheslines should be removed when not in use.
- Group leaders should organize and carry out a fire drill on the first day of camp.
- Open flamed candles are not permitted to be burned inside buildings and tents.
- An adult must be designated to supervise camper arrival and departure.
- Hunting is not permitted in camp. During October, November and December, campers are advised to wear bright clothing and not stray from the group.
- The council leases sites to non-Girl Scout groups. Girl Scout groups have first priority. User groups with boys or men are not to enter living areas other than the one they have reserved. They are to limit exploration of the grounds to common areas such as the road, trails, and other program areas. An adult must accompany groups with males to areas outside of the unit/building.

- Minimal Impact Camping - Leave no trace of activities. Preserve the landscape of the site, as well as the solitude and spirit of the wilderness.

Personal Property Regulations

- The possession and/or use of illegal drugs and alcohol is prohibited.
- Smoking is not permitted in cabins, tents, yurts or buildings. User groups should designate a smoking area that is away from children and nonsmokers.
- Personal sports equipment such as archery equipment, canoes, or other equipment that should be stored and handled safely for the protection of all individuals, should be stored away from campers when not in use.
- All vehicles are to be locked and parked in the designated parking areas. At no time should any vehicle be driven off road or parked on the grass.
- Personal pets are not permitted in camp.
- Firearms and weapons are not permitted on camp property.
- Girl Scouts Western Pennsylvania (GSWPA) is not responsible for the loss or damage of user group personal property.

CAMPER SUPERVISION RATIOS:

Adults must be present in the following ratios at all times for general camp activities that do not require special technical skills, equipment or safety regulations:

- **Girl Scout Daisy* (grades K-1):** 1 troop leader & 1 unrelated approved volunteer to every 6 campers, plus one approved volunteer for each additional 4 campers
- **Girl Scout Brownie (grades 2-3):** 1 troop leader & 1 unrelated approved volunteer to every 12 campers, plus one approved volunteer for each additional 6 campers
- **Girl Scout Junior (grades 4-5):** 1 troop leader & 1 unrelated approved volunteer to every 16 campers, plus one approved volunteer for each additional 8 campers
- **Girl Scout Cadette (grades 6-8):** 1 troop leader & 1 unrelated approved volunteer to every 20 campers, plus one approved volunteer for each additional 10 campers
- **Girl Scout Senior (grades 9-10):** 1 troop leader & 1 unrelated approved volunteer to every 24 campers, plus one approved volunteer for each additional 12 campers
- **Girl Scout Ambassador (grades 11-12):** 1 troop leader & 1 unrelated approved volunteer to every 24 campers, plus one approved volunteer for each additional 12 campers

*Under the leadership of an adult, and with parents, guardians, or other family members participating, a Girl Scout Daisy troop may participate in an occasional overnight camping experience.

An adult should never be alone with a camper(s). A minimum of two adults must be present at all times.

DIRECTIONS:

From Pittsburgh: 376 E/US 22

Follow 22 E toward Murrysville for 54 miles; 219 S toward Johnstown; Exit PA 53 N toward South Fork/Portage; Turn right onto PA 53, go past Bella Café and Java Express, before turning left onto Tunnel Street, the Redwood Family Restaurant is on your right. Go under the railroad bridge, just after turn left onto Oaks Road. Follow .3 miles, entrance/sign for Girl Scouts on left.

From Dubois/Ebensburg: I-80 (Exit 97) and 219 South

Follow 219 S; Exit PA 53 N toward South Fork/Portage; Turn right onto PA 53, go past Bella Café and Java Express, before turning left onto Tunnel Street, the Redwood Family Restaurant is on your right. Go under the railroad bridge, just after turn left onto Oaks Road. Follow .3 miles, entrance/sign for Girl Scouts on left.

From Johnstown:

56 E until 219 N; Exit PA 53 N toward South Fork/Portage; Turn right onto PA 53, go past Bella Café and Java Express, before turning left onto Tunnel Street, the Redwood Family Restaurant is on your right. Go under the railroad bridge, just after turn left onto Oaks Road. Follow .3 miles, entrance/sign for Girl Scouts on left.

From Altoona:

I- 99, Exit 39 route 764; merge onto US 22 W, follow until 219 S Exit PA 53 N toward South Fork/Portage; Turn right onto PA 53, go past Bella Café and Java Express, before turning left onto Tunnel Street, the Redwood Family Restaurant is on your right. Go under the railroad bridge, just after turn left onto Oaks Road. Follow .3 miles, entrance/sign for Girl Scouts on left.

From Indiana: 422 East to 219 South

Follow 219 S; Exit PA 53 N toward South Fork/Portage; Turn right onto PA 53, go past Bella Café and Java Express before turning left onto Tunnel Street, the Redwood Family Restaurant is on your right. Go under the railroad bridge, just after turn left onto Oaks Road. Follow .3 miles, entrance/sign for Girl Scouts on left.