

Oklahoma's First Gluten-Free Food Resident Camp

**Camp Waluhili
June 20-26, 2010**

Camp Waluhili's gluten-free week gives campers the opportunity to participate in a traditional co-ed summer camp experience where kids can enjoy all the camp activities without concern for the gluten content of the food provided. At this camp, kids don't have to worry about the daily peer pressure of the "I can't have that" syndrome. Camp Waluhili also welcomes siblings and other youth 3rd - 12th grade who do not have celiac disease or gluten intolerance (although all food will be gluten free).

During this week only gluten-free foods will be prepared by seasoned camp cooks. While the camp is owned by Camp Fire USA Green Country Council – Tulsa, Oklahoma, any youth eligible are invited to participate during the gluten-free sessions. (While we would like to accommodate all youth this week, youth with diabetes or other special needs should check out camps that target those needs.)

Parents please read all the resident camp information on Camp Waluhili and follow the registration process. If you have any questions about the camp, feel free to contact us. And don't forget, we have two scheduled open houses that you are welcome to attend. Come and tour the camp plus have the opportunity to talk to camp staff about our camp and programs. The two open houses are April 17th and May 8th from 10:00 am until 2:00 pm. See the FORMS section for directions to camp.



Gluten-Free Food Week Program Choices

Take a look at the available programs offered during this week. If your child meets the age and ability requirements, note your choice on the Camp Waluhili registration form. See below for details!

Program Choices

All Around Camp

3rd, 4th, and 5th grade

\$350.00

All aboard! Grab onto the railing and keep your hands and feet inside the car at all times. Campers in this session will get to experience a large selection of activities at camp including daily swim lessons. From fire building, hiking, arts and crafts, BB's and archery to kayaking, water games, speed stacking, parachute games, lummi sticks and more; no hour will ever be the same. This session prepares campers to specialize in a camp activity in the future.

Classic Campers

6th grade and up

\$350.00

Can't decide what your favorite activity is? Never been to camp before? No Problem! Enjoy an exciting week filled with all of our traditional camp activities. From learning outdoor skills like fire building, lashing, knots, and compasses to kayaking, canoeing, archery, mountain biking, games, arts and crafts, rappelling and more, you will not only explore the outdoors but fall in love with it. Careful, only the daring will try this quest that guides you to a different activity every session of the day.

H₂O Gamers

6th grade and up

\$350.00

Love the water? Like playing games? How about both at the same time? Whether you are in the pool, boating on the lake, or chasing your friend with a water balloon, this session is sure to be a blast. You will play lots of traditional games, a few new games, and even create your own games. You won't want to miss out on to chance to cool-off in the water!



Craftastic!

6th grade and up

\$350.00

This one-week crash course in crafting will cover a wide range of crafting ideas and techniques. Sample everything from macramé, crochet, paper and card making, quilling, candle making, collages and duct tape art. Explore the contents of our craft cabin to come up with your own fabulous craft ideas!



Ship Mates!

6th grade and up

\$350.00

Join us on a journey to new worlds as you canoe and kayak through the waters of Lake Fort Gibson. Learn boating knots and skills to impress your friends on your next outing. Don't forget to "Hold onto your hats!" as you spend a day sailing by the scenic shoreline. If you love to be on the water, you won't want to miss this session!

Pathfinders

8th grade and up

\$375.00

Leadership is the focus of this activity-filled session. You will spend your activity time on the Camp Waluhili challenge course sharpening those skills. Learn how to lead games and work with others in an outdoor setting. You will even progress to spend a day on a local area challenge course such as the HelmZar course in Tulsa.