girl scouts of greater atlanta

They are a force of nature.
Get your Girl Scout outside!

Camp Misty Mountain

What to Expect 2024

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Message From the Team of Directors

Hello Campers and Families!

Whether this is your first time heading to camp or you've been coming for years, 2023 is going to be incredible. We're excited to have another adventure-filled summer at camp!

Your camper could be horseback riding, shooting a bullseye in archery, kayaking across the lake or swinging from the zip line on our challenge course to the cheers of a new friend. As a parent, you can relax knowing your daughter is safe and secure at camp making great memories. You can also be confident that her time at camp will result in learning skills, exploring ideas and embodying what it means to be a young woman of courage, confidence and character who will make the world a better place! Everything we do will revolve around helping girls discover things about themselves and the world around them, connect with others and learn how to take action toward positive change.

When your camper comes home raving about horseback riding, ask her to tell you how she took responsibility for caring for her horse or how her experience and confidence grew in just one week. Listen when she talks about learning to kayak and how she persevered and had an amazing time even though tacking was initially challenging. When you send your camper to Girl Scout camp, you are giving her so much more than a summer vacation... you are helping her embrace the awesome, confident and courageous woman she is becoming!

Remember that Camp Misty Mountain is a camp for ALL girls, not just those who are already registered Girl Scouts or participate in troops. From horses to drama to music to adventure and boating, camp truly has something for everyone this summer.

Facebook.com/CampMistyMountain **Instagram.com/CampMistyMountain**

Who to Contact

If you need further assistance in your preparation for camp, please utilize the following information to determine who to contact:

General Information About Camp Misty Mountain:

Andi LaPolt, *Camp Director* ..... **cmmdirector@gsgatl.org** or 404-323-9390

Riki Welch, *Asst. Camp Director*.....**cmmsummer@gsgatl.org** or 706-629-1030

Malia Tucker, *Equine Specialist*.....**cmmhorses@gsgatl.org** or 770-680-8579

Summer Camp Office.....706-629-1030

Registration Changes, Payment Plans and Refunds:

Jessica Burgett, *Operations Coordinator*.....**camp@gsgatl.org** or 770-702-9103

MaryEllen Waiting, *Sr. Operations Manager*.....**camp@gsgatl.org** or 770-702-9140

Camp Open House Sessions

Open House is a great opportunity to view camp facilities and cabins, tour the camp and meet the horses. This is also a wonderful chance to meet some of our staff, learn what and how to pack, see what types of meals are served, understand how camp staff copes with homesickness (and how parents can help prevent it!), find out what to expect at check-in/-check-out and ask questions of the camp staff and equestrian instructors. Bring a picnic snack and spend the afternoon at Camp Misty Mountain! Returning campers — this is your chance to get excited about coming back to camp!

Camp Misty Mountain Open House Sessions:

- Sunday, February 11, 2024 — 2:00-4:0pm
- Sunday, March 10, 2024 — 2:00-4:00pm
- Sunday, April 14, 2024 — 2:00-4:00pm

Please register for the Open House session you wish to attend so we can keep you updated on any changes. Visit **Events.GirlScoutsATL.org** to register and to see Open House dates for our other Girl Scout camps.

Driving Directions to Camp Misty Mountain

Important Note #1 — Remember that Camp Misty Mountain is NOT in cell phone range. This means that your cellular based mapping features may stop working before you arrive. It's important to have screenshots, printed directions or a map with you.

Important Note #2 — Because Camp Misty Mountain is so large, GPS units will often enthusiastically announce "You are arriving at your destination" when you're surrounded by the forest. If this happens, you're most likely already across the edge of the property, just not at the gate yet. Trust your maps and carry on. Our main gate is marked with a large fieldstone sign and flagpole.

Important Note #3 — If you run into any trouble, don't fear. We're good at helping you find us. If you travel back to the place where you last had service, call us at 706-629-1030 with a cross street and we can pull up a map and provide support. We're happy to help! Very few people run into difficulty though, and are generally first-time visitors.

Camp Misty Mountain
490 Lake Marvin Road NE
Armuchee, GA 30105

Phone: 706-629-1030
Fax: 706-629-2676

The Fastest Way (Through Calhoun):

Pros: Quickest route that goes through Calhoun, so you can pick up last-minute items at Walmart or Kroger. Travels through Sugar Valley (10 mins from camp) and maintains cell service until 3-4 mins before camp. Only two turns between the interstate and camp. **Cons:** There are two miles, just before camp, where the road travels over the ridge into our valley. This area can be a little slippery in the ice and snow and a bit unsettling in the dark.

1. Take Exit 312 in Calhoun, GA (the same exit for the outlet mall).
2. Travel WEST on 53 (stay on 53 even when 41 bears to the right near the Subway). Travel past all the fast food places, several grocery stores and eventually the Walmart on your left. Keep going a little bit further, past the Walmart over a hill and you'll come across a stoplight at the intersection of 53 and South River Street.
3. Turn right (NORTH) onto South River Street / 136. You'll drive past the recreation center, middle school and high school; and head out of town, passing a National Guard armory on your left (this will be the last proper gas station before arriving at camp).
4. Go five miles NORTH on the same road (136) until arriving at the tiny town of Sugar Valley. You'll see a small white convenience store (last one before camp). You're 10 minutes away!
5. Just across the railroad tracks, by the "Mohawk" sign, turn left onto "Lake Marvin Road," which quickly becomes "Pocket Road NW." After a couple miles, you'll notice the road starts curving upward. Though it's just a small ridge, people refer to it as "The Mountain." Travel up through several switchbacks, past a couple gates to a gated vacation area, and eventually reach the top of the ridge. At the top, there's a small pull-off that fits several cars. Take note that this is the end of cell phone service. You're less than 5 minutes away!
6. Continue driving as you head through some curves coming down the other side of the ridge. Your GPS will probably tell you you're arriving, as you approach the edge of the property. Once the ground levels out, you'll be one minute away from the gate on your left!

The Flattest Way (From the North):

Pros: Flat route that goes around the ridge that creates our valley. Involves only two left turns after leaving interstate. **Cons:** Takes longer. Not much between the road and camp.

1. Take Exit 320 in Resaca (there's a truck stop for any snacks and fuel) and travel WEST on Resaca LaFayette Road NW/136.
2. After several miles, the road will intersect with 136C. You'll want to keep west on the original 136.
3. Several miles later, turn left/SOUTH onto Pocket Road and go roughly seven miles. When you see The Pocket Campground on your left, the turn to camp is less than a half mile ahead!
4. Turn left/EAST onto Lake Marvin Road. As you drive, you'll see pastures on your right, go past several buildings and eventually see our main gate on your right!

No Tobacco, No Vaping, No Pets

Thank you, in advance, for respecting our camp facilities when you visit. We ask that you leave your pets at home, do not use tobacco or vape devices while on the property and please do not litter on the site. As you drive in and out of camp, please keep the girls in mind and go slowly. Take your time, enjoy your glimpse into camp life and help everyone stay safe.

American Camp Association Accreditation

We meet the highest standards set by the Girl Scouts of the U.S.A. and the American Camp Association (ACA). Girl Scouts of Greater Atlanta's summer resident and day camps proudly display the ACA accreditation. The accreditation process involves extensive preparation of written documentation, such as risk management, food safety and staff hiring procedures, and an onsite observation visit performed by a team of specially trained camp professionals.

Registering for Camp Misty Mountain

Girl Scouts of Greater Atlanta uses **Camp InTouch** for registration and to keep track of the forms needed from each girl's guardian. Please visit **gsatlanta.campintouch.com** to make sure all the necessary forms are completed before dropping off.

Girl Scout Membership

All girls must be registered Girl Scout members to attend camp. It is not necessary to belong to a troop to be a Girl Scout. You can be a Juliette! Learn more about Juliette Girl Scouts at **girlscoutsatl.org/en/our-program/Juliette-Girl-Scouting.html**.

The Girl Scout membership fee is $25 and is valid until 9/30/24. If you are a non-member, please complete a **Girl Scout Membership Registration** online.

Accessibility: Essential Camper Functions

We will make every effort to be sure our overnight camp is accessible to all girls; however we recognize that the camp environment does have some limits. To attend Girl Scouts of Greater Atlanta Girl Scout camps, campers must meet the following essential functions:

- Move independently from place to place
- Effectively interact in a group based on program content
- Be able to meet personal needs (bathing, toileting, dressing, diet management, etc.)
- Capable self-manager of chronic illnesses

Camp Fees

Camp fees are subsidized for every camper by Girl Scouts of Greater Atlanta and do not cover the full costs of offering the camping program and maintaining our properties year-round. Every effort is made to keep the fees as low as possible while ensuring a safe, quality program. Fees are set based on the services provided for each camp program: Classic Camp, Classic Camp with Ponies, Leadership Camps and Specialty Camps can be found at **girlscoutsummer.com**.

Remember, all girls must be registered Girl Scout members in order to attend camp. It is not necessary to belong to a troop. The Girl Scout membership fee is $25 and is valid until 9/30/24. Membership will qualify you to participate in a variety of camp and community events all year long (available on the Girl Scouts of Greater Atlanta website). If you are a non-member, please complete a **Girl Scout Membership Registration** online.

Girl Scout membership will also provide your camper with the opportunity to participate in a variety of Girl Scout events at our camps and in the community for the rest of the program year! If your camper is on Medicaid-based insurance, their insurance company may cover this cost. Contact Andi LaPolt, at **alapolt@gsgatl.org**, if you would like more information about this program.

Funding Your Camping Experience

We understand that attending Girl Scout camp is a significant investment for our families. Camp Scholarships are available for girls who are registered members of Girl Scouts of Greater Atlanta. Preference is given to girls who have participated in the Greater Atlanta Girl Scout Cookie Program. In addition, girls can earn Cookie Dough from selling cookies that can also be used to pay for the camp experience.

Scholarships are designed to make camp available to all girls who are part of our program, regardless of income. Families are encouraged to apply for a scholarship if the camp fee is a hardship. Please visit **Register | Girl Scouts (girlscoutsummer.com)** for more information about scholarship applications.

Make Monthly Payments

You can make monthly payments by logging into your **CampInTouch** account. We do not automatically charge your account; you must trigger a payment. For example, if you were to register your camper in December and the total cost was $800 — you can pay the $100 deposit and then make monthly payments in Jan., Feb., March, and April in the amount of $175 each. Then, in May, finish up with a $95 payment and you are paid in full before camp. Free financing! Payments are due in full by May 1, 2024 for all camp sessions.

Patches & T-Shirts

Each girl will receive a camp patch and camp T-shirt included as part of the registration fee! If you have registered for more than one camp this summer, you will receive a T-shirt from the **FIRST** camp that you attend. If you wish to purchase multiple shirts or T-shirts from each camp, you will be able to do that through the camp store at that specific camp.

Changes, Cancellations & Refunds

To make a change to your camper's session, please contact the Operations Coordinators at **camp@gsgatl.org**. Changes are made based on availability.

Cancellations must be submitted via email to **camp@gsgatl.org** no later than 30 days before the start date of your camper's session to receive a refund less the deposit and camper registration fee. All deposits are non-refundable. The deposits for one-week and two-week overnight sessions is $100. The camp registration fee of $50 and Girl Scout Membership fee are non-refundable.

In the event of illness or the death of an immediate family member, a refund less the deposit and registration fee and membership fee is available with a doctor's note or other form of documentation. Documents must be received no later September 1, 2024.

Program Overview

Campers have a variety of choices offered to them each week. Some favorites include archery, canoeing, challenge course, (climbing wall, high and low ropes course) crafts, drama, outdoor cooking, sports, games, soccer, swimming and more! We aim to offer programs that will allow campers to gain and grow new skills while in a safe, fun and open environment. They will spend most of their time with their cabin group working towards Girl Scout badges, accomplishing group goals and participating in activities. We will be adding, this summer, at least two activity spaces that will be "Girl-Planned." Evening programs will be conducted as a cabin group and as a whole camp.

The only activities affected by stormy weather are swimming, archery, challenge course and horseback riding. Otherwise, the girls will dress in rain gear and do everything as planned, when possible. Weather permitting, staff may be able to make up missed activities later in the week.

Daily Schedule

The schedule may vary based on the session and the day of the week, but an average day at camp looks something like this:

Rise and Shine!	7:30am
Breakfast	8:00am
Morning Assembly	9:00am
Morning Activities	9:30am
Lunch	12:00pm
Turtle Time & Kapers	1:00pm
Afternoon Activities	2:00pm
Dinner	5:00pm
Evening Activities	7:00pm
Lights Out	9:30pm

- Camp Check-In:
  Sunday, 2:00-4:00pm Camp
- Check-Out:
  Friday, 2:00-4:00pm

Classic Camp Sessions & Questions

We are excited to offer Classic Camp and Classic Camp with Ponies sessions throughout the summer! Without having to choose a particular specialty program that matches your available dates, Classic Camp allows YOU to select the week or weeks you want to attend and design the experience around your camper's interests. Classic Camp is the total camp experience **including the opportunity to earn a Girl Scout Badge!**

Can my camper stay over the weekend?

If your camper is registered for a two-week session, she should plan on staying right through the weekend for the full duration of her program. If she is signed up for a one-week session, you must pick up your camper for the weekend, even if she is enrolled in back-to-back one-week sessions. This allows us to adequately sanitize camp between sessions.

What is the difference between Classic Camp and Classic Camp with Ponies?

Classic Camp provides a flexible opportunity to try out a variety of camp activities! Sessions are in one-week increments and you can choose to attend one or more! The campers will be able to select their top activities in which to participate as a group, as well as individual choice. **Classic Camp can be selected with or without horseback riding.** Classic Camp with Ponies includes horseback riding daily and being at the barn for half the day. Campers in Classic Camp with Ponies spend the morning OR afternoon learning about and riding horses. The other half of the day, they will be able to choose what activities they would like to do outside the barn.

When does my camper make her activity choices?

Upon arrival at camp, campers will be assigned a family group. This group will live in the same cabin and decide on activities as a group for half the day, allowing them to experience various programs. Examples of activities range from indoor cooking to the ropes course and canoeing! Classic Camp with Ponies, and all specialty camps, will have activity periods each day that are pre-assigned based on the riding level or specialty session of the girl. Specialty camp groups will choose additional activities during activity signups to fill the remainder of their schedule.

Are the specialty programs going to still be available?

Yes! We have a collection of very popular specialty programs, many of which are advanced versions of activities that campers might experience during Classic Camp sessions. Please take a look at our camp guide or visit **www.girlscoutsummer.com** to learn more about the specific specialty sessions being offered each week.

Evening Camp Programs

Each night, campers will get to participate in an exciting evening program! This may be with their cabin or with the whole camp. Every week there will be new evening programs for those girls who choose to come to more than one week of camp to have a variety. A few examples are spa night, late night swim, dance party, counselor hunt, talent show, boat building, campfire, scavenger hunt and more!

Horseback Riding Classes & Placement

If you have signed up for your child to participate in the horse program, you will receive an e-mail prior to arrival to complete, which will give our staff an idea of her riding level. During our check-in process, we spend time interviewing and evaluating each camper's riding skills. Unlike other camptivities, campers are assigned specific time slots based on their individual skill level. Note that buddies who choose horseback riding might not ride at the same time. Please prepare your camper for this possibility before arriving at camp.

When campers arrive at the barn each day, they should be ready to ride. Riders must wear long pants, such as cotton leggings or jeans (capri pants will not be permitted) to protect their legs. Boots with ankle support and at least a 1/2" to 1" straight edge heel are also required. Soles should be smooth (not a waffle sole like found on most hiking boots). A limited number of loaner boots are available at the barn. We gladly accept boots that no longer fit your camper as a donation so that we can keep as many sizes available on hand. **Girls will not be able to ride without proper shoes and long pants.** Each day, girls should bring the following with them to the barn:

- Water Bottle: Fresh water to refill camper's bottles is provided throughout the day.
- Extra Clothing: Campers should bring enough pants, T-shirts, and socks for each day since they can get really dirty at the barn. Many girls also enjoy having fresh change of clothing with them at the barn right after they ride, especially if they are heading to other activities.

Approved safety helmets are provided for each rider. Campers may also choose to bring their own current ASTM/SEI approved safety helmet with them. Our Equestrian Staff will inspect all personal riding helmets before they will be allowed for use in our program. Please let your camper know that there is no extra storage at the barn for personal helmets, and she will have to carry it back and forth to the barn each day. **Bicycle helmets, skating helmets, or helmets designed for other sports are not permitted.**

- Helmets must be manufactured within the last five years.
- Hairstyles must allow for the helmet to fit correctly: Close fitting from eyebrows to the nape of the neck on all sides. Buns, thick French/Dutch braids, and high pony-tails will prevent the helmet from fitting correctly.

Horses are assigned to campers according to their level of riding, as determined by the Equestrian Staff. The instructor may need to make changes throughout the week depending on the ability of each rider to communicate with and safely control her horse. **Please remember that your camper may be placed at a different riding level than at home, particularly if she is used to riding the same horse in lessons at home.**

Campers registered for the Overnight Trail Ride and other trail riding experiences must meet the prerequisite riding skills published in the session description.

Campers will go to the barn, rain or shine. If it is lightly raining, riding lessons will continue as scheduled. Girls will need to bring rain gear to the barn on rainy days. **No ponchos at the barn, please.** If the weather is too severe to ride, ground lessons will be taught instead and will include hands-on horse activities. Ground lessons are group learning sessions that include activities such as grooming, feeding, tacking, veterinary care, tack care, hoof care, parts of the horse, learning games and much more.

Please note that camera flashes are not permitted near the barn or horses, so if you're sending your camper with a disposable camera, you may want to choose one without a flash or make sure she knows how to turn it off. Please put your camper's name on the camera with a permanent marker.

Kapers

Kapers are chores that each camper and staff member are assigned to help with "camp-keeping." The kapers at camp include leading grace at meals, flag ceremony, picking up program areas and sweeping. Unit kapers include keeping their bunks straightened, gathering firewood and fire building. Help prepare your camper for her kapers by letting her help out at home before coming to camp. Kapers are a Girl Scout tradition that help build self-confidence and teamwork skills.

Trading Post

The Trading Post offers camp essentials and souvenirs, such as day packs, flashlights, stuffed animals and more (costs range from $1-$50 each)! **Snacks and beverages are not offered, and these items are prohibited in care packages, to avoid attracting wildlife.**

Campers will have the chance to visit the Trading Post during their stay. We have a variety of clothes, water bottles and small Camp Misty Mountain accessories to choose from. Accounts can be set up during check-in, either by cash, credit card or cookie dough. We will send a trading post form for you to fill out before you arrive as well. Any unspent money in the Trading Post accounts will be refunded at check-out, or parents may choose to donate it to the camp. **Please visit the trading post table during check-in to leave money for your camper. Campers do not need cash on them at any point.**

Swimming

All swimmers are under careful supervision of a lifeguard at the pool. For safety reasons, campers will be evaluated on their swimming skills and are placed into swimming groups based on ability. Girls will participate in a swim check before their first class, which entails:

- Bobbing three times in the three-foot end of the pool and swimming approximately ten yards in the three feet of water without touching the bottom.
- If they pass the first segment of the test, they will be asked to jump into four feet of water and swim 25 yards using any coordinated swim stroke.
- If they pass the second segment of the test, they will have to tread water for two minutes in the deep end of the pool.

Campers will be provided colored bands indicating their swimming abilities. Lifeguards who supervise all the campers in the pool will indicate areas of the pool where girls may swim based on their band colors:

Likes to play in shallow water and is uncomfortable in deep water. May still participate in pool games or sports, from the shallow end.	May swim in the shallow and middle areas of the pool. Can swim on top of and under water. Can jump off side of pool into water. Strokes may be uncoordinated or incomplete.	May swim in all areas of the pool. Strokes are recognizable.

Unit Life

Girls will be placed in units based on ages and the program selected. Those in specialty programs will live in the same cabin to make their unique schedule more fun! Unit life is all about building a strong relationship with girls and counselors, playing, laughing, working together and making friends for a lifetime!

Camp Misty Mountain's cabins have air-conditioning and twin-size bunk beds. They sleep 8-24 girls. Each cabin will also have at least two counselors. Chalets are open-air, outdoor cabins with twin-size bunk beds. They sleep from 8-10 girls. We follow the ACA Standards and GSGATL Safety Activity Checkpoints regarding girl-to-adult ratios in each cabin.

Buddies

Campers are welcome to sign up for camp with a friend or two, who are within one grade of each other and interested in the same session and same week of camp. If camp buddies are in different grades, such as 5th and 6th grade, girls will be placed in the younger camper's age group/living group. If one buddy is signed up for a specialty program, (not Classic Camp or Classic Camp with Ponies) their buddy will need to be in the same program.

Make sure to list your buddy's first and last name while completing your registration. Changes cannot be made at camp check-in. Buddy Request changes can be made by updating the application or by contacting **camp@gsgatl.org**. Changes should be made no later than two weeks prior to your camper's session.

Even the best of friends need time to explore their individual interests and make new friends while at camp. Camp buddies stay in the same cabin. Sometimes groups may be split up and girls will choose different activities based on individual preferences. In this case, buddies may not choose the same activity. Campers registered for horseback riding are grouped according to their riding skills. Camp buddies in the riding program may be at different skill levels and may not be placed in the same riding group.

Many girls come to camp without a buddy. Camp is a wonderful place for girls to make new friends. Our annual outcome survey of campers tells us that 99% of girls make new friends at camp. When signing up sisters, please let us know if you would like them in the same cabin or if they should be separated (keep in mind age gaps and specialty programs).

Camp Staff

Camp counselors are recruited from the local Girl Scout community, colleges, universities and web-based camp employment services. Our camp counselors include home grown Girl Scouts, who have many years of experience in Girl Scouting, and students from local colleges and universities who desire to be a part of the Girl Scout organization. Depending on travel restrictions, we hope to have international counselors from various countries again this summer. All counselors are required to have an interview with the Camp Team of Directors, provide references and pass a criminal background check. When selecting camp staff, the most important trait we are looking for is the desire to create a lasting, positive experience for our campers.

During the weeks prior to camp, all camp staff complete an intensive two-week camp training, which covers topics such as: behavior management, how to work with different age groups, specific activity training, prevention of child abuse, first aid/CPR, camper supervision, homesickness and much more. Additionally, specialized staff, such as lifeguards, boating instructors, challenge course facilitators and horseback riding instructors, possess certifications or relevant experience related to their jobs.

During staff training, each camp staff member may choose a "camp name." Camp names are nicknames used at Girl Scout camp for several reasons. A camp counselor is a unique position between a big sister and an authority figure. They guide your camper in a gentle manner and camp names help distinguish them from a teacher, parent or other authority figure. This also protects the privacy and identity of everyone involved at camp. It keeps us from having two "Emily's" or five "Amandas" at camp at one time.

And lastly, camp names add to the magic of Girl Scout camp tradition that has been passed down for generations. Please don't be surprised when camp staff members introduce themselves as "Snow White" or "River."

Camper Communication

Mail

Mail is very important to campers; letters can "make or break" a camp experience. Please keep news light and cheerful. Telling her about the number of fun trips she's missed or how much the family pet is missing her will add to any feelings of homesickness. Instead, through these communications with your daughter, focus on how much fun you know she's having and how you can't wait to hear about all her exciting camp adventures.

Since most letters take 2-3 days to arrive, parents might want to mail a letter a couple of days before camp so that mail will be waiting when she arrives.

Packages of games, books or cards are fine but please do not send candy, food, sodas or gum; it is unfair to other campers, attracts critters and some girls may have allergies. (Camper's birthdays will be celebrated by the whole camp at a meal, but you are welcome to send decorations and other fun items for the cabin).

You may bring mail to camp check-in to be handed out during the week. Please write the day of the week on the letter or package reflecting when you would like your daughter to receive the mail as well as your scout's name.

Mail and emails are distributed to the girls once a day, usually after lunch. Any mail that arrives for campers after they have left will be marked "Return to Sender" and sent back. **Here are some helpful mail tips:**

- Make sure mail is cheerful and positive.
- Ask her about what she's doing at camp and encourage her to have so much fun.
- Include preaddressed, stamped envelopes or postcards to remind her to send YOU mail.

To ensure your mail reaches your camper, please address as follows:

Camper Name
Camp Misty Mountain, Cabin/Unit Name
Session Name & Date (e.g. Classic Camp: 6/5-6/10)
490 Lake Marvin Rd
Armuchee, GA 30105

Telephone

Can my child call home? Parents are welcome to contact the camp office at any time with their questions or concerns. In general, we work to promote independence and group cohesion in campers by discouraging telephone contact during camp sessions, but there are exceptions to this philosophy. The Camp Director will contact the parent/guardian if a camper is having trouble adjusting to camp life after 24 hours on site or if there are health concerns. We look forward to partnering with you to find the best solution for your camper, which may include having your daughter talk with you on the phone. Due to the nature of camp, the camp staff spend most of their day out of the office with campers and staff. The camp office is not staffed 24 hours a day. Office hours are stated in the camp voicemail and out of office reply.

Companion App (Updates, Emails, Photos, Etc.)

The Campanion App is back by popular demand! The Campanion App helps with pre-camp preparations, and you get fun updates and photos of your camper right to your phone. Campanion makes you feel closer to your camper's experience than ever before! **To get started with the app, please follow the simple steps on the next page...**

1. Download the App — (Apple: https://apps.apple.com/us/app/campanion/id1457911692) (Android - Google Play: https://play.google.com/store/apps/details?id=com.campanionapp)

2. Login — (Use Your **CampInTouch** account email and password to login.)

3. Complete Forms Online — (And then upload completed paperwork right in the app!)

4. Upload a Training Photo of Your Child — (This will enable the app to send you photos of your camper over the summer.)

5. Ensure You Have Push Notification Enabled Within Your Phone Settings — (So you can receive important updates from camp all summer long!)

Let us know if you have any questions, and we look forward to sharing the experience of camp in a new, modern way this summer!

Can my child email home? Parents can email campers via the Campanion App. You receive 2 free camp stamps (emails) for each camp session per camper. It may take up to 24 hours for emails to be delivered. Please do not send emails after 11:00 am on Thursday. Unfortunately, we do not have enough devices on-site for campers to email home. We do encourage girls to write letters and postcards.

What about photos of my camper? All photos will be posted thru the Campanion App. While we understand photos give parents peace of mind, our primary focus must be on the campers and ensuring a fun and safe camp experience. Parents will only be able to see photos of the week(s) their camper is registered.

Packing Checklist

Here are some tips for younger campers: Select an outfit for each day and pack it in a Ziploc plastic bag. Mark the bag with the day she will be wearing it. This will help her get dressed in the morning and keep her clothes together, and as dry as possible. Plus, she'll have bags for wet swimsuits coming home! Campers should dress for an active lifestyle. Light colored, comfortably fitting clothing is best. Please leave any offensive clothing or any items advertising alcohol, vaping or tobacco at home. Bathing suits should be modest, one-piece or two-piece "tankini" suits. Please do not send new shoes to camp with your camper. She will be walking a lot per day. New or ill-fitting shoes can cause painful blisters.

Parents should coach campers not to wear their riding boots except during barn time. Wet shoes or sandals can also cause blisters, so packing an extra pair or two is always a good idea. Flip flops are fine to wear by the pool, in the shower or around the unit, but may not be worn outside of the units. Athletic shoes or sneakers are required for many outdoor activities, such as the challenge course, sports, climbing and hiking.

If you will be sending a trunk, there is a 12" clearance for storage under the bunk beds in most of the cabins. If your trunk is larger than 12", it may need to be stored next to the bed.

Do NOT pack forms or medication. They will be needed at check-in on the first day.
Please pack these items (you may make adjustments based on your camper's stay/session):

- ☐ White cotton T-shirt or pillowcase to tie dye
- ☐ T-shirts: 1 per day + 2 extra
- ☐ Shorts: 1 per day + 2 extra
- ☐ Socks: 1 per day + 2 extra
- ☐ 3 pairs of shoes, at least one with closed toe and back strap (i.e. Keens®, Chacos® or something similar) and 1-2 with a closed toe and closed heel (i.e. sneakers, good to bring one pair that can get wet and dirty)
- ☐ Shower shoes or flip-flops
- ☐ Raincoat (ponchos may not be worn around the horses)
- ☐ Pajamas or night shirts
- ☐ Bathing suit(s): 1-3
- ☐ Long pants: 1 pair (more if she will be riding horses)
- ☐ Underwear: 1 per day + 3 extra
- ☐ Hat or visor
- ☐ Sweater, sweatshirt or light jacket
- ☐ Spare daypack or backpack to carry swimsuit, towel, suscreen camera, water, bottle, etc. to and from camptivities during the day
- ☐ Towels and washcloths (2 washcloths, 2 bath towels and 2 swimming/canoeing towels)
- ☐ Sheets, pillow, pillowcase and lightweight blanket (or sleeping bag) for twin-sized bed
- ☐ Metal or plastic water bottle
- ☐ Flashlight or lantern with extra batteries and bulbs
- ☐ Stationery and stamps (pre-stamped and addressed for younger girls)
- ☐ Digital or disposable camera
- ☐ Insect repellent (non-aerosol preferred, containing DEET recommended)
- ☐ Sunscreen (at least SPF 15)
- ☐ Hand sanitizer
- ☐ Toiletries: Shampoo/conditioner, soap, toothbrush/toothpaste, hairbrush, ponytail holders, deodorant, sanitary items, shower caddy, extra glasses/contacts, wet wipes
- ☐ Laundry bag with girl's name on it (plastic trash bags do not work well)
- ☐ Sunglasses (optional)
- ☐ Mess kit (Sturdy lightweight plastic plate, bowl, cup, and silverware in a "dunk bag." Inexpensive mesh lingerie bags are ideal dunk bags. Optional, recommended for overnight trips)
- ☐ Many girls also like to bring a stuffed animal, book, travel-sized game(s), cards, etc.
- ☐ Many girls enjoy "dressing up" for our final night banquet (though shorts/shirt is fine)

Extra items needed for horseback riding:

- ☐ Long pants: At least 2 pairs (cotton pants or leggings are cooler than jeans — capri pants will not be accepted as riding pants)
- ☐ Boots with 1/2" straight edge heel, no hiking boots

What to leave at home:

- Do not bring weapons of any type, alcoholic beverages, cigarettes or illegal drugs. Anyone in violation of this policy will be sent home immediately.
- Do not bring electric appliances of any kind including, fans, curling irons, CD players, iPods/iPads®, MP3 players, electronic games, etc.
- Campers are not permitted to have cell phones/smart phones at camp.
- No food, gum, candy or other sweets should be brought to camp. These can attract ants and roaches, turning cabins into a disaster area!

Prohibited items will be collected by staff, held at the camp office and returned to the parent/guardian at the end of the session during check-out. Camp will not be responsible for loss of any items brought to camp from this list.

Girls staying for the two-week session will have an opportunity to wash one load of laundry over the weekend. Basic laundry soap is provided, or you may bring your own in a small container, if you require a special brand. Our machines can only use Liquid HE detergent only — please do not bring any other kind.

Camper Health & Wellness

Let Us Be Your Parenting Partner

On **CampInTouch**, your camper's interactive camper profile, complete the health history information and make sure to be detailed about any allergies or medical challenges your camper has so we can provide her the best possible care at camp.

Some parents hesitate to provide camps with personal information about their camper's behavior or past experience. Some fear the information may be misused, while others are concerned about their child being labeled, singled out or treated differently. All parents want to see their child have a strong, fresh start at camp, unencumbered by past issues. As seasoned camp professionals, we appreciate these concerns. We know how invaluable such information can be in assisting us to help your child make a smooth and happy adjustment to camp — something we know all parents want, too!

Having prior knowledge about a learning difficulty, bedwetting, ADHD, medical condition, a recent loss or major change in the family or child's life makes a tremendous difference in helping us be sensitive to your child's need for patience, understanding and reassurance.

This is especially true for campers who have an attention problem or who are nervous about new situations. Many parents fear that a camp will not accept their camper if they are completely forthcoming about these situations, yet a camper needs us to be partners with you in planning for a safe and successful summer. If your camper's needs cannot be met at a Girl Scout camp, we would like the decision to be made with the parents in the spring and not on the opening day of the camper's session.

Furthermore, children often use their behavior rather than their words to tell us something is bothering them. Having advanced knowledge of areas that might be difficult for your child helps us understand the message in her actions. The better we understand your child, the more we can assure you of a successful summer for her.

Our commitment is to use such information only to help your child adjust to camp. It will never be used at camp unless necessary and then only with the greatest discretion and your prior knowledge.

Remember, when faced with challenges, we can help your child have great success if you help us. We encourage you to make us a full partner in planning for your child's summer. Please contact the Camp Director, Andi Lapolt, at **cmmdirector@gsgatl.org** this spring if you'd like to discuss anything of this nature in more detail and help ensure your girl has a very successful camp experience.

Health Forms & Procedures

A physical examination is not required to attend Girl Scouts of Greater Atlanta Resident or Day Camps.

We do require the completion of a Health History form, available via your **CampInTouch** login. We also require that your camper is up-to-date on all her immunizations. Please visit **vaccines.gov** to answer any questions about vaccines. Vaccinations must be submitted on the Georgia Form 3231 (the same form used for school in Georgia). If your family opts-out of immunizations or is not from Georgia, you must submit an exemption form or obtain permission to provide alternative vaccination verification. To receive a copy of this form or a list of additional options, please email **camp@gsgatl.org**.

We require a parent or guardian's signature on the Parent Authorization form. This vital form gives us permission to give your camper first aid and seek any necessary medical care.

While you are in the forms section, we recommend filling out the Authorized Grown-Up form. This form lets us know who can pick your child up from camp. Please list any adults who you might send to collect her things or who we might call if we can't reach you in an emergency.

Medication Administration

- List all medications on the Health History form, including over-the-counter, and bring them to check-in labeled with your camper's name. All medications for campers and staff are stored in the health center for safety purposes. **All Camper information and medical forms should be completed online in CampInTouch prior to the check-in of your camper's session.**
- Any (prescribed or over-the-counter) medication to be dispensed must be listed in **CampInTouch** on the Medication Administration Form (MAF).
- All medications, including vitamins, must be in the original container and marked clearly with the child's name and directions for use. **Only the dosage listed on the original container will be followed at camp.**
- Medication can only be dispensed to the person listed on the original prescription container.
- After a discussion with the Healthcare Team, it may be determined that a camper who uses an inhaler or EpiPen on an as-needed basis may carry the inhaler or EpiPen in her backpack to all her activities. The parent and Health Supervisor will determine if the camper can take on this responsibility. We recommend a second inhaler or EpiPen remain in the health center in case the one held by the camper is misplaced.
- First aid supplies, acetaminophen (comparable to Tylenol) and many other over-the-counter medications are available for camper's use in the Health Center. Please make sure to fill out the **CampInTouch** health section in detail to give us permission to give your camper medication in the event she needs something.
- Please disclose other health related concerns, such as bedwetting, sleep walking, etc. on the Health History so we can best meet the needs of your camper.
- Camp Misty Mountain has a designated Health Center used for managing basic first aid, dispensing medication, and caring for short-term illness.
- Medications are dispensed at mealtime and bedtime, unless noted on an individual basis on your camper's **CampInTouch** forms.

Communicable Illness Policy

Should a communicable illness occur at camp, Girl Scouts of Greater Atlanta bases our response on guidance from medical experts, Girl Scouts of the USA, (GSUSA), the Georgia Department of Public Health, the CDC and the American Camp Association. Information from these sources guide our decisions on we how to best manage camp programs for the safety of both campers and staff.

If a camper shows signs of a communicable illness, such as vomiting, diarrhea, fever, lice, rash, flu symptoms or eye infection, she will be immediately isolated from other campers. The parent/guardian will be notified, and she must be picked up immediately. Campers may return to camp once they have been free of symptoms for 24 hours. We may require a negative COVID-19 test, if appropriate. Once she returns to camp, our Health Staff will do a health check.

If your camper exhibits signs of an illness at home before camp, please keep her at home and let us know. Depending on the circumstances and availability, you may be offered the opportunity to reschedule to a later session when your child is healthy. Please also notify us if your child gets sick after returning home from camp.

Head Lice Policy

If a camper shows signs of head lice, she will be immediately isolated from other campers and all her clothing and bedding will be packed and bagged. The parent/guardian will be notified and she must be picked up that day. Campers may return to camp once they are lice and nit free, as documented by a physician, nurse practitioner, physician assistant or county health department nurse. If your camper is unable to return to camp, the family may request a partial refund, or switch to another session, if available. Campers who arrive at camp with signs of head lice will not be allowed to stay.

Prevention is the key. Please discourage your daughter from sharing hairbrushes, combs, headbands, scarves, hats or any other items that may come in contact with another girl's head and/or hair. Please visit **headlice.org** for information about head lice prevention.

Bed Bugs

Bed bugs are a possibility at camps, dormitories, hotels or other communal living settings. We take reasonable preventive measures that follow American Camp Association protocols to minimize the possibility that bed bugs will be an issue at our camps. Bed bug bites are like mosquito bites and are not usually serious. Of more concern is the transporting bed bugs to other buildings or back home. (Anytime you travel to camp or a hotel, you should treat your belongings by putting everything into a dryer on high heat for 30+ minutes).

Prevention: We have all our cabins inspected for bed bugs three times a year: May (just before summer camp); August (after summer camp); and January. Our exterminator uses visual inspection and a bed bug dog. If there are any indications of bed bugs, the building is treated by a professional pest management firm with high heat and other measures.

Wellness Tips

Hydration — Pack a water bottle with your camper's name on it that can be run through the dishwasher for sanitation. Talk with your camper about the importance of drinking 3-4 bottles of water a day at camp. With increased activity in the sunshine, campers can easily become dehydrated.

Sunscreen — Pack SPF 15 or higher sunscreen. Encourage your camper to apply sunscreen at least 10 minutes before going out into the sun. Our camp staff will remind campers to reapply throughout the day. If your camper isn't used to putting on her own sunscreen, please practice with them before they come to camp. We recommend other sun protection items, such as hats and swim shirts.

Bug Spray — Pack a bug spray with DEET. Encourage your camper to apply bug spray after using her sunscreen. We recommend bottles with a pump rather than aerosol cans. She can also avoid bugs by using unscented toiletries. Camp is not the time to smell like flowers or fruit.

Rest — The first night of camp always tends to be the latest night for campers and staff because everyone is excited and energized about the start of a new adventure. After the first day, campers will be exhausted and ready to sleep. Encourage your child to go to sleep when the counselor asks her to, so they can enjoy a full day of activities. They should also take advantage of Turtle Time (rest period after lunch).

Homesickness

Every camper misses her family, friends and favorite pet during her stay at summer camp. Homesickness is normal behavior among first-time and experienced campers, but it usually disappears within the first two days of camp. Most campers need 2-3 days to adjust to a new routine, new cabin mates and an increase in activities.

During her first 24 hours at camp, a camper may send her family a letter requesting to come home. If you receive such a letter, consider that it has taken time to reach you and by the time you have received it, your camper has probably adjusted to camp life and is having a wonderful time. Please call the Camp Director with any concerns. We will update you on your camper's experience.

A common challenge campers and staff experience are the promises parents make to pick up their camper if she misses home or experiences symptoms of homesickness. When a camper hears these promises, she is not as determined to be successful and often gives up at the first sign. We encourage parents to reassure their campers they will be successful, and they look forward to seeing them on closing day and hearing about their amazing camp adventures.

Occasionally, campers will exhibit signs of atypical homesickness. These signs include wanting constant attention, clinging to adults, needing someone by her side to fall asleep, disrupting camp activities or crying constantly. In these situations, the Camp Director will contact the parent/guardian to partner with them and make a plan for the camper, which may involve talking to the parent, receiving a special email or even going home. Campers who are sent home with atypical homesickness may not return to summer camp during the same season until they present documentation that they have been assessed by a licensed counselor.

If a camper leaves camp due to homesickness, we are unable to offer a refund. Please visit the American Camp Association website at **campparents.org** to learn from professionals about camp readiness and how to help prepare yourself and your daughter for a successful stay with us.

Lost and Found

Girl Scouts of Greater Atlanta is not responsible for any items left at camp. Lost and found items will be on display for your review on the day of pick-up. At the close of the session all lost and found items are sorted and stored. Parents/guardians may contact the camp office and arrange a time and date to pick up the items or arrange for a FedEx or UPS mailing label to cover the cost of shipping. Any items left will be held throughout the summer camp season. At the end of the summer, all remaining items are donated to charity.

Meals

Meals for all sessions are prepared in our Dining Hall except for cookout night, which is planned and carried out by the girls in the unit (with the help of the counselors, of course!). Meals may be handled a little differently this summer in order to meet current COVID-19 guidelines. Care will be taken to be sure there is no cross contamination at mealtime. We offer a wide range of nutritionally-balanced, kid-friendly meals. Campers have a choice of several hot or cold items, including vegetarian dishes. Water is available at every meal and, with the appropriate entree on various occasions, a variety of fruit punches, milk and juices are also served.

Food Allergies & Restrictions

We do have the ability to accommodate most food allergies and restrictions at camp. Our food is ordered in bulk and items may be substituted by the distributor so it is difficult to say in advance what may or may not contain an allergen or restricted item. If your child has complex allergies or restrictions, and/or is likely to turn down alternatives we provide, then we recommend food be sent from home.

Please ensure any allergies or food restrictions are listed on your child's Health History. Our staff are trained to assist children in avoiding exposure to allergens and to recognize and respond appropriately to a reaction. If your camper has special nutritional requirements,

We do NOT provide "Allergy Free Zones." We do encourage "Allergen Safe" areas which, by CDC definition is:

> *"The term allergen-safe refers to an environment that is made as safe as possible from food allergens. The phrase should not be interpreted to mean an allergen-free environment totally safe from food allergens. There is no fail-safe way to prevent an allergen from inadvertently entering a school or ECE (early childhood education) program facility. When guarding against exposures to food allergens, a school or ECE program should still properly plan for children with any life-threatening food allergies, to educate all school personnel accordingly, and ensure that school staff are trained and prepared to prevent and respond to a food allergy emergency."*
> **http://www.foodallergy.org/file/cdc-guidelines.pdf** **(Page 12 — Revised August, 2017)**

What can parents do to reinforce the Allergen-Safe areas at camp?

- Provide details about her allergy in the Health History form, well in advance of camp.
- Supply any emergency medications she may need.
- Encourage your child to wear a Medical-Alert bracelet or necklace.
- We will provide an orange wristband with her allergy written on it. She needs to leave this on for the duration of her camp session.
- Teach your child to read food labels and ask questions before ingesting new foods.
- Teach your child to recognize symptoms and summon help ASAP.
- Encourage your child to thoroughly wash her hands with soap and water (rubbing for 20 seconds) prior to ingesting any foods.
- Teach your child to avoid touching her eyes or placing fingers in her mouth.

When Do We Contact Parents?

We will contact the parent or guardian if a camper:

- Experiences atypical homesickness (wanting constant attention, clinging to adults, needing someone by her side to fall asleep, disrupting camp activities, etc.).
- Experiences behavioral challenges (see Behavior Expectation Agreement, found in your camper's **CampInTouch** forms section).
- Is spending the night in the Health Center or missing a day of activities.
- Has an acute, sudden or communicable illness.
- Has a temperature of 100.5°F or higher.
- Has an active case of head lice.
- Falls off a horse.
- Needs to be taken to Urgent Care or the hospital.

All Girl Scouts Are Welcome!

Whether it is a classic camp, a horseback riding adventure, outdoor adventure or cooking camp, we are committed to creating an environment where all Girl Scouts can feel welcome and part of our Girl Scout family. Our safety and program procedures are all in alignment with our GSGATL inclusivity policy:

GSGATL, in recognition of its responsibility to its volunteers, its staff, and the girls it serves, and in keeping with the Girl Scouts of the USA's (GSUSA) emphasis on pluralism, reaffirms its policy to ensure fair and equitable treatment in all its practices to all persons, regardless of race, color, religion, ethnicity, age, socio-economic status, disability, sexual orientation, gender identity, gender expression, or national origin. Our efforts include combating discrimination, promoting respect, and creating a sense of belonging as exemplified through the values of our Girl Scout Promise and Law.

Specific camp procedures or programming may vary by age, in recognition of the development needs of age groups. If you have specific questions or concerns about our inclusivity policy or how we create a respectful, inclusive, and caring environment at camp, please reach out to your camp team or **camp@gsgatl.org**.

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We want your feedback!

The week after your girl attends summer camp, please watch for an Online Parent Evaluation. (Don't forget to check your spam/junk folder!)

Our Camp Staff reviews these evaluations throughout the summer. Your feedback will provide us with new ideas and directions, as well as affirm the practices we have in place that support you and your camper.

Thank you! We look forward to seeing you soon!

Camp Misty Mountain
490 Lake Marvin Rd NE | Armuchee, GA 30105 706-629-1030 | GirlScoutSummer.com/Misty-Mountain