

girl scouts  
of greater atlanta



2019

# Camp Meriwether What to Expect



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# Message from the Camp Director, Jana Clack

Hello, Campers and Parents!

As the Camp Director at CMW, I'm excited to meet and serve your daughter this summer through one of our many camping experiences! We look forward to sharing your summer with you and desire to make a lasting impact on your daughter's life!

At Camp Meriwether, we nurture confidence, build character, and encourage girls to exercise courage. We believe that our campers will grow into young women who possess leadership skills that will impact their communities and their world! We take great pride in our camp atmosphere, where hundreds of girls feel comfortable enough to take risks, challenge themselves, try new things and even act silly in front of their peers as enduring, life-long memories and friendships are created and built upon. We have a remarkable summer camp and a place that captures the truly unique feeling of "home" for both campers and staff. We are very excited to offer new programming this summer that will incorporate Girl Scout badge connections!

I encourage you to attend our Open House to visit us in person, and experience everything that makes Camp Meriwether a special place for your child! Come discover what keeps campers and staff wanting to come back year after year. In the meantime, please connect with Camp Meriwether through our various social media outlets so that you can stay updated on the latest camp news!

[www.facebook.com/gsgatl.meriwether](http://www.facebook.com/gsgatl.meriwether)

[www.instagram.com/campmeriwether](http://www.instagram.com/campmeriwether)

[www.twitter.com/campmeriwether](http://www.twitter.com/campmeriwether)

See you this summer!

## Who to Contact

If you need further assistance in your preparation for camp, please use the following phone numbers to determine who to call:

General Information About Camp

Jana Clack, Camp Director..... [cmwdirector@gsgatl.org](mailto:cmwdirector@gsgatl.org) or 770-927-1020

Byllye Taylor, Assistant Camp Director..... [btaylor@gsgatl.org](mailto:btaylor@gsgatl.org) or 404-862-9380

Sandy Lockridge, Equestrian Specialist .....[cmwhorses@gsgatl.org](mailto:cmwhorses@gsgatl.org) or 470-553-0743

Registration Changes, Payment Plans and Refunds

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

## Camp Open House

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 Meriwether! Return campers – this is your chance to get excited about coming back to camp!

Camp Meriwether Open House:

Sunday, November 4, from 2-4pm

Sunday, April 7<sup>th</sup>, 2019 from 2-4pm

Visit [Open House Schedule](#) to see the open house dates and times for all of our Girl Scout camps.

## Driving Directions to Camp Meriwether

- Take I-85 south from Atlanta to exit #41 (Moreland)
- Turn left at the end of the exit ramp onto US Alt 27 South
- Travel 7.7 miles to the town of Luthersville.
- Turn left at the traffic light onto East Oak Street/ Luthersville-Rocky Mount Rd
- Turn left onto Meadows Boone Road. This is the second left off Luthersville-Rocky Mount Rd. This turn is easy to miss; it is just after the speed limit increases from 35 to 45 miles per hour.
- Meadows Boone Road makes a sharp turn to the right.
- Follow the road around the corner past the private residence to the camp's main entrance on the left.

Camp Meriwether

653 Meadows Boone Rd

Luthersville, GA 30251

770-927-1020

GPS Coordinates: (33.2143, -84.722)

## 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.





## 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 weird science 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 Equestrian College, Wrangler-in-Training, and \*new for 2019!\* STEAM Camp, **Crafter's Guild Camp, Night Owls Camp, and Performing Arts Academy Camp** will be 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.

## 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 week 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](http://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 as an add-on online via your Camp-In-Touch account.

## Cancellation

Please contact the operations coordinator or event registrar 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, 2019.
- 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, 2019.
- Other special situations will be considered.

All refund requests should be made in writing to [camp@gsgatl.org](mailto:camp@gsgatl.org).

## Camper Health and 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 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 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 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 advance 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 ([cmwdirector@gsgatl.org](mailto:cmwdirector@gsgatl.org)) 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 [btaylor@gsgatl.org](mailto:btaylor@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. All Camper Information and Medical Forms should be completed online in [CampInTouch](#) prior to Check-In of your **camper's session.**

- Any medication to be dispensed must be listed in [CamplnTouch](#) 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 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. In this situation, we recommend a second inhaler or EpiPen 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. Please make sure to fill out the [CamplnTouch](#) health section in detail to give us permission to give your camper medication in the event she is in need of 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 Meriwether has a designated Health Center used for managing basic first aid, dispensing medication and caring for short-term illness.
- Medications are dispensed at meal-times and bedtime unless noted on [CamplnTouch](#) forms on an individual basis.

## Communicable Illness Policy

If a camper shows signs of a communicable illness, 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. Once she returns to camp our Health Staff will do a quick health check.

If your camper exhibits signs of an illness at home, please let us know.

## Head Lice Policy

If a camper shows signs of head lice, she will be immediately and discreetly 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

Though bedbugs are a problem which hasn't impacted Camp Meriwether yet, they are a problem 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 that can be run through the dishwasher for sanitation. Talk with your camper about the importance of drinking three-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.

## 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 two-three 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 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 you 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
- Fall off a horse
- Needs to be taken to Urgent Care or the hospital

## Meals

Meals for all sessions are served in our dining hall with the exception of cookout night, which is planned and carried out by the girls in the unit (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 and sandwich bar (available during lunch and dinner), and fresh fruit at each meal offering items such as: apples, bananas, grapes, oranges, and fruit salad. 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 with the appropriate meal. If your daughter has special nutritional requirements, please speak with the camp director by emailing [cmwdirector@gsgatl.org](mailto:cmwdirector@gsgatl.org).

## Program Overview

Campers have a wide variety of choices offered to them each week. Some favorites include: archery, canoeing, challenge course, crafts, drama, outdoor cooking, sports and games, swimming, and weird science. On their first night at camp, girls will sign up for camp activities ("camptivities"). We'll have a second sign up on Tuesday night, so girls will have the opportunity to trade camptivities if they would like. Not every camptivity is offered each session, but every effort will be made to allow every camper to have their top choices.

The only activities affected by rainy weather are swimming, archery, canoeing, challenge course, hiking 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 a bit based on the session, but an average day at camp is:

7:45 a.m.	Flag Ceremony
8:00 a.m.	Breakfast
9:00 a.m.–12:15pm	2 Morning Activities
12:30 p.m.	Lunch
1:30 –2:45 p.m.	Turtle Time (Rest Time) and Kapers (Camp Chores)
3:00 – 5:30 p.m.	2 Afternoon Activities
5:45 p.m.	Flag Ceremony
6:00 p.m.	Dinner
7:15 – 8:15 p.m.	1 Evening Activity
8:30 p.m.	All-Camp Program ( <i>Campers will receive a snack during the All-Camp Program</i> )
9:30 p.m.	Return to units, shower, & cabin time
10:30 p.m.	Lights Out

## All Camp Programs

Most days the whole camp comes together to participate in an all-camp program in the evening. Many of these programs are planned by the girls, and might include a Talent Show, Spa Night, Late Night Swim, Dance Party, All-Camp Game and more.

## Horseback Riding at Camp Meriwether

### Riding Classes and Placement

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. 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 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 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 during our Open House in April that no longer fit your camper. 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 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 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.

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 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 in lessons at home.*

Campers registered for the Wrangler-In-Training (WIT) and Equestrian College sessions must meet the prerequisite riding skills published in the session description. Girls who do not meet these skills may be moved to another riding group.

Campers will go to the barn 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.

Friday is Camera Day at the barn. Since flashes are not permitted near the barn or horses, you may wish to send your camper with a disposable camera without a flash, or make sure she knows how to turn off her flash. **Please put your camper's name on the camera with a permanent marker.**



## Horse Demonstration

Girls in the Equestrian College sessions will participate in a Horse Demonstration for the other girls at camp at 5 pm on Friday during those specific camp sessions, which do not occur every week of summer camp. If you would like to attend, and pick up your camper early, please let us know at check in. (Family friends, grandparents and video cameras are also welcome!)

When arriving at camp, please go to the camp office to check out your daughter. Parking is located near the barn entrance. Seating will be available by the riding arenas, but shade is limited, so please bring plenty of sunscreen and a water bottle. **After the show you are invited to tour the barn and talk with your daughter's instructors.**

Cameras and video recorders are welcome at the show, but please remember that many of the horses do not care for flash photography. The show will be outdoors, and there is typically plenty of natural light without the need for a flash.

## Kapers

Kapers are chores that each camper and staff member are assigned to 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-out, 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 - \$25 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. Please deposit trading post funds during check-in.

## 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 participate in a swim check with multiple skills-checks:

- Bobbing three times in the three-foot end of the pool and swimming approximately ten yards in the 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 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. 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 water. Strokes may be uncoordinated or incomplete.

**Green band:** May swim in all areas of the pool. Strokes are recognizable.

## 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 sessions. Unit life includes such things as cooking out, kapers, an activity, turtle time and talking with other girls and their counselors.

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 campivities, or based on horseback riding schedules.

Camp Meriwether's cabins have air-conditioning and twin-size bunk beds. They sleep 12-16 girls. Each cabin will also have at least two 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 two grade levels and interested in the same session of camp. Buddies must both select the same camp session.

We can only guarantee placement with one buddy. A group of three or more friends is often a challenge. For example, if three buddies are living in a cabin, one girl would be placed with the group of three who already know each other. She may feel left out.

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 or tent 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 also recruit and hire international counselors through the “Camp America” program. After references are verified, all counselors are required to have a personal interview with the camp director. All staff must pass a criminal background check before they live and work with campers.

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 her teacher, parent, or other authority figure. It also keeps us from having two “Karens” or five “Amandas” on camp at one time. And lastly, camp names add to the magic of Girl Scout camp – a tradition that has been passed down for generations. Please don’t be surprised when a camp staff member introduces herself as “Sunflower” or “Mermaid.”

## Camper Communication

### Email

A special email address has been established for camper communication. You may send emails to [CMWcampermail@gsgatl.org](mailto:CMWcampermail@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 arriving prior to 11:30 am will be delivered during lunch each day. Emails are a one-way communication and cannot be responded to by campers.

### 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 what pictures you've seen of her!

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 a meal.)

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 Meriwether  
Session Date & Name (STEM Camp, Classic Camp, etc.)  
653 Meadows Boone Rd  
Luthersville, GA 30251

## Photos

Photos will be posted on the Camp Meriwether Facebook Page throughout the session in an album named for each session. Photos are fun mementos of the camp experience. Group unit photos will be posted by Tuesdays, and individual or small group photos will be posted by Thursday 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.

## Telephones

Can my child call 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 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 and Found

The Girl Scouts of Greater Atlanta, Inc. is not responsible for any items left at camp. Lost and found 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 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 modest 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. 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 some activities such as archery or sports. Athletic shoes or sneakers are required for the ropes course.

If you will be sending a trunk with your daughter, 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.

### Pack these items

- White T-shirt 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 canoeing (girls must wear shoes while canoeing such as Chacos, Keens, etc.)
- Shower shoes or flip-flops (optional)
- Raincoat (ponchos may not be worn around the horses)
- Pajamas or night shirts: one per night plus one extra
- Bathing suit(s): one to three
- 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, etc. to and from camp activities during the day. This bag will also be necessary for the last night of camp since most sessions check out on Saturday mornings. 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 check out 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 (Film is not available at camp)
- Insect repellent (Make sure your repellent is skin-safe and not just for use on clothing!)
- Sunscreen
- Toiletries: shampoo/conditioner, soap, toothbrush/toothpaste, hair brush, ponytail holders, deodorant, sanitary items, shower caddy, extra glasses/contacts
- 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.

Extra items needed for horseback riding:

- Long pants: at least two 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 cell phones, fans, curling irons, iPods, etc.
- Campers are not permitted to have cellphones or gaming devices at camp.
- No food, gum, candy or other sweets should be brought to camp. These can attract ants and roaches, turning personal gear 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 checkout. 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.)

## Opening Day Logistics – Check-In is from 4:00-5:00 pm

Steps for Completing the Check in Process:

STEP 1: When you arrive at camp, camp staff members will greet you by the camp office, let you know which cabin your daughter is in, hand you information about the check-in process and a map. From there they will direct you to the parking area.

STEP 2: Once you have parked in the parking lot, unload your camper's gear in your cabin's trailer, and the ranger will be more than happy to deliver it to the unit while you complete check in.

STEP 3: Proceed to the Dining Hall for check-in. In the dining hall you will turn in any forms that have not been uploaded through your [CamplnTouch](#) account.

- Health Examination Form
- Immunization Records (Georgia form 3231required)

STEP 4: Next, head to the health screening area. Each camper will have a brief health screening that includes:

- A review of the information on the Health History
- A temperature, foot, and lice check

All medication to be taken at camp, including vitamins, cough syrup, etc., must be turned over to the Health Center. (Remember – we have a supply of over the counter medication already.)

STEP 5: If your daughter plans to ride horses, stop by the equestrian table to meet the barn staff and complete the riding interview. If your camper brought her personal helmet, it will be inspected by the equestrian staff at the barn on Monday of your session.

STEP 6: Drop off mail or packages you'd like your daughter to receive throughout the week.

STEP 7: Just before you leave the dining hall, stop by the Trading Post Station to shop for souvenirs.

STEP 8: Once you have visited all of the stations, please head to your camper's cabin to meet her counselors and get her settled for the week.

STEP 9: Enjoy your week and get ready to hear lots of camp songs after check-out!

### Late Check In

Give us a call at least a week before your camper's session if you know you will be arriving late. If there is an unexpected delay on check in day, let us know as soon as possible. We can accommodate late check in times Sunday until 9 p.m., or Monday, between 8 a.m. – 9 p.m. We cannot accommodate any early check in requests; we will not have staff available to supervise the girls until the designated check in time.

## Closing Day Logistics -Check-Out is from 9:00-10:00 am

The camp gate will not open until a few minutes before the designated check-out time. Please carefully review the check-out times to match your camper's session and call the camp office at 770-927-1020 with any questions.

### Check Out

STEP 1: When you arrive, park in the parking lot as directed by staff and walk to the Dining Hall. Please remember to bring your photo ID with you.

STEP 2: At the check-out table, you will need to sign the Camper Release Form and pick up any medication.

STEP 3: Get a hug from your camper!

STEP 4: Take a stroll through the camp's lost and found tables to see if any of your camper's belongings are there. You'd be amazed at what gets left behind!

STEP 5: Locate your camper's belongings and double check to make sure everything is there. It is much easier to look now than to make another trip to camp. (Bear in mind that luggage may be packed very differently going home than it was when your daughter arrived.) If you leave items behind, it is not the camp's responsibility to transport or mail luggage to you.

STEP 6: Listen to stories and songs about how wonderful camp is all the way home!

### Early Release

If you need to pick up your daughter before the designated check-out time, please let us know at check in. We can accommodate early pick up times Monday through Friday, between 8 a.m. – 10 p.m. We cannot do an early release on Saturday morning – please arrange a Friday night pick up if you cannot wait until 9 a.m. Saturday.

Camp Meriwether does not have staff available to stay with your camper beyond the designated pick-up time. Please make arrangements to be on time.

## Evaluations – Parent Online Surveys

We want your feedback...

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

Thank you, and we look forward to seeing you soon!