

girl scouts
of greater atlanta

2019 Sleepaway Camp **Camp Timber Ridge** **What to Expect**



Friendship



Adventure



Fun



Confidence



Courage



SUMMER
CAMP

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Message from the Camp Director

I would like to welcome new campers to our Timber Ridge family and say welcome back to returning campers. We are excited that you have chosen Timber Ridge for your daughter's camp experience this summer. This will be my 13th year as the Camp Director at Timber Ridge and each year has brought some changes that make the experience better for the girls.

Camp Timber Ridge is a place your camper can relax, have fun, and enjoy the moments of camp away from television, computer, cell phone and other distractions of the average child's life. Camp Timber Ridge staff strive to fulfill their mission of building girls of courage, confidence and character by increasing self-confidence, enhancing team building, improving cooperation and communication skills, taking responsibility and an "I can do that!" attitude. Through dedication to our campers we promise to provide them with an opportunity to develop their confidence and independence in a positive and comfortable environment, through the nurturing support of the staff and the camp community.

Beth "Gleam" Bird is the year-round Assistant Camp Director for Camp Timber Ridge. She is working to provide a quality program and to get your questions answered. She is a lifelong Girl Scout and has worked in various roles at camps all across the country. She is looking forward to her second summer at Timber Ridge and hopes to have a fantastic time with your girls.

We want this to be a successful and wonderful experience. Please let me know if you have any questions or concerns as you get ready for camp. The best way to reach me is via e-mail: ctrdirector@gsgatl.org

Kristi F. Fulford
Camp Timber Ridge Director

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

Kristi Fulford, Camp Director..... ctrdirector@gsgatl.org or 770-702-9070

Beth Bird, Assistant Camp Director..... bbird@gsgatl.org or 770-702-9072

Registration changes, payment questions and refunds

MaryEllen Waiting, SR. Operations Coordinator.....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 and tour the camp. This is also a wonderful chance to meet some of our staff, learn what and how to pack, what types of meals are served, what to expect at check in/check out, and ask questions of the camp staff. Bring a picnic snack and spend the afternoon at Camp Timber Ridge! Return campers – this is your chance to get excited about coming back to camp! **We will have a s'more fire burning and few other activities available.** Come spend the afternoon with us!

We have two Open Houses scheduled this year:

Sunday, November 4th from 2:00-4:00 PM

Sunday, April 28th from 2:00-4:00 PM

Use the following Address for attending the open house:

5540 North Allen Rd

Mableton, GA 30126

Visit www.girlscoutsatl.org/openHouse to see open house dates for our other Girl Scout camps.

Family Days

We will also have Family Days where the whole family can join in on the camp fun! Spend the day with us canoeing, hiking, playing games, making arts and crafts and more! You are welcome to bring a picnic lunch to enjoy at camp.

Our Family Days will take place on November 11th and May 11th from 9:00-5:00.

Registration is required for these events. Please visit www.girlscoutsatl.org/en/events to register and learn more.

Driving Directions to Camp Timber Ridge

Directions to Timber Ridge from Atlanta

- Take I 285 to west side of Atlanta to exit 12—US 78.
- Go west toward Mableton 3.7 miles.
- On your right you will pass the fire station. Make a right on North Allen Road.

- Camp is at the end of the road. (You will pass the council office gate) Come thru camp gate and following directional signs.

Camp Timber Ridge
5540 North Allen Rd
Mableton, GA 30126

No Tabaco, No Pets, Drive Slowly

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. As you drive in and out of camp please keep the girls in mind and drive slowly. Take your time, enjoy your glimpse into camp life and help everyone stay safe.

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.



CampInTouch

Girl Scouts of Greater Atlanta uses [CampInTouch](http://www.gsatlanta.campintouch.com) for registration and to keep track of all the forms needed from each girl's guardian. Please visit www.gsatlanta.campintouch.com to make sure all the necessary forms are completed before dropping off.

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.

Girl Scout Membership

All girls must become registered Girl Scout members 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. If you are a non-member, please complete membership registration online, [Girl Scout Membership Registration](#). This will also provide your camper with the opportunity to participate in a variety of Girl Scout events at the camp and in the community for the rest of the program year!

Patches and T-shirts

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

Cancellation and Refund Policy

Please contact the operations coordinator at camp@gsgatl.org if for some reason your camper cannot attend camp. Prompt notification will allow another camper to take her place.

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. Requests should be made in writing.

Camper Health and Wellness

Let Us Be Your Parenting Partner

On [CampInTouch](#) your camper's interactive camper profile, make sure you complete the health history information. 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 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 to 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 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

To attend Girl Scouts of Greater Atlanta Girl Scout camps, campers must meet the following essential functions.

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

Health History and Forms

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 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 ebird@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 [CampInTouch](#) 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 Staff, 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 Staff will determine if the camper can take on this responsibility. In this situation, we recommend a second inhaler remain in the health center if 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 needs something.

Please disclose other health related concerns, such as bedwetting, sleep walking, etc. on the Health History so we can best meet the needs of your camper.

Each camp has a designated Health Center used for managing basic first aid and dispensing medication.

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 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 touch another girl's head and/or hair.

For more information about head lice prevention, please visit www.headlice.org.

Bed Bugs

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 like 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, health 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/tent mates and an increase in activities.

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 that 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 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
- Has an acute, sudden illness
- Has a temperature of 100.5 or higher
- Has an active case of head lice
- Needs to be taken to Urgent Care or the hospital

Older Girl and Leadership Sessions

While at camp these girls will work on leadership skills, experience camp, work on a journey and get to work with younger girls. Shoot for the Gold girls will get to learn all about the Gold Award process. Their schedules will be determined based on girls' interests and the demands of their session. CIT girls will be staying over the middle weekend. During that weekend they will do their laundry, play around camp and relax.

Kapers

Kapers are chores that each camper and staff member are assigned to help with "camp-keeping." The kapers at camp include flag ceremony, pool house tidiness, camp garden, 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 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 - \$40 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, credit card, check, 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.

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 lifeguards and watchers while at the pool.

Each camper will take a swim evaluation that begins with bobbing three times in the three-foot end of the pool and swimming approximately ten yards in three feet of water without touching the bottom. If they pass the first segment, they will be asked to jump in four feet of water and swim 15 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 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.

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.** 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 and challenge course facilitators, 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 "Karen's" or five "Amanda's" 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 introduces themselves as "Snow White" or "River." Now that your camper is

a part of our leadership program she will have the chance to pick her own camp name.

Camper Communication

Email

A special email address has been established for camper communication. You may send emails to CTRcampermail@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.

[CampInTouch](#) will also offer a pay email system that will allow you to send pictures, games, and fun borders with your emails. You will have the choice to 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
Session Date/Name
Camp Timber Ridge
5540 North Allen Rd

Telephone Use Statement

Can My Child Call Or E-Mail 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 most of their day out of the office with campers and staff. The camp office is not staffed 24-hours a day. Please leave a voice mail if you need us to get back to you.

Packing Checklist

Packing Tips

- Label everything with your camper's name and pack in plastic tub or trunk
- Send old clothes that can get dirty and return home damaged
- Leave items that are valuable or sentimental at home
- Limit camper's luggage to 2 pieces

Bring to Check-In (Do Not Pack)

- All camp forms completed in [CamplnTouch](#)
- Any prescription and over the counter medications
- spending money for field trips
- Day pack filled with: swim suit, towel, water bottle, and sun screen
- Money for trading post

Clothing

- T-shirt (1 per day plus 2 extra)
- Shorts (1 per day plus 2 extra)
- Socks (1 pair per day plus 2 extra)
- Shoes, Tennis shoes or sandals with backs, 2 pair
- Shower shoes - flip flops
- Rain Coat or Poncho
- Pajamas or Nightshirt (2 sets)
- 2 bathing suits
- 1 pair of long pants
- Underwear (1 per day plus 4 extra)
- Hat or visor

Optional Items

- Camera
- Stuffed animal
- Book
- Stationary, pen, and stamps
- Coloring books and crayons

- Extra glasses and contacts
- Sunglasses
- White 100% cotton item for Tie Dye

Gear

- 2 wash cloths
- 2 bath towels
- 2 beach towels
- 1 set twin sheets
- Blanket or sleeping bag
- Pillow with extra pillow case
- Laundry bag
- Backpack or fanny pack
- Flashlight with extra batteries
- Reusable water bottle
- Plastic bag for wet items

Toiletries

- Sunscreen (SPF 15 or higher)
- Bug spray
- Shampoo and conditioner
- Brush or comb
- Body wash or soap
- Deodorant
- Toothbrush and paste
- Bucket to take to shower with above items in it
- Sanitary napkins or tampons as needed
- For CIT - laundry soap and money in quarters (about \$5 per load)

Field Trips

- Spending Money
- Small day pack

Get Away Trip Items

- Sleeping bag with pad
- Overnight backpack
- Mess dunk bag filled with: plastic cup, plate, and silverware that is reusable
- Hiking shoes or shoes appropriate to the trip
- Spending money

More information to come in May newsletter

What Not to Bring

- Electronic games
- Valuables
- Silly String
- Guns and Knives
- Tobacco Products
- Illegal Drugs

Items 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 the loss of any items brought to camp from this list.

Shoes

Athletic sandals like Chaco's or Teva's (with a back strap on) are fine around camp but not always appropriate in all activity areas (e.g. ropes course). Crocs are not always the best shoe due to our rocky terrain. Flip flops are only permitted on the pool deck and showers but not around camp. Athletic shoes are required on the ropes course and other activities around camp. Athletic shoes are your camper's best choice of shoes to wear at camp.

Lost and Found

The Girl Scouts of Greater Atlanta, Inc. is not responsible for any items left at camp. If you label your girl's items with her name, we can help her reconnect with her things during the week. At the close of the session all lost and found items are displayed at pick up. Any items left will be held for two weeks. Parents/guardians may contact the camp office and arrange a time and date to pick up the items. After two weeks, all items are donated to charity.

Check In and Check Out Times

All Older Girl and Leadership Sessions (Shoot for the Gold, Counselor-In-Training 1 and Counselor-In-Training 2)

Check In: Sunday 7:30-8:30pm

Check Out: Friday 7:00-8:00pm

Opening Day Logistics

Steps for a Successful Check-in Process

Step 1: Park and get luggage out of the car

Step 2: Bring luggage to the platform at the bottom of the parking lot and receive your daughter's unit assignment.

Step 3: Proceed to Health Check-In. You will check in any medication your child needs. Refer to the Health Procedures for more details about leaving medicine at camp.

Step 4: Drop off camper's pre-written mail (optional).

Step 5: Drop off money for the camp store.

Step 6: Head to the unit with her things. Wheel barrows are available to help move things the short distance to the unit.

Step 7: Help your camper settle in at her tent or cabin and meet her counselors.

Closing Day Logistics

Shoot for the Gold and CIT will check out on Friday night between 7:00-8:00pm.

When you arrive at camp to pick up your camper you will park in the parking lot and she will be waiting there. Her luggage will be on the trailers in the parking lot area as well. You will need to check her out from a camp staff member before we can release her to you. She will have any medication that was provided to camp.

Late pick-up is not available. Camp Timber Ridge does not have staff available to stay with your camper beyond the designated pick-up time. Please be on time. She will be excited to see you and ready 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 direction as well as confirm the practices we have in place that support you and your camper. If you have an immediate concern, please contact the Camp Director Team at 770-702-9070 or ebird@gsgatl.org