

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



Timber Ridge Overnight Camp

What to Expect 2026

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Message From the Team of Directors

Hello Campers and Families!

Whether this is your first time heading to camp or you have been coming for years, summer 2026 is going to be filled with plenty of new adventures! We are excited to offer both day and overnight options this summer, it's defiantly going to be a summer you don't want to miss!

When you send your camper to Girl Scout camp, they gain more than badges! You can make sure that while your camper is playing at camp, they are also learning life skills that will help build their courage, confidence and character. As a camp we focus on building new relationships, facing fears, enjoying new experiences and building on existing skills. We look forward to helping campers work through challenges and come out the other side with a sense of accomplishment.

Timber Ridge is a comfortable fit into your hectic schedule. Located only 20 minutes from Atlanta, our camp staff will help to give your camper a camp experience in a way that best fits your family. They can come for one week, two weeks, or all nine! Camp Timber Ridge can fit into a packed summer schedule or be a primary summer activity. We have enough variety to keep campers busy all summer and to keep them coming home with new stories each week they attend!

Camp Timber Ridge is open to anyone entering 2nd through 12th grade who joins Girl Scouts, not just those who are already registered Girl Scouts or who participate in troops. We hope that you will share Camp Timber Ridge with your classmates, friends, neighbors, cousins... anyone who is looking for an exciting summer! We look forward to seeing you this summer!

 [Facebook.com/gsgatl.TimberRidge](https://www.facebook.com/gsgatl.TimberRidge)  [Instagram.com/CampTimberRidge](https://www.instagram.com/CampTimberRidge)

Who to Contact

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

General Information About Camp Timber Ridge:

Connie Crunkleton, *Camp Director*.....ctrdirector@gsgatl.org or 770-702-9070

Kirsten Fagin, *Asst. Camp Director* ctrsummer@gsgatl.org or 770-702-9070

Registration Changes, Payment Plans and Refunds:

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

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

Camp Open House Sessions

Open House is a great opportunity to view camp facilities, cabins and tents. This is also a wonderful chance to meet some of our staff, learn what to bring, get informed about our camp programming, find out what to expect at check-in/check-out and ask questions of the Directors and camp staff.

We will have a s'more fire burning, if the weather permits. Spend an afternoon with us and let's get excited about camp!

Camp Timber Ridge In Person Open House Dates:

- Sunday, February 22th, 2026 - 2:00-4:00 pm
- Sunday, March 29th, 2026 - 2:00-4:00 pm
- Sunday, May 3rd, 2026 - 2:00-4:00 pm
- Sunday, May 24th, 2026 — 2:00-4:00 pm (Meet our summer staff!)

Please register for the In Person Open House session you wish to attend so we can keep you updated on any changes. Visit <https://girlscoutsummer.com/timber-ridge-camp/> to register and to see Open House dates for our other Girl Scout camps.

Girl Scouts of Greater Atlanta Virtual Open House Option

New this year we will be offering Virtual Open Houses. Learn about the camps from our camp teams from the comfort of your own home. You will have the opportunity to meet camp team members and ask questions.

[Thursday](#)
[Jan. 15, 2026](#)
[7 – 8:30 pm](#)

[Thursday](#)
[Feb. 19, 2026](#)
[7 – 8:30 pm](#)

[Thursday](#)
[March, 19, 2026](#)
[7 – 8:30 pm](#)

[Thursday](#)
[April 16, 2026](#)
[7 – 8:30 pm](#)

Camp Timber Ridge Location

Camp Timber Ridge
5540 N. Allen Rd
Mableton, GA 30126

(770) 702-9070



A Safe & Healthy Visit

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

American Camp Association Accreditation

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



Registering for Camp Timber Ridge

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



Girl Scout Membership

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

The Girl Scout membership fee is \$55 and is valid until 9/30/26. If you are a non-member, please complete a [Girl Scout Membership Registration](#) online.

Accessibility: Essential Camper Functions

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

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

Camp Fees

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

Remember, all girls must be registered Girl Scout members in order to attend camp. It is not necessary to belong to a troop. The Girl Scout membership fee is \$55 and is valid until 9/30/26. Membership will qualify your camper to participate in a variety of camp and community events for the rest of the membership year (available on the Girl Scouts of Greater Atlanta website). If you are a non-member, please complete a [Girl Scout Membership Registration](#) online.

If your camper is on Medicaid-based insurance, their insurance company may cover the membership fee. Contact Member Care, at helpline@gsgatl.org, if you would like more information about this program.



Funding Your Camping Experience

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

Scholarships are designed to make camp available to all who are part of our program, regardless of income. Families are encouraged to apply for a scholarship if the camp fee is a hardship. Please visit <https://girlscoutsummer.com/register/> to obtain a scholarship application.



Make Monthly Payments

You can make monthly payments by logging into your [CampInTouch](#) account. We do not automatically charge your account; you must trigger a payment. For example, if you were to register your camper in December and the total cost was \$1025 — you can pay the \$100 deposit and then make monthly payments in Jan., Feb., March, and April in the amount of \$200 each. Then, in May, finish up with a \$125 payment and you are paid in full before camp. Free financing! Payments are due in full by May 1, 2026 for all camp sessions.



Patches & T-Shirts

Each girl will receive a camp patch and camp T-shirt along with any badges they earned included as part of the camp registration fee! If you have registered for more than one camp location this summer, you will receive a T-shirt and camp patch from each camp that you attend.



Changes, Cancellations & Refunds

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

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

In the event of illness or the death of an immediate family member, a refund less the deposit and registration fee and membership fee is available with a doctor's note or other form of documentation. Documents must be received no later September 1, 2026.

Program Overview

Camp Timber Ridge is a Girl Scout Camp, so Girl Scout programming is at the heart of what we do. Campers can look forward to Girl Scout traditions, like silly camp songs and the Girl Scout Promise and Law being part of our daily activities.

We offer a wide variety of programs to meet the interests of each camper and options vary based on the grade they will enter for the 2026-27 school year. Our Classic Camp program is a wonderful choice for trying a bit of everything at camp. Some favorites include archery, canoeing, challenge course, crafts, drama, outdoor cooking, swimming and weird science. We also offer programs that focus on special interests such as cooking, acting, or leadership. Specialty sessions have a dedicated block each day to focus on their special interest, while still giving campers the freedom to choose additional activities that interest them during the rest of the camp day. Some of our specialty programs are further enhanced with off-site trips.

Each dynamic program is created with progression in mind. As they progress in Girl Scouting and life, they can try new things that are suited to their individual age group. Many of our activities are open to all ages but a few, such as the following, are age restricted:

- **Archery:** 2nd grade and up
- **Giant Swing:** 2nd grade and up
- **High Ropes:** 4th grade and up
- **Kayaking:** 4th grade and up



Daily Schedule

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

Breakfast	8:00 am
Flag Raising	9:00am
Activity 1	9:15am
Activity 2	10:30am
Lunch	11:45am
Activity 3	12:35pm
Turtle Time	2:00pm
Pool	3:00pm
Fun Activity	5:00pm
Dinner	6:00pm
Evening Program	7:00pm
Lights Out	10:00pm



- **Camp Check-In:** Sunday 1:00 – 3:00 pm
- **Camp Check- Out:** Friday 4:30 – 6:00 pm



Frequently Asked Questions

When does my camper make her activity choices?

On Sunday evening, all campers will get an intro to what activities are offered and will then be able to select their activities with the help from counselors. All specialty camps will have activity blocks each day that are pre-assigned based on the specialty session of the girl. We have 4 activity periods a day. Examples of activities range from indoor cooking to the ropes course and canoeing. This is a good mix of girl choice and specialty lessons based on what program they signed up for giving them the chance to earn a badge while at camp.

Are the specialty programs going to still be available?

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



Evening Camp Programs

Each evening, campers will get to participate in an exciting cabin or all camp program! Every week there will be new evening programs for those girls who choose to come to more than one week of camp to have a variety. Each week of summer camp has an exciting theme, that is carried over in evening program, meals and more. A few examples are spa night, late night swim, dance party, counselor hunt, talent show, boat building, campfire, scavenger hunt and new ones each summer!

Every Wednesday night is cook-out, where all campers will assist in preparing, cooking and cleaning up their units dinner. Following that will be a movie in the parking lot for all of camp to enjoy.



Kapers

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



Trading Post

The camp store offers camp essentials and souvenirs, such as water bottles, T-shirts and more (costs range from \$1-\$40 each)! The store does not offer snacks or beverages. Money for the trading post will be added through your CampInTouch account. After logging in, select “View Accounts” and add funds to your camper’s trading post account. Funds must be added no later than Monday of your camper's session. If your camper is attending more than one camp location, you will fund each camp store separately. You can email us at camp@gsgatl.org to move funds to a different trading post account.

We will no longer accept cash at camp for the trading post. To use cookie dough, please submit the [Cookie Dough Redemption Form](#) at least two weeks prior to your camper’s arrival at camp. Make sure to type “Trading Post” into the Event Name.

Any unspent funds less than \$10 will be applied to our campership fund as a donation to Girl Scouts of Greater Atlanta’s campership fund. For remaining balances of \$10 or more, caregivers must select whether they would like to receive a refund or donate the remaining balance. The Trading Post Form in your [CampInTouch](#) account should be filled out by the end of your camper’s session. If the form has not been filled out and your camper has a remaining balance, the balance will be automatically donated. Trading post refunds will be processed by September 30, 2026.



Swimming

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

- Bobbing three times in the three-foot end of the pool and swimming approximately ten yards in the three feet of water without touching the bottom.
- If they pass the first segment of the test, they will be asked to jump into four feet of water, recover, and swim 15 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.

The goal of the evaluation is to ensure all campers will remain safe in the pool and swim in areas that are appropriate to their swimming abilities. Campers will take the swimming test each week they attend, and many improve their skills over the course of the summer. Please note that even if your camper is a confident swimmer at home, we prioritize safety in a group environment to ensure all campers are swimming in areas suited to their abilities.

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

Double Yellow Band:

Worn by campers who aren't tall enough to stand in three feet of water with their head out or keep head above water while swimming.

These campers will be provided with a Coast Guard-approved life jacket to wear while they play in the shallow end.

Yellow Band:

Camper may play and swim in the shallow end of the pool. They may still participate in pool games/sports, but from the shallow end.

Campers who opt out of the swim evaluation will receive yellow bands.

Purple Band:

Upon passing **the first two segments of the swim evaluation**, camper may swim in the shallow and middle areas of the pool.

Camper can swim on top of and underneath the water. They can jump off side of pool into water.

Green Band:

Upon passing **the first three segments of the swim evaluation**, camper may swim in all areas of the pool.



Unit Life

A cabin unit is a “home away from home” while your camper is at camp. Girls will be placed in units based on ages and the program selected. Those in specialty programs may live in the same cabin to make their unique schedule more fun! Unit life is all about building a strong relationship with girls and counselors, playing, laughing, working together and making friends for a lifetime!

All of Timber Ridge’s cabins have air conditioning and twin-size bunk beds. They each sleep up to 8 girls. Each unit will have a counselor cabin where the staff in that unit will live. We follow the ACA Standards and GSGATL Safety Activity Checkpoints regarding girl-to-adult ratios in each group.



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 and same week of camp. If camp buddies are in different grades, such as 5th and 6th grade, girls will be placed in the younger camper's age group/living group.

Make sure to list your buddy's first and last name while completing your registration on CampInTouch. Changes cannot be made during camp check-in. Buddy Request changes can be made by updating the application or by contacting ctrsummer@gsgatl.org. Changes should be made no later than two weeks prior to your camper's session. We do not guarantee buddy placements for more than one buddy per camper. We will do our best to place your camper with as many of their buddies as possible.

Even the best of friends need time to explore their individual interests and make new friends while at camp. Camp buddies stay in the same cabin, sometimes groups may be split up and girls may choose different activities based on individual preferences.

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



Camp Staff

Camp counselors are recruited from the local Girl Scout community, colleges, universities and web-based camp employment services. Our camp counselors include home grown Girl Scouts, who have many years of experience in Girl Scouting, and students from local colleges and universities who desire to be a part of the Girl Scout organization. Depending on travel restrictions, we hope to have international counselors from various countries again this summer. All counselors are required to have an interview with the Camp Team

of Directors, provide references and pass a criminal background check. When selecting camp staff, the most important trait we are looking for is the desire to create a lasting, positive experience for our campers.

During the weeks prior to camp, all camp staff complete an intensive two-week camp training, which covers topics such as: behavior management, how to work with different age groups, specific activity training, prevention of child abuse, first aid/CPR, camper supervision, homesickness and much more. Additionally, specialized staff, such as lifeguards, boating instructors, 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 a big sister and an authority figure. They guide your camper in a gentle manner and camp names help distinguish them from a teacher, parent or other authority figure. This also protects the privacy and identity of everyone involved at camp. Even the team of directors have camp names!

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

Camper Communication



Mail

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

Since most letters take 2-3 days to arrive, parents/guardians might want to bring mail to camp check-in to be handed out during the week (there is a specific station where you will drop this off without your child seeing). Please write the day of the week on the letter reflecting when you would like your camper to receive the mail as well as your child's name.

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

Mail and emails are distributed to the girls once a day, usually after lunch. Any mail that arrives for campers after they have left will be marked “Return to Sender” and sent back.

Here are some helpful mail tips:

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

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

Camper Name

Camp Timber Ridge

Session Name & Date (eg. Classic Camp: 5/31-6/5)

5540 N. Allen Rd.

Mableton. GA 30126



Telephone

Can my child call home? Parents/guardians are welcome to contact the camp office at any time with their questions or concerns. In general, we work to promote independence and group cohesion in campers by discouraging telephone contact during camp sessions, but there are exceptions to this philosophy. The Camp Director will contact the parent/guardian if a camper is having trouble adjusting to camp life after 24 hours on site or if there are health or behavior concerns. We look forward to partnering with you to find the best solution for your camper. Due to the nature of camp, the camp staff spend most of their day out of the office with campers and staff. The camp office is not staffed 24 hours a day. Office hours are stated in the camp voicemail and out-of-office reply. Reminder that NO campers should have phones on them while at camp.



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

The Companion App helps with pre-camp preparations, and you get fun updates and photos of your camper right to your phone. Companion makes you feel closer to your camper’s experience than ever before!

1. Download the App — ([Apple: https://apps.apple.com/us/app/campanion/id1457911692](https://apps.apple.com/us/app/campanion/id1457911692))

([Android - Google Play: https://play.google.com/store/apps/details?id=com.campanionapp](https://play.google.com/store/apps/details?id=com.campanionapp))

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

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

4. Upload a Training Photo of Your Child — (This will enable the app to send you photos of your camper over the summer. Each year a new photo must be uploaded)

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

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

Can my child email home? Parents/guardians can email campers via the *Companion App*. You receive 2 free camp stamps (emails) for each camp session per camper. Please do not send emails after 11:00 am on the day you want it delivered, they will be printed daily at 11am. Unfortunately, we are not set up for campers to email home. We do encourage girls to write letters and postcards.

What about photos of my camper? We know how meaningful it is to catch a glimpse of your camper's experience! All photos will be shared through the *Companion App*. While we understand how reassuring photos can be for parents and guardians, our top priority is making sure campers have a safe and memorable time.

Photos will begin uploading **Monday evening** and continue each evening throughout the week. You'll have access to images only from the session(s) your camper is registered for. While our team does their best to capture campers in action, we can't guarantee a specific number of photos for each child.

To help ensure your camper is tagged in as many photos as possible, **please upload a current, clear profile photo of your camper to your Companion account before camp begins.**

Packing Checklist

Here are some tips for younger campers: Select an outfit for each day and pack it in a Ziploc plastic bag. Mark the bag with the day she will be wearing it. This will help her get dressed in the morning and keep her clothes together, and as dry as possible. Plus, she'll have bags for wet swimsuits coming home!

Campers should dress for an active lifestyle. Light colored, comfortably fitting play clothing is best. Please do not send any new or valuable clothing that cannot get dirty or stained. Please leave any offensive clothing or any items advertising alcohol, vaping or tobacco at home. Bathing suits should be functional and stay in place when campers are active in the water. Please do not send new shoes to camp with your camper. She will be walking a lot per day. New or ill-fitting shoes can cause painful blisters.

Wet shoes or sandals can also cause blisters, so packing an extra pair or two is always a good idea. Flip flops are fine to wear by the pool, in the shower or around the cabin, but may not be worn outside of these areas. Athletic shoes or sneakers are required for many outdoor activities, such as the challenge course, sports, climbing and hiking.

Do NOT pack prescriptions or over-the-counter medications. They will be needed at check-in on the first day.

Please pack these items (you may adjust based on your camper's stay/session):

- Water bottle
- Swimsuit & Towel
- Sunscreen
- White cotton T-shirt or pillowcase to tie dye
- T-shirts: 1 per day + 2 extra
- Shorts: 1 per day + 2 extra
- Socks: 1 per day + 2 extra
- 3 pairs of shoes, at least one with closed toe and back strap (i.e. Keens®, Chacos® or something similar) and 1-2 with a closed toe and closed heel (i.e. sneakers, good to bring one pair that can get wet and dirty)
- Shower shoes or flip-flops
- Raincoat/Poncho
- Pajamas or night shirts
- Bathing suit(s): 1-3
- Long pants, if your camper gets chilly
- Underwear: 1 per day + 3 extra
- Hat or visor
- Sweater, sweatshirt or light jacket
- Daypack or backpack to carry swimsuit, towel, sunscreen, camera, water bottle, etc. to and from activities during the day
- Towels and washcloths (2 washcloths, 2 bath towels and 2 swimming/canoeing towels)
- Sheets, pillow, pillowcase and lightweight blanket (or sleeping bag) for twin-sized bed
- Flashlight or lantern with extra batteries and bulbs
- Stationery and stamps (pre-stamped and addressed are GREAT)
- Digital or disposable camera
- Insect repellent (non-aerosol preferred, containing DEET recommended)
- Sunscreen (at least SPF 15)
- Hand sanitizer

- Toiletries: Shampoo/conditioner, soap, toothbrush/toothpaste, hairbrush, ponytail holders, deodorant, sanitary items, shower caddy, extra glasses/contacts, wet wipes
- Laundry bag with girl's name on it (pillowcases work well)
- Sunglasses (optional)
- Many girls also like to bring a stuffed animal, book, travel-sized game(s), cards, etc.

Do not send these items to camp:

- MP3players
- iPods
- iPads or tablets
- Electronic game
- Cellphones
- Smart watches
- Other electronic devices
- Gum
- Valuables, jewelry, treasured family items, etc.
- Weapons of any type, alcoholic beverages, cigarettes, vape devices or illegal drugs. Anyone in violation of this policy will be sent home immediately.

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

Camp provides a unique chance to disconnect from devices. We understand you may be accustomed to knowing your camper's every move and they, too, may be used to calling or texting you often. While they are in our care, please keep all devices that call, text, play music, or have games at home. Our staff members are prepared to help campers work through the challenges they may face at camp. Know that we will contact you if needed and you can always contact us as well.

Leaving all devices at home, including smart watches, provides a unique opportunity for us to connect and grow in ways that are different from anywhere else. It helps build resilience, teamwork, creativity, collaboration and communication — all of which are needed today. Disconnecting from electronic devices also helps everyone connect with nature and other campers, building friendships that will truly last a lifetime.

Camper Health & Wellness



Let Us Be Your Parenting Partner

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

Some parents /guardians 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/guardians want to see their child have a strong, fresh start at camp, unencumbered by past issues. As seasoned camp professionals, we appreciate these concerns. We know how invaluable such information can be in assisting us to help your child make a smooth and happy adjustment to camp — something we know all parents/guardians want, too!

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

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

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

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

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



Health Forms & Procedures

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

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

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

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



Medication Administration

- List all medications on the Health History form, including over-the-counter, and bring them to check-in in original containers labeled with your camper's name. All medications for campers and staff are stored in the health center for safety purposes. **All Camper information and medical forms should be completed online in [CampInTouch](#) prior to the check-in of your camper's session.**
- Any (prescribed or over-the-counter) medication to be dispensed must be listed in [CampInTouch](#) on the Health History form.
- All medications, including vitamins, supplements, and homeopathic care 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.**
- Prescribed 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/guardian and Health Supervisor will determine if the camper can take on this responsibility. We recommend a second inhaler or EpiPen remain in the health center in case the one held by the camper is misplaced.

- First aid supplies and common over-the-counter medications are available for camper's use in the Health Center. Please make sure to fill out the **CampInTouch** health section in detail to give us permission to give your camper medication in the event she needs something.
- Please disclose other health-related concerns, such as bedwetting, sleepwalking, etc. on the Health History so we can best meet the needs of your camper.
- Medications are dispensed at mealtimes and bedtime, unless noted on an individual basis on your camper's **CampInTouch** forms.



Communicable Illness Policy

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

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

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



Head Lice Policy

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

Prevention is the key. Please check your child's hair 7 to 10 days prior to arrival so that you may treat if necessary. Please discourage your camper from sharing hairbrushes, combs, headbands, scarves, hats or any other items that may come in contact with another girl's head and/or hair. Please visit [headlice.org](https://www.headlice.org) for information about head lice prevention.



Bed Bugs

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

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



Wellness Tips

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

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

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

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



Homesickness

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

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

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

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

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

Lost & Found

Girl Scouts of Greater Atlanta are not responsible for any items left at camp. Lost and found items are placed in the dining hall for campers to access. Socks and underwear will be discarded at the end of the day and not held in lost and found. Unlabeled items are discarded/donated at the end of the camp week. Labeled items will be kept for two weeks and then disposed of/donated. Parents/guardians may contact the camp office to arrange a time and date to pick up items.

Meals

Meals for all sessions are prepared in our Dining Hall except for cookout night, which is planned and carried out by the girls in the unit (with the help of the counselors, of course!). Care will be taken to be sure there is no cross contamination at mealtimes. We offer a wide range of nutritionally balanced, kid-friendly meals. Campers have a choice of the main meal served or alternatives such as sun butter and jelly sandwiches. A cereal bar is offered at breakfast and a salad bar offered at lunch. Water is available at every meal, and a variety of flavored drinks, milk and juices are served with the appropriate meal. They will also receive a snack during the day to keep their energy up!



Food Allergies & Restrictions

We have the ability to accommodate most food allergies and restrictions at camp. Our food is ordered in bulk, and items may be substituted by the distributor so it is difficult to say in advance what may or may not contain an allergen or restricted item. If your child has complex allergies or restrictions, and/or is likely to turn down alternatives we provide, then we recommend you contact us so that we can work with you to send food from home. Please note, no food will be accepted without prior arrangement.

Vegetarian options and certain dietary restrictions can be accommodated. Please list your camper's dietary needs and/or allergies during registration. **Camp Timber Ridge is pleased to provide food without the following allergens upon request in advance:**

- **Peanuts**
- **Tree Nuts**
- **Shellfish**
- **Fish**
- **Wheat**
- **Milk**
- **Eggs**

If you have questions regarding multiple allergen-free foods or allergens not listed, please contact the Camp Registration team at camp@gsgatl.org. They will put you in touch with the Camp Director to make sure we can accommodate your camper prior to registration. Sleepaway camps may be able to accept pre-packaged food from parents/guardians/guardians in complex situations.

Please ensure any allergies or food restrictions are listed on your child's Health History. Our staff are trained in assisting children in avoiding exposure to allergens and to recognize and respond appropriately to a reaction.

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

“The term allergen-safe refers to an environment that is made as safe as possible from food allergens. The phrase should not be interpreted to mean an allergen-free environment totally safe from food allergens. There is no fail-safe way to prevent an allergen from inadvertently entering a school or ECE (early childhood education) program facility. When guarding against exposures to food allergens, a school or ECE program should still properly plan for children with any life-threatening food allergies, to educate all school personnel accordingly, and ensure that school staff are trained and prepared to prevent and respond to a food allergy emergency.”

<http://www.foodallergy.org/file/cdc-guidelines.pdf> (Page 12 — Revised August, 2017)

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

- Provide details about her allergy in the Health History form, well in advance of camp.
- Supply any emergency medications she may need.
- Encourage your child to wear a Medical-Alert bracelet or necklace.
- We will provide a color code on her nametag and if applicable, a red wristband for any emergency medications.
- Teach your child to read food labels and ask questions before ingesting new foods.
- Teach your child to recognize symptoms and summon help ASAP.
- Encourage your child to thoroughly wash her hands with soap and water (rubbing for 20 seconds) prior to ingesting any foods.
- Teach your child to avoid touching her eyes or placing fingers in her mouth.
- Talk to your child about not sharing food or snacks with other campers. They may not be aware of allergens.

When Do We Contact Parents/Guardians?

We will contact the parent or guardian if a camper:

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



All Girl Scouts Are Welcome!

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

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

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



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We want your feedback!

The week after your girl attends summer camp, please watch for an *Online Parent Evaluation*. (Don't forget to check your spam/junk folder!) Our Camp Staff reviews these evaluations throughout the summer. Your feedback will provide us with new ideas and directions, as well as affirm the practices we have in place that support you and your camper.

Thank you! We look forward to seeing you soon!



Camp Timber Ridge

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