

**Mummy and Me**  
**GSLAC**  
**CWL 2025**



*Welcome and thanks for joining us at CWL*

*Mummy and Me 2025*

Thank you for your commitment to Cub Scouts and Camp. Your Camp Directors and Staff have developed an exciting and fun-filled program to keep your Scouts and family coming back for more. Whether this is your first Cub Scout Camp experience or you are an experienced camper, your guidance will ensure that youth participants enjoy all of the activities offered by our camps. We appreciate your time and effort towards this purpose. At the end of camp, you will be asked to complete an evaluation. Evaluations are a critical tool used by Directors and the Council to constantly improve our programs. Your time and thoughts are greatly appreciated as we strive to provide the best possible program for your Scouts.

Thank you,  
The Mom & Me Staff

## **ARRIVAL AND CHECK-IN AT CAMP**

On Friday, participants should plan to arrive beginning about 4:30 pm. The camp will not be open to participants prior to 4:00 pm. Late arrivals after 6 pm should come to the main office to check in. Follow the directions of staff in the parking lot. If arriving after 6 pm, park in the designated area on the right as you drive into Camp Warren Levis and walk to the main office to check-in. Do not unload camping gear until after you have check-in.

The parking area is not adjacent to the campsites. Pack light and plan to carry all gear to the campsite. If the ground is too wet, you will not be allowed to drive to the campsite. A child's wagon can be very useful for carrying camp gear. Families with special needs, contact the Camp Director for alternate arrangements.

**PARTS A and B OF THE BSA HEALTH FORM WILL BE COLLECTED DURING THE CHECK-IN PROCESS FOR EACH CUB SCOUT and THEIR MOTHER/GUARDIAN. All registered participants, both youth and adult, must have a completed Health Form.** A separate form is required for each participant.

During check-in, you will receive a participant bag which will include a wristband for each paid participant. **All persons, regardless of age, must wear this as identification at all times on camp property.** Camp staff will also have a distinctive identification. Anyone without his or her identification will be asked to leave the camp property.

## **CHECK-OUT**

Please do not drive to your campsite until programs are over at 10am Sunday morning. If you must leave before then, please carry (or wagon) your belongings to your car. **The gates will remain locked once activities begin friday and not unlocked until Sunday after chapel for the safety for all campers**

## WHAT TO DO BEFORE CAMP

Every youth and adult camper should complete Parts A and B (both Mother and Cub) of the BSA Annual Health and Medical Record. Bring the completed forms with you as well as a copy of your insurance card and be ready to hand it in at check in.

If anyone has food allergies, please communicate those as soon as possible to [help@stlbsa.org](mailto:help@stlbsa.org)

Every camper, youth and adult, should bring the items listed in "What to Bring to Camp" for a comfortable time at camp

## WHAT TO BRING TO CAMP

- Completed BSA Health History Parts A and B of Form 34605
  - **REQUIRED FOR MOM and EACH PARTICIPANT**
- Medication (if required)
- Tent & ground cover
- Sleeping bag or sheet/blanket & pad & pillow
- Lawn Chair or ground cover to sit on for the movie at 7pm Friday evening
- Class A Uniform (if desire to participate in a flag ceremony)
- Class B Uniform or any other Scout t-shirts you may have
- Closed toed athletic shoes or hiking boots (no crocs, sandals, or flip flops)
- Extra Clothing as needed – dress in layers for wide temperature fluctuations
- Toiletries & Towel
- Flashlight batteries
- Optional fishing gear and bait for fishing during free time
- **Day Pack to carry the below items:**
  - Sunscreen & Non-aerosol insect repellent
  - Camera & Flashlight
  - Rain gear
  - Money for Trading Post if desired
  - Drinking cup or water bottle
  - and any other daily needed items

## CAMPING AND CAMPSITES

At Family Camps, camping may be either on campsites or in one large field depending on the camp. Camping areas within the field(s) are first-come first-served. Since camping areas are not preassigned, if you wish to camp several families or a unit in the same general area, it's best to plan for a meeting place at camp with your group ahead of time. Please be courteous to others when marking space for your group. There are a limited number of picnic tables and fire rings available, so it will be necessary for groups to share them. You may bring an above ground fire pit if desired. Please be sure to have a full bucket of water available near the fire.

New campers may not realize the rules of the BSA "Youth Protection". A family may share one tent. Youth of the same gender may share one tent. Adults of the same gender may share one tent. Married adults may share one tent. A question we occasionally hear: 2 adult friends cannot share the same tent with any children that are not their own family.

## **ADVANCEMENT**

While the focus of Family Camp is not advancement, there are still opportunities to complete rank advancements at Family Camp. Parents and leaders from the Scouts' Pack or Den should review the Scout book and the Scouts' work, and then award credit as appropriate.

## **RESTROOMS**

There are nearby outhouses/latrines scattered around camp. We will also have additional portable toilets for the weekend. Modern restrooms are available in the main lodge. Showers are also available under the Trading Post for adults, and in the pool house for youth. No youth can share adult restrooms, and no adult can share youth restrooms. Please contact the staff for special assistance or needs.

## **MEALS**

**There is no dinner served on Friday night at Family Camps.** A light snack will be served during or following the evening activity. Families are welcome to bring their own food to prepare dinner at their campsite. Refrigeration is not available. On-ground fires are only allowed in established fire rings. There are a limited number of fire rings available. Above-ground fire pits and small propane grills are allowed.

*The following meals will be served at Family Camp:*

Friday Night – Cracker Barrel (light snack)

Saturday – Breakfast, Lunch, Dinner, Cracker Barrel

Sunday – Breakfast

All meals will be eaten in the camp Dining Hall. The menu at Family Camp is designed with nutrition in mind. Plenty of healthy choices are available at every meal. The menu will be posted outside the dining hall but is always subject to change.

### ***General Dining Hall Etiquette:***

- Gather outside the Dining Hall for a group grace prior to entering.
- Enter the dining hall when told by the Dining Hall Steward.
- At camps with split mealtimes, eat at your assigned time.
- Remove hats prior to entering the Dining Hall.
- Always have your drinking cup or water bottle with you.
- Do not go up for seconds until the Head Cook or Dining Hall Steward calls "Seconds".
- Take all you want but eat all you take.

- Participants bus and clean their own tables and sweep the floor under their own tables before leaving.

### ***Special Dietary Needs:***

- Special dietary needs (food allergies, diabetic, gluten free, etc.) must be noted ahead of time while registering online and on the health form. Please check with staff upon arrival with any concerns. • **GSLAC Council cannot guarantee an allergen-free environment in the kitchen or dining hall** but the camp staff will do their best to accommodate special dietary needs if **they are noted on the registration form online and the health form.**
- There may be a designated “Allergen Free Table”, if needed in the Dining Hall. This is for participants who cannot eat at the same table with nuts, eggs, or other common food allergens.
- **Anyone with special dietary needs must meet with the Head Cook during check-in to discuss specific needs.**

### **GATEWAY TRADERS (the camp trading post)**

A camp store, known as Gateway Traders, will offer snack items, candy and soda. Camp t-shirts, souvenirs, and other Scout items will also be available. Cash and credit cards are accepted.

### **GENERAL CAMP RULES**

- Always have a buddy, including visits to the latrine.
- Youth must remain with their family. If a youth must leave the family, such as to use the latrine, an adult family member must be informed. Always have a buddy.
- The Scout Oath and Law are the rules and expectations at camp.
- Be courteous at all times, especially when others are speaking or when waiting in line.
- Obey all “off limits” signs and announcements.
- **Abide by the quiet time listed in the schedule at 10pm each evening.**
- **Only whispers (if any voice is needed) after 10pm please.**

### **RULES FOR SPECIAL ACTIVITY AREAS:**

- Use only marked entrances and exits into and out of perimeter of special activity areas.
- Always ask for and receive permission to enter special activity areas from camp staff member at that activity area before entering.
- Camp staff at special activity areas will explain other safety rules.

### **SPECIAL PARTICIPATIONS**

- Scouts/parents that plan ahead and wish to do skits, songs, or run-ons for the Saturday evening campfire program should sign the list in the main office and see the MC by 3pm on Saturday. Please be aware this is a special time to meet achievements in the scout books.
- Scouts/parents that wish to participate in the flag raising and flag lowering ceremonies should sign up in the main office. They should plan to wear their Class A uniform.

## **ADDITIONAL CAMP RULES FOR PARENTS AND STAFF**

- Parents and Staff must follow the General Camp Rules.
- Adults may only smoke in their cars in the parking lot, out of sight of youth. Place cigarette butts in vehicle ashtrays. If parents leave to smoke, ensure youth are adequately supervised prior to departure.
- **No alcoholic beverages, drugs or fireworks in camp at any time.**
- No firearms, knives or other weapons are allowed in camp other than those brought by staff for specific activities. Parents may have a small pocket knife. Cub Scouts with a Whittling Chip may have a small pocket knife.
- No swearing or abusive language.
- Camp staff will wear Scout uniforms or camp staff t-shirts.

## **PARENT EXPECTATIONS**

- Lead Scouts and family members from one activity to the next according to the camp schedule.
- Assist station leaders with planned activities as requested.
- Assist station leaders with behavior management as needed.

## **GROUP ASSIGNMENTS AND PARTICIPATION**

Every effort will be made to keep families from local Packs together, but in some cases, families from different Packs or towns may be grouped together. Encourage youth from different units to cooperate during activities. Group assignments are distributed with registration packages. Do not change groups without Camp Director approval.

Adults are encouraged to participate in activities with the youth where the situation allows; youth will enjoy seeing adults shoot BB's or play games with them. However, if time becomes an issue at a station, give priority at the activity to the youth participants.

## **EMERGENCY PROCEDURES**

All staff members, including youth staff, are trained in camp-specific emergency procedures. Parents may be asked to assist staff, but need to follow staff directions at all times.

## **FIRST AID**

There is a Camp Health Officer on site. The Health Officer will be at the Health Lodge, Camp Headquarters, or can be reached by radio or cell phone. For a minor injury, beyond the scope of what the parent can handle, an adult should bring the injured person to the Health Lodge or Headquarters after insuring other campers under his/her care will be adequately supervised.

If the injured person cannot be moved, the Health Officer should be notified by radio or cell phone (if available) or by sending an adult messenger to camp headquarters.

The Camp Health Officer will inform the Camp Director or Staff Advisor of all injuries or illness at camp. If necessary, notification and transportation to a local hospital will be arranged by the Camp Health Officer and Camp Director. When required, the Camp Director will inform the Scout Executive. Notification of parent, guardian, or nearest relative is the responsibility of the Scout Executive or designee. Local authorities (fire, police, etc) will be notified by the Camp Director when dictated by the situation.

## **SEVERE WEATHER**

Most camp activities will continue in light to moderate rain. In case of heavy or continuous rain, rainy day activities may be substituted. Station Leaders will have alternative activities ready.

The Staff Advisor and Camp Director are equipped with severe weather radios and have additional weather resources available. In case of inclement weather, they closely monitor the situation and if severe thunderstorm, tornado watch or warning, or other severe weather is approaching, take appropriate action to ensure all personnel have time to take shelter.

**The central camp alarm will only be sounded for Tornado Warning or Severe Thunderstorm Warning.**

The central alarm will not be sounded for “garden variety” thunderstorms. The Dining Hall is always unlocked and available at any time participants are not comfortable in their tents or program areas due to inclement weather.

In the event of severe weather, upon hearing one long bell or horn, all adults and Scouts will proceed to the designated assembly area.

## **LOST CHILD**

If it is determined that a child is not with his or her group and is nowhere in the general area of the group, send an adult or two older youth to notify the Camp Director or Staff Advisor immediately. The Director will implement lost child procedures for the specific camp facility. Each camp has a specific written plan for lost children. The Director may request the assistance of parents.

## **FIRE**

A fire in or near an activity area should be reported immediately to the Camp Director or Staff Advisor so firefighters can be called. The parent's primary responsibility is to escort youth safely out of danger, checking attendance to ensure all group members are present. If anyone is not accounted for, an adult should quickly search the immediate area, while other parents return to the camp assembly area with their group. If the missing person is found, he/she should be led to rejoin his/her group. If the missing person is not immediately found, the Lost Child Plan is put into effect. If the camp assembly area is not safe, an alternate location will be announced. In case of fire, it is critical to have a complete accounting of all persons on camp property.

## **EMERGENCY PHONE NUMBERS**

Camp Director 618-520-2956

Camp Nurse 618-

Emergency 911

Emergency numbers are noted at the bottom of the event schedule.

\*\* The following page is the generic Camp Warren Levis map. A specific Mom & Me Program Map will be provided with the weekends schedule in your participant bag you will receive upon check in\*\*

