

girl scouts  
of greater atlanta



2019  
**Camp Misty Mountain**  
**What to Expect**



Friendship



Adventure



Fun



Confidence



Courage



## Contents

|   |    |
|---|----|
| Message from the Camp Director and Team .....   | 4  |
| Who to Contact .....                            | 4  |
| Classic Camp Frequently Asked Questions:.....   | 5  |
| Facebook / Instagram / Twitter.....             | 5  |
| Virtual Tours / Video Information .....         | 6  |
| Camp Open House / Troop & Family Fun Day! ..... | 6  |
| Driving Directions to Camp Misty Mountain.....  | 6  |
| No Tobacco, No Pets .....                       | 8  |
| How do I Register for Camp?.....                | 8  |
| Camp Fees .....                                 | 8  |
| Camp Fee Structure.....                         | 8  |
| Make Monthly Payments .....                     | 8  |
| Scholarships Available .....                    | 9  |
| Patches (T-Shirts Available for Purchase).....  | 9  |
| Cancellation .....                              | 9  |
| Refund Policy.....                              | 9  |
| Let Us Be Your Parenting Partner .....          | 9  |
| Camper Essential Functions.....                 | 10 |
| Health Form Procedures.....                     | 10 |
| Medication Administration .....                 | 11 |
| Head Lice Policy.....                           | 11 |
| Bed Bugs .....                                  | 12 |
| Wellness Tips.....                              | 12 |
| Homesickness .....                              | 12 |
| When Do We Contact Parents.....                 | 13 |
| Program Overview.....                           | 13 |
| Horseback Riding at Camp Misty Mountain.....    | 14 |
| Kapers .....                                    | 15 |
| Trading Post.....                               | 15 |
| Swim Evaluations.....                           | 16 |
| Unit Life .....                                 | 16 |
| Buddies .....                                   | 17 |
| Camp Counselors.....                            | 17 |
| Camper Communication.....                       | 18 |
| Facebook .....                                  | 18 |

|  |    |
|--|----|
| Email.....   | 18 |
| Mail.....  | 18 |
| Photos.....  | 19 |
| Telephone Use Statement.....                                       | 19 |
| Lost & Found.....  | 19 |
| Packing Checklist .....  | 19 |
| Check In and Check Out Times .....                                 | 21 |
| Resident Camp Opening Day Logistics • Check-In 3:00-4:30 p.m. .... | 21 |
| Resident Camp Closing Day Logistics • Check-Out 10:00am.....       | 22 |
| Evaluations– Parent Online Surveys.....                            | 22 |

# Message from the Camp Director and Team

Welcome campers and parents!

Whether this is your first time heading to camp or you've been coming for years, 2019 is going to be an INCREDIBLE summer! We're very excited about another fun-filled summer at Camp Misty Mountain!

What are we going to do? You can read pages of information about the adventures and excitement of Girl Scout camp. Your camper can imagine horseback riding, or shooting a bullseye in archery, or making the perfect s'more over the fire alongside the perfect new friend. That is HOW we do Girl Scout camp. As a parent you can relax and know that she's at camp making these great memories, and that she'll be safe and secure. And YOU can dream about what she's REALLY doing at camp... which is learning skills, exploring ideas and practicing how 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 the girls discover things about themselves and the world around them, connect with others, and learn how to take action to make positive change. When your camper comes home raving about horseback riding, ask her to tell you how she took responsibility for the care of her horse, and that even when she was apprehensive she moved into her first trot with courage. Listen when she talks about learning to sail, and how she persevered and had an amazing time even though tacking was not something she felt comfortable with. When you send your camper to Girl Scout camp you are giving her so much more than a summer vacation... you are helping her create 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. Please share camp information with classmates, friends, neighbors, cousins... any girls and young women who would like to "rock camp" this summer! From horses to drama to music to adventure and boating, camp truly has something for everyone this summer. We want to see everyone there!

See you at camp!

## Who to Contact

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

General information about camp

Camp Director..... [cmmdirector@gsgatl.org](mailto:cmmdirector@gsgatl.org) or 706-629-1030

Information about horseback riding programs

Mallory McBrayer, Equine Specialist..... [cmmhorses@gsgatl.org](mailto:cmmhorses@gsgatl.org) or 706-629.1030

Registration Changes, Payment Plans and Refunds

MaryEllen Waiting, SR. Operations Coordinator..... [camp@gsgatl.org](mailto:camp@gsgatl.org) or 770-702-9103 or 770-702-9140

## Classic Camp Sessions

We're very excited to again offer Classic Camp and Classic Camp with Ponies sessions! Camps Misty Mountain, Meriwether, and Timber Ridge all introduced Classic Camp sessions in the summer of 2017. Without having to choose a particular specialty program that matches your available dates, Classic Camp allows YOU to select the week or weeks and to design the experience your camper wants. Classic Camp is the total camp experience, now including the opportunity to earn Girl Scout Badges!

## Classic Camp Frequently Asked Questions:

What is Classic Camp?

Classic Camp provides an EXTREMELY flexible and customizable camp option for all girls and families. Sessions are either one week or two. You can select your weeks, and girls will be able to select their top activities. Classic Camp can be selected with or without Horseback Riding. Classic Camp with Ponies includes horseback riding throughout the session.

We've made this change to help families find the right weeks, the right length of session, and the right program for EVERY girl.

When does my camper make her activity choices?

Upon arrival at camp for their session, campers will sign up for activities that are offered, ranging from indoor cooking and dance to the ropes course and canoeing! Campers will select their activities for the week twice, once on Sunday evenings after opening camp dinner, and then once again on Tuesday afternoons, choosing activities for the remainder of the week. This allows campers to experience various programs during their session! Classic Camp with Ponies, and all specialty camps will have activity periods each day that are pre-assigned based on the specialty. Specialty camp campers 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. Sessions like our ProChef culinary programs, Trailblazers Overnight Trail Ride, Now On Course, and new for 2018: Art in the Outdoors, Eco-Scientist and Paddle and Sail Adventure Camp are available.

**If I've signed up for a session** that is multiple weeks, can my camper stay over the weekend?

Yes! If your camper is registered for one of our two-week sessions, she should plan on staying right through the weekend for the full duration. There is no additional charge to stay over. Campers cannot combine single week sessions, you must sign up for a two-week session.

## Facebook / Instagram / Twitter

The Camp Misty Mountain Facebook page [www.facebook.com/CampMistyMountain](http://www.facebook.com/CampMistyMountain) is an ideal place to connect with the Camp Misty Mountain community. View photos and videos, ask questions, and hear



the latest news about what's going on at camp. Pass the website along to family and friends to follow all the fun at Camp Misty Mountain. Facebook is a way to view the camp community and communicate with camp in general, but not specifically with your individual camper.

You might also want to follow us on:

Instagram: [www.instagram.com/CampMistyMountain](http://www.instagram.com/CampMistyMountain)

Twitter: [www.twitter.com/CMMDirector1](http://www.twitter.com/CMMDirector1)

YouTube: <https://www.youtube.com/channel/UChqSlxFqsGaz71TUH8pfRgw>

## Virtual Tours / Video Information

You can check out video tours of units and camps, and view a collection of videos about our camp, programs, and staff team members on our YouTube page at: <https://www.youtube.com/channel/UChqSlxFqsGaz71TUH8pfRgw>

## Camp Open House / Troop & Family Fun Day!

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, what types of meals are served, how camp staff copes with homesickness (and how parents can help prevent it!), what to expect at check in/check out, and ask questions of the camp and equestrian instructors. Bring a picnic snack, and spend the afternoon at Camp Misty Mountain! Return campers – this is your chance to get excited about coming back to camp!

Fall Open House is scheduled for Sunday November 11, 2019 from 2:00 – 5:00pm  
Spring Open House Troop & Family Fun Day is scheduled for Sunday May 19, 2019, 10:00am-4:00pm Visit [www.gsgatl.org/openhouse](http://www.gsgatl.org/openhouse) for more information.

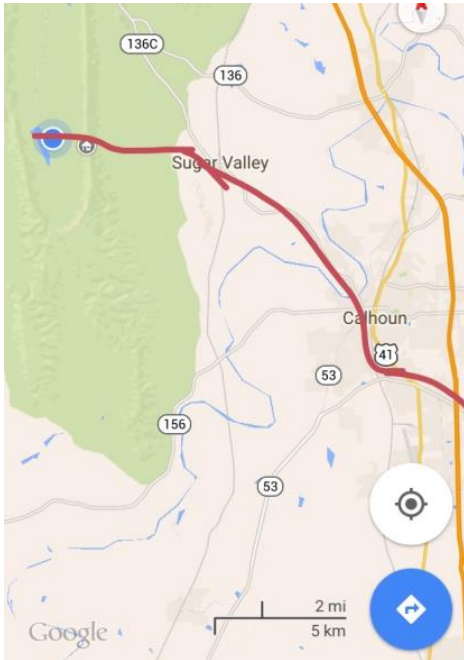
## Driving Directions to Camp Misty Mountain

Camp Misty Mountain  
490 Lake Marvin Road NE  
Armuchee, Georgia 30105  
Phone: (706)629-1030  
Fax: (706)629-2676

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

Important Note 2: Because camp is large, GPS units will often enthusiastically announce "You are arriving at destination!" when you're still 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 very clearly marked with a large fieldstone sign and flagpole. (See image to left)

Important Note 3: If you run into any trouble, don't fear. We're good at helping to find you. If you travel back to the place where you last had cell service and phone our office 706.629.1030 with a cross street we can pull up a map and provide support. Very few people run into difficulty though, and then generally only on their first visit. We're happy to help!



The fastest way!: Through Calhoun Pros: Fastest. Goes right through Calhoun, so you can catch a final meal, see where the Walmart/Starbucks/fast food is located. Travels through Sugar Valley (10 minutes from camp) where many purchase a pizza for first night. Maintains cell phone service the longest... until just 3-4 minutes before camp. Only two turns, a right then a left between the interstate and camp.

Cons: There are two miles just before camp where the road travels over the ridge into our valley. This can be slippery in the ice or snow, and (while totally safe) can be a bit unsettling in the dark for some on their first visit.

1. Take Exit 312 in Calhoun, GA (the Outlet Mall Exit)
2. Travel WEST on 53 (stay on 53 even when 41 bears to the rights near the Subway). You'll travel past all the fast food, past several grocery stores, and eventually the Walmart on your left. Keep going just a bit further past the Walmart over a hill and you'll see a stoplight at the intersection of 53 and South River Street.

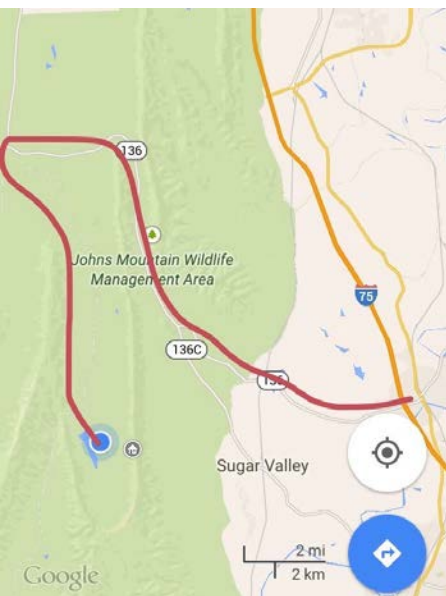
3. Turn right (NORTH) onto South River Street / 136. You'll drive past the recreation center, the Middle School and High School, and head

out of town, passing a National Guard armory on your left (this is the last proper gas station before camp)

4. Drive five miles north on this same road 136 until you arrive at the tiny town of Sugar Valley. You'll see a small white business "Melissa's Grocery, Grill, and Tanning." This is our closest store, and a popular destination to order pizza to go on Friday nights. You're only 10 minutes from camp.

5. Just past "Melissa's" across the railroad tracks, just by the big "Mohawk" sign, you'll turn left by the church onto "Lake Marvin Road" which becomes "Pocket Road NW" almost immediately. Keep driving, and after a couple miles you'll notice the road starts curving upward. Though it's really just a small ridge,, people affectionately refer to it as "The Mountain." You'll travel up through several switchbacks, past a couple gates to a gated vacation area, and eventually reach the TOP. At the top of the ridge is a small pull off that fits several cars. This is the end of cell phone service, so is a great time to pull off and send any last texts or make call. You're less than 5 minutes from camp.

6. Keep driving, now you'll be heading through some curves coming down the other side of the ridge. Your GPS will probably tell you you're arriving at some point, as you'll be at the edge of the property. Once the ground levels out, you'll be only a minute away from the gate on your left! WELCOME TO CAMP!



The flattest way! (from the north) Pros: Super flat, this route goes entirely around the ridge that creates our valley. Involves only two left turns to get to camp when you leave the interstate.

Cons: Takes a bit of extra time. Not much of anything between the road and camp.

1. Take Exit 320 in Resaca. (There is a truck stop there for any last snacks, or fuel)
2. Travel WEST on Resaca LaFayette Road NW / 136
3. After several miles this road will intersect with 136C... you'll want to keep west on the original 136.
4. Several miles after this intersection you'll turn LEFT / SOUTH onto Pocket road and travel roughly seven miles.
5. When you see The Pocket Campground and Day Use site on your left, and the turn to camp is less than a half mile ahead on the left.
6. 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! WELCOME TO CAMP!

## No Tobacco, 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 while on the property and please do not litter on the site.

## American Camp Association

We meet the highest standards set by the Girl Scouts of the U.S.A. and the American Camp Association. The Girl Scouts of Greater Atlanta, Inc. summer resident and day camps proudly display the American Camp Association symbol of 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.



## How do I Register for Camp?

You can view and select your camp session at [GirlScoutSummer.com](http://GirlScoutSummer.com). Once you have selected a session it will take you to our [CampInTouch](#) system to register. If you are new to our camp program you will need to set up an account, otherwise, you can use your previous log in.

## Camp Fees

All camper fees are due one month prior to the start of your camper's session.

If you registered for camp less than one month before the start of the camp session payment in full is required at the time of registration.

## Camp Fee Structure

Camp fees are designed to cover the cost of offering the camping program. The camps of Girl Scouts of Greater Atlanta are required to be self-supporting. Every effort is made to keep the fees as low as possible while maintaining a safe quality program. Fees are set based on the services provided for each camp program: Classic Camp, Classic Camp with Ponies and Specialty Camps and can be found at [girlscoutsummer.com](http://girlscoutsummer.com)

All girls must become 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 9/30/19. Membership will qualify you to participate in a variety of camp and community events all year long (available on the Girl Scout of Greater Atlanta web site). If you are a non-member, please complete membership registration online, Girl Scout Membership Registration

## Make Monthly Payments

Log into your [CampInTouch](#) account at any time and make a payment. We do not automatically charge your account you must trigger a payment. For example, register your camper in December and the fee was \$620 – pay \$50 deposit; make monthly payments in Jan., Feb., March, and April of \$120 each and in May finish up with a \$90 payment and you are paid in full before camp. Free Financing!



## Scholarships Available

The council has established a Camp Scholarship Fund for girls who are registered members of the Girl Scouts of Greater Atlanta. Preference is given to girls who have participated in the Greater Atlanta Girl Scout Cookie Program and have actively engaged in the program. Scholarships are designed to make camp available to all girls who are part of our program – regardless of income. Girls are encouraged to apply for a scholarship if the camp fee is a hardship for their family. Scholarship applications are available at [www.girlscoutsatl.org/content/dam/girlscouts-girlscoutsatl/documents/Summer-Camp-Financial-Aid-Form.pdf](http://www.girlscoutsatl.org/content/dam/girlscouts-girlscoutsatl/documents/Summer-Camp-Financial-Aid-Form.pdf) or from the link under Pricing at GirlScoutSummer.com

## Patches (T-Shirts Available for Purchase)

Each girl will receive a camp patch included as part of the registration fee! Summer 2019 T-Shirts will be available for purchase.

## Cancellation

Please contact the operations coordinator at [camp@gsgatl.org](mailto:camp@gsgatl.org) if for some reason your camper cannot attend camp. Prompt notification will allow another camper to take her place. Failure to notify the council of cancellation will make your camper ineligible to attend camp the following summer.

## Refund Policy

A refund, less a \$50 deposit, is available if:

- Cancellation in writing is received 30 days prior to the confirmed session date.
- The camper is physically unable to attend camp due to illness or injury. A **physician's statement is required no later than Sept. 1, 2018.**
- There is a death in the immediate family, within seven days prior to the opening day of the confirmed session. Notification to the council office by telephone should be made as soon as possible with written notification submitted no later than Sept. 1, 2018.
- Other special situations will be considered. Requests should be made in writing.

## Camper Health and Wellness

### Let Us Be Your Parenting Partner

Our Health History, Asthma Action Plan and Anaphylaxis Emergency Plan forms can be found in your [CamplnTouch](#) account, your camper's interactive camper profile. We would like to take a moment to talk with you about this important information.

Some parents hesitate to provide camps with personal information about their **camper's behavior**, health 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 problems.

As seasoned camp professionals, we appreciate these concerns. We also know how invaluable such information can be in assisting us to help your child make as smooth

and happy an adjustment to camp as possible – something we know all parents want, too!

Having a prior knowledge about a learning difficulty, bedwetting, ADHD, medical condition or 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 – especially in the first few days of camp.

This is especially true for children who have an attention problem or who are nervous about new situations. Many parents fear that a camp will not accept their child if they are completely forthcoming about these situations, yet a child needs us to be partners with you in planning for a safe and successful summer. If your child'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 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 advance knowledge of areas that might be difficult for your child helps us to understand the message in her actions. The better we understand your child, the more we can assure you of a better 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 this spring and set your camper up for a successful camp experience.

## Camper Essential Functions

In order to attend Girl Scouts of Greater Atlanta 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

## Health Form Procedures

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

We do require the completion of a Health History available online through your [CampInTouch](#) Login. We also require that your camper is up-to-date on all her immunizations. Please visit [vaccines.gov](http://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 ops-out of immunizations or is not from Georgia, you must submit an exemption form or get permission to provide alternative vaccination verification. Please email [camp@gsgatl.org](mailto:camp@gsgatl.org) to receive a copy of this form or a list of additional options.

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.

## Medication Administration

List all medications on the Health History, including over-the-counter, and bring them to check-in. All medications for campers and staff are stored in the health center for safety purposes.

- Any medication to be dispensed must be listed online in your [CampinTouch](#) account on the Medication Administration Form (MAR).
- 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 Health Care Team, it may be determined that a camper who uses an inhaler on an as-needed-basis may carry the inhaler in her backpack to all her activities. The parent and Health Supervisor will determine if the camper can take on this responsibility. In this situation, we recommend a second inhaler remain in the health center in case the other is misplaced.
- First aid supplies, acetaminophen (comparable to Tylenol) and many other over-the-counter medications are available for camper use in the health center. Indicate on the third page of the Health History which medications we have permission to dispense to your camper.

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.

Each camp has a designated Health Center used for managing basic first aid, dispensing medication and caring for short-term illness.

## Head Lice Policy

If a camper shows signs of head lice, she will be immediately isolated from other campers, and all 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 hair brushes, combs, headbands, scarves, hats or any other items that may come in contact with another girl's head and/or hair.

For more information about head lice prevention, please visit [www.headlice.org](http://www.headlice.org).

## Bed Bugs

Although bedbugs are a problem which hasn't impacted Camp Misty Mountain yet, they are a concern in our part of the country. Here's some information and advice on how we can all help to remain bedbug-free:

Bed bugs at Camp: Bed bugs have become a nationwide problem. They are at camps and hotels. They are mostly brought in on luggage.

Prevention: We have all of our cabins inspected for bed bugs three times a year: May (just before resident camp); August (after resident camp); and January. Our exterminator uses visual inspection as well as a bed bug dog. If there is any indication that we have bed bugs, we have the building treated by a professional with high heat.

On any given day, bed bugs could be introduced into a cabin from someone's luggage. So, without having every building checked every week, it is impossible to know that we are clear all the time. Bed bug bites are similar to mosquito bites and are not usually serious. Of more concern is transporting the bed bugs to other buildings or back home.

Recommendation: Anytime you travel to camp or a hotel, you should treat all your belongings when you get home. Put everything into a dryer on high heat for at least 30 minutes.

## Wellness Tips

Remember these three steps to a happy, healthy camper:

**Hydration** – pack a water bottle with your camper's name on it. Talk with your camper about the importance of drinking three to four 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. Camp staff will remind campers to reapply throughout the day. Other sun protection items include hats and swim shirts.

**Rest** – the first night of camp is always the latest for campers and staff. Everyone is excited about the start of a new adventure. After the first day, campers will be exhausted and ready to sleep. Encourage your camper to giggle during the daytime and dream the night away.

## Homesickness

Every camper misses her family, friends and favorite pet during their 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 two-three days to adjust to a new routine, new cabin mates and an increase in activity.

During their first 24 hours at camp, a camper may send home 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 the letter your camper has probably adjusted to camp life. Please call the Camp Director with any concerns. We will update you on your camper's experience.

One challenge campers and staff have are the promises parents make to pick up a camper if she is homesick. When a camper hears this promise, she is not as determined to be successful and often gives up at the first sign of homesickness. We encourage parents to reassure their campers that they will be successful and they look forward to seeing them on closing day.

Occasionally campers will exhibit signs of atypical homesickness. These signs include needing 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 going home immediately. 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, no refund is available.

Please visit the American Camp Association web site at [www.campparents.org](http://www.campparents.org) to learn more about how to help prepare yourself and your daughter for her stay at camp.

## When Do We Contact Parents?

We will contact the parent or guardian if a camper:

- Experiences atypical homesickness (needing constant attention, clinging to adults, needing someone by her side to fall asleep, disrupting camp activities or crying constantly)
- Experiences behavior challenges (see Behavior Expectation Agreement)
- Spends the night in the health center or misses a day of activities
- Has an acute, sudden illness
- Has a temperature of 100.5 or higher
- Has an active case of head lice
- Falls off a horse
- Needs to be taken to Urgent Care or the hospital

## Program Overview

Campers have a wide variety of choices offered to them each week. Some favorites include: archery, canoeing, sailing, sail boarding, crafts, creative writing, drama, music, outdoor cooking, sports and games, climbing wall, challenge course and free swim. In addition to the daily activities together with their unit, campers have the opportunity to participate in "Compass Points" activities in which they can "choose their own direction!" Compass Points or free-choice activities might include special opportunities in dance, climbing, languages, swimming and diving, cooking, and much more!

The only activities affected by stormy weather are swimming, archery, Challenge Course boating 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.

Meals for all sessions are served in our dining hall with the exception of cookouts, which are planned and carried out by the girls (with the help of the counselors, of course!). We offer a wide range of nutritionally balanced, kid friendly meals, and girls have a choice of entrees from that day's menu. There is a full salad bar (available during lunch and dinner) and fruit bar at each meal offering items such as apples, bananas, grapes, and oranges. Campers have a choice of several hot or cold items, including vegetarian dishes, and seconds are available after everyone has eaten. Water is available at every meal and a variety of fruit punches, milk, and juice are served. Peanut butter and jelly and cheese sandwiches are also available at every meal. (Peanut butter may be limited if a girl with an air born peanut allergy is present.) In addition, a snack is provided in the unit each afternoon. If your daughter has special nutritional requirements, please speak with the camp director.

## Daily Schedule

The schedule may vary a bit based on the session, and the day of the week, but a typical day looks something like this:

|            |                                  |
|------------|----------------------------------|
| 8:00 a.m.  | Breakfast                        |
| 8:45 a.m.  | Morning Activities               |
| 12:15 p.m. | Lunch                            |
| 1:00 p.m.  | Rest Hour                        |
| 2:30 p.m.  | Afternoon Activities             |
| 6:00 p.m.  | Dinner                           |
| 7:15 p.m.  | Evening Activities               |
| 9:00 p.m.  | Return to units; prepare for bed |
| 10:00 p.m. | Lights Out                       |

## Horseback Riding at Camp Misty Mountain

### Riding Classes and Placement

During our check-in process, we spend time interviewing and evaluating each camper's riding skills. Campers will be assigned to riding activities based on their individual skill level. Please 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 Equestrian Center each day they should be ready to ride. Riders must wear long pants to protect their legs and boots with ankle support and at least a 1/2" to 1" straight edge heel. 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 donation boots that no longer fit your camper.

Note: Girls will not be able to ride without proper shoes and long pants.

Each day girls should bring the following with them to the Equestrian Center:

- 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 girls can get really dirty at the barn.

Many girls also enjoy a having fresh change of clothing with them at the barn right after they ride, especially if they have to head to other activities.

Approved safety helmets are provided for each rider. Campers may also choose to bring their own ASTM/SEI approved safety helmet with them. However, please let your camper know that there is no extra storage at the barn for their helmets and they will have to carry them back and forth to the barn each day. Bicycle helmets, skating helmets, or helmets designed for other sports are not permitted.

Horses are assigned to campers the first day according to their level of riding, as determined by the riding staff. The instructor may need to make changes throughout the week according to 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.

Campers registered for the Overnight Trail Ride and other trail riding experiences must meet the prerequisite riding skills published in the session description. Girls who do not meet these skills may not be able to **fully participate in the session's program** and may be moved to another riding group or session.

Campers will attend equine sessions rain or shine. If there is a light rain, riding lessons will continue as scheduled. If the weather is too severe to ride, ground lessons will be taught instead and will include hands-on horse activities. Girls will need to bring rain gear to the barn on rainy days. (No ponchos at the barn, please.)

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.

## Kapers

Kapers are chores that each camper and staff member are assigned to which help with "camp-keeping." The kapers at camp include hopping (setting tables and helping serve meals), flag ceremony, and sweeping. Unit kapers include keeping their bunks straightened, cleaning bathrooms, gathering fire wood, cooking at cook-outs, 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 helps build self-confidence and team work skills.

## Trading Post

The Trading Post at our camp offers camp essentials and souvenirs, such as water bottles, flashlights, day packs, stuffed animals, items for autographs, and more! (The Trading Post does not offer snacks or beverages.) Items in The Trading Post cost \$1 - \$20 each.

Campers will have the opportunity to visit the Trading Post at least once a week during their stay at camp. Accounts can be set up during check-in, either by cash, check, credit card or cookie dough. Any unspent money in the Trading Post accounts will be refunded at check-out, or parents may choose to donate it to the camp.

Get ready for Camp with a Camp Care Kit! Kits are delivered directly to your Girl Scout during her time at camp. More information about Camp Care kits will be available in the spring.

## Swim Evaluations

For safety reasons, each camper will be evaluated on her swimming skills. Campers are placed into swimming groups based on ability. All swimmers are under the careful supervision of a lifeguard while at the pool.

Each camper will take a swim test that begins with bobbing three times in the three-foot end of the pool and swimming approximately ten yards in three foot of water without touching the bottom.

If they pass the first segment of the test, they will be asked to jump in four-foot of water and swim 25 yards using any coordinated stroke. Lastly, they will have to tread water for two minutes.

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

Red band: Likes to play in shallow water, is uncomfortable in deep water. May still participate in pool games/sports from the shallow end. Campers who opt out of the swim evaluation will receive red bands.

Yellow band: May swim in the shallow and middle areas of the pool. Can swim on top of and under the water. Can jump off side of pool into the water. Strokes are uncoordinated or incomplete. May ask permission to swim in the deep end of the pool.

Green band: May swim in all areas of the pool. Strokes are recognizable but may be weak.

## Unit Life

A cabin unit is a "home away from home" while your daughter is at camp. Girls will be placed into units based upon ages and the program you have selected. Unit life is all about building a strong relationship with girls and counselors, playing, laughing, working together, and making friends for a lifetime!

Campers who come to camp with a buddy are placed in the same cabin. We can only honor one buddy request per camper, and buddies must request each other to be placed together. Buddies may spend time apart when they choose different activities or based on horseback riding schedules.

Camp Misty Mountain's cabins have air-conditioning and twin-size bunk beds. They sleep from 8-24 girls. Each unit will also have at least three counselors. We follow the ACA Standards and GSGATL Safety Activity Checkpoints regarding the girl to adult ratios in each of the cabins.

## Buddies

Campers are welcome to sign up for camp with a friend who is within one grade of each other and interested in the same session of camp. If camp buddies are two different grades (for example: fourth and fifth grade), they will be placed in a living unit based on the younger camper's grade.

We can only guarantee placement with one buddy. A group of three or more friends is often a challenge.

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 but may or may not select the same camp activities. Campers registered for horseback riding are grouped according to riding skills, camp buddies in the riding program may be at different skill levels and may not be placed in the same riding period. If they choose different activities or are placed in different activities due to horseback riding, they will still be together again in the cabin, during unit time, at meals and all-camp activities.

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.

## Camp Counselors

Camp counselors are recruited from the local Girl Scout community, colleges, universities and web-based 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. We are also very proud to have international counselors from various countries, often including England and Australia, each summer. All counselors are required to have an interview with the Camp Director, provide references and pass a criminal background check. The most important trait we are looking for in our camp staff is the desire to create a lasting experience for your daughter.

During the weeks prior to camp, all camp staff complete an intensive two-week camp training covering 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 big sister and authority figure. She guides your camper in a gentle manner and her camp name helps distinguish her from a teacher, parent, or other authority figure. It also keeps us from having two "Karens" 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

## Facebook

The Camp Misty Mountain Facebook page [www.facebook.com/CampMistyMountain](http://www.facebook.com/CampMistyMountain) is an ideal place to connect with the Camp Misty Mountain community. View photos and videos, ask questions, and hear the latest news about what's going on at camp. Pass the website along to family and friends to follow all the fun at Camp Misty Mountain. Facebook is a way to view the camp community and communicate with camp in general, but not specifically with your individual camper. Pictures of campers during the session will be posted on our Facebook page.

## Email

A special email address has been established for camper communication. You may send emails to [CMMcampermail@gsgatl.org](mailto:CMMcampermail@gsgatl.org). Emails should be text only with no attachments or photos. Place the **camper's unit/cabin** and **camper's first and last name** in the subject line to ensure proper delivery. Emails will be delivered each day. Emails are a one-way communication and cannot be responded to by campers.

[CampinTouch](#) will also offer a pay email system that will allow you to send pictures, games, and fun borders with your emails. You can choose which works best for your family.

## 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.

Since most letters take two to three 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 and attracts critters. (Camper's birthdays will be celebrated by the whole camp at lunch.)

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.

Mail and e-mail are distributed to the girls once a day, usually after lunch. Any mail that arrives for campers after they have gone home will be marked Return to Sender and sent back.

Tips for Mail:

- Make sure mail is cheerful and positive.
- Ask about what she is doing at camp.
- Include preaddressed, stamped envelopes or postcards to remind her to send you mail.
- Let her know how much fun you want her to have at camp.



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

Camper Name  
Camp Misty Mountain  
Session Date & Name (Trail Explorers, WIT, etc.)  
490 Lake Marvin Rd  
Armuchee, GA 30105

## Photos

Photos are fun mementos of the camp experience. Camper photos are posted daily on the Misty Mountain Facebook page. Group unit photos and individual or small group photos will be posted throughout the week with snapshots posted on other days as time allows. While we understand the photos give parents peace of mind, our primary focus must be on the campers ensuring a fun and safe camp experience.

## Telephone Use Statement

Can My Child Call or Email Home? Parents are welcome to contact the camp office at any time with questions or concerns. In general, we work to promote independence and group cohesion in campers by discouraging telephone contact during the camp session, 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 onsite 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 telephone. We do not have the technology onsite to allow campers to e-mail home.

Due to the nature of camp, the camp staff spends the majority 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.

## Lost & Found

The Girl Scouts of Greater Atlanta, Inc. is not responsible for any items left at camp. At the close of the session all lost and found items are placed where parents can review them and then 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 through the summer camp season. At the end of the summer, all items are donated to charity.

## Packing Checklist

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 wear it. This will help her get dressed in the morning and keep her clothes together, and as dry as possible. (Plus, she will have bags for wet swimsuits coming home!)

Campers should dress for an active lifestyle. Light colored, comfortably fitting clothing is recommended. Please leave any offensive clothing or any clothing advertising alcohol or tobacco at home. Bathing suits should be functional one-piece or two-piece "tankini" suits. Please do not send new shoes to camp with your camper. She will be walking over a mile a day, often much more. New shoes 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 of shoes or sandals 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 during activities. Sandals with heels can be worn around camp but athletic shoes or sneakers are required for the challenge course, sports, climbing wall and hiking.

If you will be sending a trunk with your daughter to Camp Misty Mountain, there is a 12" clearance for storage under the bunk beds in the cabins. Please make sure that your trunk is no higher than 12".

Do not pack forms or medication. They will be needed at check in on the first day.

This packing list represents what is needed for a typical one week session of camp. Feel free to make adjustments based on the length of your camper's stay but campers who stay over for a second week will have the opportunity to do a load of clothes.

Pack these items:

- White cotton T-shirt or pillowcase to tie dye
- T-shirts: one per day + two extra
- Shorts: one per day + two extra
- Socks: one per day + three extra
- 2 pairs of shoes, at least one with closed toe and back strap (i.e. crocs), and one with a closed toed and a closed heel (i.e. sneakers)
- Aqua socks or old tennis shoes if she will be boating (girls must wear shoes while boating)
- Shower shoes or flip-flops (optional)
- Raincoat (ponchos may not be worn around the horses)
- Pajamas or night shirts: 2 or 3
- Bathing suit(s): one or two
- Long pants: one pair (more if riding horses)
- Underwear: one per day + three extra
- Hat or visor
- Sweater, sweatshirt or light jacket
- Spare day bag or backpack to carry swimsuit, towel, water bottle, sunscreen, camera, wet wipes, etc. during the day. This bag will also be necessary for the last night of camp for check out on Saturday morning. Luggage will be picked up at the units on Friday night and the campers will be responsible for carrying their day bag with basic toiletries, pajamas and bedding to the pavilion on their way to breakfast on Saturday morning.
- Towels and washcloths (2 washcloths, 2 bath towels and 2 towels for swimming and canoeing)
- Lightweight blanket (may substitute lightweight sleeping bag)
- Sheets, pillow and pillowcase for twin size bed
- Metal or plastic water bottle (We send all the water bottles through the dishwasher during the week to help keep the girls healthy. Please do not bring disposable water bottles or cheap thin plastic ones, as they won't survive in the high-temperature dishwasher.)
- Flashlight with extra batteries and bulbs
- Stationery and stamps (pre-stamped and addressed for younger girls)
- Camera and batteries (Film is not available at camp)

- Insect repellent (non-aerosol preferred)
- Sunscreen
- Toiletries: shampoo/conditioner, soap, toothbrush/toothpaste, hair brush, ponytail holders, deodorant, sanitary items, shower caddy, extra glasses/contacts, large pack of "wet wipes"
- Mess Kit: Sturdy lightweight plastic plate, bowl, cup, and silverware in a "dunk bag." Inexpensive mesh lingerie bags are ideal dunk bags.
- Laundry bag with girl's name on it (Plastic trash bags do NOT work well.)
- Sunglasses (optional)
- Many girls also enjoy bringing a washable stuffed animal, a book, travel sized games, a deck of cards, stationary, pens, stamps, etc.
- Optional: Many girls enjoy "dressing up" for our final night banquet. Though shorts and a tee shirt are totally fine, many girls bring a dress up outfit for that meal.

Extra items needed for horseback riding:

- Long pants: at least two pairs (cotton pants or leggings are cooler than jeans)
- 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, Game Boys, MP3 players, etc.
- Campers are not permitted to have cell phones at camp, besides, there is no cell service at Camp Misty Mountain
- No food, gum, candy or other sweets should be brought to camp. These can attract insects and wildlife.

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

## Check-In and Check-Out Times

All Resident (Overnight) Camp Sessions (including Mini Sessions, one and two week Sessions and Leadership Camps)

Check In: 3:00-4:30pm on the first day

Check Out: 10:00am on the final day

## Resident Camp Opening Day Logistics • Check-In 3:00-4:30 pm

Steps for Completing the Check in Process:

Our goal is for the check in process to be quick, easy, and relaxing for you and your campers! When you **arrive you'll be greeted by a member of the staff and get an easy "cheat sheet"** to help you register.

**STEP 1:** When you arrive, drive through the front gate and give your camper's name to the staffer there who will tell you what unit your camper is assigned to. Proceed to the parking lot and follow signs to luggage drop-off. Stop your car and unload by the sign for your camper's assigned unit. Don't forget to label your camper's luggage. Proceed around the loop and park in the parking lot. Walk to the dining hall to start the check-in process.

STEP 2: Check in with the Camp Administrative Team members, and we'll be sure all your official paperwork is in order. You'll also be able to place money on account for the Trading Post, and drop off any letters or packages you'd like camp to deliver to your camper throughout the week.

STEP 3: If you're participating in a horseback riding program, you'll stop by the equine staff table for a chat and assessment of your riding experience and goals.

STEP 4: Proceed to the Health Check and participate in a health evaluation and meet with a member of our health team.

STEP 5: Meet your camper's staff members, and send her through to join her group and start the fun! You're welcome to walk with your camper to visit her living unit before you depart, or you can let her start right in and have her give you a tour of her unit and camp on departure day.

## Resident Camp Closing Day Logistics • Check-Out 10:00 am

OPTIONAL Camper Awards Ceremony: Camp Misty Mountain hosts an informal awards ceremony just prior to check out. Gates will open at 9:00am for families who wish to attend and the ceremony which begins at 9:15am. Check out will open immediately following the awards ceremony at 10:00am. Note: This is an informal outdoor ceremony with room to stand or sit on the ground. You are welcome to bring a folding chair if you'd like.

Early pick-up: Parents may wish to pick their camper up before the assigned check out time. Communicate with the camp staff team to arrange your pick-up day and time.

Late pick-up: It is not possible to make arrangements for someone to stay with your camper beyond the pick-up time. She will be excited to see you and to share her camp experience.

## Evaluations– Parent Online Surveys

We need your feedback...

The week after your camper attends summer camp, watch for an online parent evaluation. Camp staff reviews these evaluations throughout the summer. Your feedback will give us new ideas and directions as well confirm the practices we have in place that support you and your camper.

If you have an immediate concern, please include it in the online survey and then contact the Camp Director at [cmmdirector@gsgatl.org](mailto:cmmdirector@gsgatl.org) or 706-629-1030.