

— SUMMER 2026 —

# CAMP JULIETTE LOW

PARENT  
INFORMATION KIT



PREPARING CAMPERS FOR CONFIDENT LIVING AND LEADERSHIP SINCE 1922  
321 CAMP JULIETTE LOW, CLOUDLAND, GA 30731

@campjuliettelow

[www.cjl.org](http://www.cjl.org)

(770) 428-1062



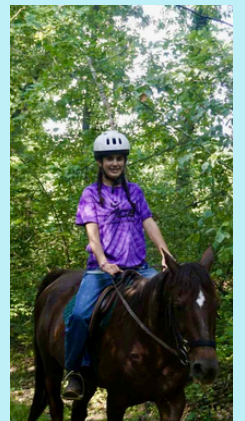
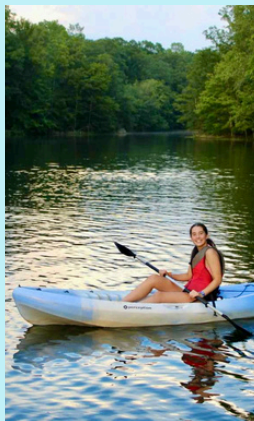
Dear Parents,

We are eagerly looking forward to this coming summer and all the fun that we will be having at Camp Juliette Low! We hope that you will take the time to read through the parent's information packet carefully, as updates are made each year. Our goal is to make sure that everyone is prepared and ready for the summer ahead, so that you will be as excited about the coming summer as we are.

On behalf of the staff and our Board of Trustees and Camp Committee, we wish a most wonderful camping experience for you and your child. If you have any questions, please email camp at [info@cjl.org](mailto:info@cjl.org).

We are looking forward to a terrific summer at Camp Juliette Low!

Sincerely,  
Nancy Brim and Elizabeth Klespies, Camp Directors



# ABOUT CAMP JULIETTE LOW

## CAMP ACCREDITATION

Camp Juliette Low is very proud to be accredited by the American Camp Association. The ACA is a non-profit, national professional organization dedicated to providing "better camping for all." ACA sets the standards for camp accreditation. These are organized into seven major areas: Core/Foundational, Administration, Facilities, Health and Wellness, Staff Qualifications, Training and Supervision, Program Design and Activities, and Program Aquatics. Camps are visited and scored by a team of trained ACA visitors every five years. We had a very successful visit in 2023 with a 100% score.

## CAMP PHILOSOPHY

We, the Board of Directors, Camp Committee, and Staff of Camp Juliette Low believe that this is a camp designed specifically in its facilities and operation to meet the needs of eight to seventeen year old girls. In order to attain our goal of developing the most appropriate and effective organization, it is important to incorporate the basic concern for the personal development of the whole child in a natural environment. Thus, we strive to develop the personal and social growth of each camper while encouraging her to make continuous progress in skill areas.

We believe in remaining constantly aware of meeting campers' needs and adjusting our program to serve each camper to the best of our ability.

The all-encompassing goal of Camp Juliette Low is that each camper will grow through camp living physically, intellectually, emotionally, socially, and spiritually, each area permeating the total personal development of the camper.

## CAMP GOALS

- To live in, enjoy and appreciate the out-of-doors
- To train girls in citizenship through the "give and take" of working together
- To help each girl gain a stronger sense of responsibility for herself and others
- To further introduce each girl to new skills and interests, or to further develop skills and interests so that she continually grows in the awareness of her abilities and successful experiences
- To make each girl a healthier, happier and more self-confident individual

## ABOUT OUR STAFF

Camp Juliette Low has a total staff of around 40 trained personnel each session. The camp provides a ratio of one staff member to every four campers. This ensures that your camper will have individual attention while being encouraged to contribute her part to the group as a whole. Our counselors are carefully chosen to work with girls because of their love for children and knowledge of various areas of camping.

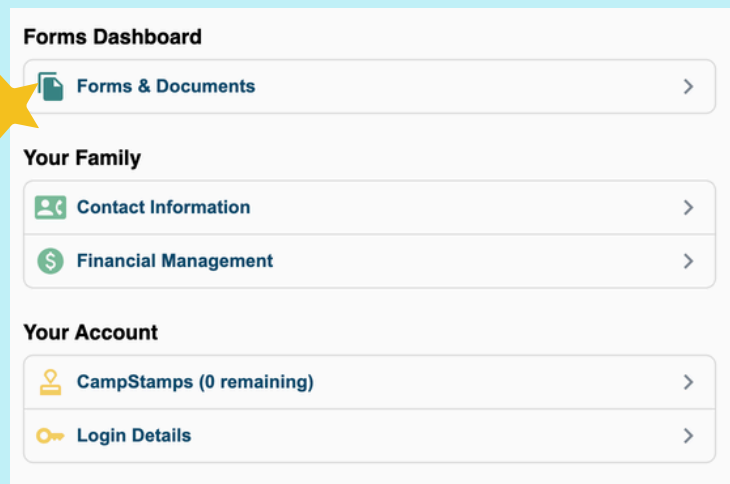
After a two-year counselor-in-training (CIT) program the summers following the 10th and 11th grades, a young woman is ready to become a counselor. We are proud that more than 90% of our staff are former campers and CITs. Our counselors are all college students and older, eager to contribute all that they themselves received as campers at CJL. Additionally, all of our staff participate in an intensive week of counselor training before the campers arrive.

# PREPARING FOR OPENING DAY

We require that all available forms be uploaded or completed within your CampInTouch account at least one month prior to your camper's arrival. Any enrolled camper who has not completed their forms by the deadline will be charged a \$50 administration fee. Health Forms are especially important in case healthcare staff need to contact you to discuss medications or special needs.

In order to complete forms, log into the Companion App or your CampInTouch account on your computer. Within the home dashboard, select the "Forms & Documents" icon. Complete and/or upload the following forms:

- Health History with Vaccination Record
- Immunization Waiver (if applicable)
- Healthcare Recommendations (signed by physician)
- Copy of Insurance Card
- Permission to Treat
- Medication Instructions (if applicable)
- Mental, Emotional and Social Health Evaluation
- Pick-Up Permission Form
- Airport Transportation (if applicable)
- Tenting Requests
- Camper Photo



## Medications

Any necessary medications should be brought to camp in a zippered plastic bag in the original pharmacy packaging. We cannot accept any medications that are not in their original packaging. Try to bring the exact amount of each medication needed. Do not bring over-the-counter medications or any medication for which there is no doctor's prescription (i.e. like melatonin, vitamins, etc.).

Within CampInTouch, you will find a Medication Instructions form. In addition to uploading the completed form, please print and insert it in the plastic bag with medications brought to camp.

# SUGGEST PACKING LIST: 1 WEEK

\*\*\*\*\* All items must be clearly marked with the camper's name \*\*\*\*\*

## CLOTHING:

- \_\_\_\_\_ 7-10 T-Shirts – daily change, plus extras (no laundry service for 1 week)
- \_\_\_\_\_ 7-10 Shorts – daily change, plus extras
- \_\_\_\_\_ 1 Pair of White Shorts (for camp uniform)
- \_\_\_\_\_ 1 C JL Green Uniform Shirt (available for pre-order)
- \_\_\_\_\_ 2 Pairs of Jeans or Rugged Pants (required for Horseback class)
- \_\_\_\_\_ 1-2 Pairs of Leggings, Activewear Leggings, or Comfy Pants
- \_\_\_\_\_ 1 Raincoat (with hood) or Poncho
- \_\_\_\_\_ 1-2 Sweatshirts, Fleece Tops, or Jackets
- \_\_\_\_\_ Underwear – daily change, plus extras
- \_\_\_\_\_ Socks – daily change, plus extras (socks are required at C JL)
- \_\_\_\_\_ 2-3 Sets of Pajamas
- \_\_\_\_\_ 1 Bathrobe (to wear to and from the showers)
- \_\_\_\_\_ 2 Bathing Suits (one older to wear at the swimming hole or on water hikes)

## FOOTWEAR:

- \_\_\_\_\_ Sneakers (no sandals or open-toe or open-back shoes)
- \_\_\_\_\_ Sturdy Running Shoes (or lightweight hiking boots, if you prefer)
- \_\_\_\_\_ Old Shoes (to wear to swimming pool or on water hikes)
- \_\_\_\_\_ Flip-Flops or Water Shoes (to be used in shower)
- \_\_\_\_\_ If taking Horseback – Boots with 1" Heel and Smooth Sole

## TOILETRIES:

- \_\_\_\_\_ Medication in Zippered Bag with Medication Instruction Form (readily available to give to nurse)
- \_\_\_\_\_ Sunscreen (cream, lotion, or pump spray)
- \_\_\_\_\_ Soap with Soap Dish or Body Wash
- \_\_\_\_\_ Shampoo/Conditioner
- \_\_\_\_\_ Toothbrush and Toothpaste
- \_\_\_\_\_ Hairbrush/Comb
- \_\_\_\_\_ Hand Sanitizer for Personal Use in Tent
- \_\_\_\_\_ Mirror
- \_\_\_\_\_ Deodorant
- \_\_\_\_\_ Pail or Bucket for Shower Items
- \_\_\_\_\_ Non-Aerosol Bug Repellent
- \_\_\_\_\_ Masks (in case of exposure)

## SUPPLIES:

- \_\_\_\_\_ Twin Size Mattress Pad (optional, but recommended for comfort)
- \_\_\_\_\_ Waterproof Bed Covering (to go over bedding – approximately 9'x5')
- \_\_\_\_\_ Pillow with 2 Pillowcases
- \_\_\_\_\_ 2 Sets of Twin Sheets
- \_\_\_\_\_ 2-3 Blankets
- \_\_\_\_\_ 2-3 Showers Towels and Washcloths
- \_\_\_\_\_ 2 Pool Towers
- \_\_\_\_\_ Water Bottle
- \_\_\_\_\_ Lightweight Folding Chair
- \_\_\_\_\_ Letter Writing Material (in zippered bag)
- \_\_\_\_\_ 1-2 Flashlights with Fresh Batteries
- \_\_\_\_\_ Laundry Bag (breathable fabric)

## DESIRABLE/OPTIONAL EXTRAS:

- \_\_\_\_\_ Rain Shoes or Rain Boots
- \_\_\_\_\_ Personal Tennis Racquet/Balls
- \_\_\_\_\_ Lightweight Backpack
- \_\_\_\_\_ Books
- \_\_\_\_\_ Costumes
- \_\_\_\_\_ Musical Instruments
- \_\_\_\_\_ Battery-Operated Fan
- \_\_\_\_\_ Camera
- \_\_\_\_\_ Extra Batteries
- \_\_\_\_\_ Small Bedside Rug
- \_\_\_\_\_ Small LED Lantern
- \_\_\_\_\_ Hat/Baseball Cap
- \_\_\_\_\_ Tray or Container to Organize Items on Shelf
- \_\_\_\_\_ Personal Hammock

# SUGGEST PACKING LIST: 2 WEEKS

\*\*\*\*\* All items must be clearly marked with the camper's name \*\*\*\*\*

## CLOTHING:

- \_\_\_\_\_ T-Shirts (daily change, plus extras) OR Enough for 8 Days if using Laundry Service
- \_\_\_\_\_ Shorts – daily change, plus extras OR Enough for 8 Days if using Laundry Service
- \_\_\_\_\_ 2 Pairs of White Shorts (for camp uniform)
- \_\_\_\_\_ 1 CJL Green Uniform Shirt (available for pre-order)
- \_\_\_\_\_ 2-3 Pairs of Jeans or Rugged Pants (required for Horseback class)
- \_\_\_\_\_ 1-2 Pairs of Leggings, Activewear Leggings, or Comfy Pants
- \_\_\_\_\_ 1 Raincoat (with hood) or Poncho
- \_\_\_\_\_ 2-3 Sweatshirts, Fleece Tops, or Jackets
- \_\_\_\_\_ Underwear – daily change, plus extras
- \_\_\_\_\_ Socks – daily change, plus extras (socks are required at CJL)
- \_\_\_\_\_ 3-4 Sets of Pajamas
- \_\_\_\_\_ 1 Bathrobe (to wear to and from the showers)
- \_\_\_\_\_ 2-3 Bathing Suits (one older to wear at the swimming hole or on water hikes)

## FOOTWEAR:

- \_\_\_\_\_ Sneakers (no sandals or open-toe or open-back shoes)
- \_\_\_\_\_ Sturdy Running Shoes (or lightweight hiking boots, if you prefer)
- \_\_\_\_\_ Old Shoes (to wear to swimming pool or on water hikes)
- \_\_\_\_\_ Flip-Flops or Water Shoes (to be used in shower)
- \_\_\_\_\_ If taking Horseback – Boots with 1" Heel and Smooth Sole

## TOILETRIES:

- \_\_\_\_\_ Medication in Zippered Bag with Medication Instruction Form (readily available to give to nurse)
- \_\_\_\_\_ Sunscreen (cream, lotion, or pump spray)
- \_\_\_\_\_ Soap with Soap Dish or Body Wash
- \_\_\_\_\_ Shampoo/Conditioner
- \_\_\_\_\_ Toothbrush and Toothpaste
- \_\_\_\_\_ Hairbrush/Comb
- \_\_\_\_\_ Hand Sanitizer for Personal Use in Tent
- \_\_\_\_\_ Mirror
- \_\_\_\_\_ Deodorant
- \_\_\_\_\_ Pail or Bucket for Shower Items
- \_\_\_\_\_ Non-Aerosol Bug Repellent
- \_\_\_\_\_ Masks (in case of exposure)

## SUPPLIES:

- \_\_\_\_\_ Twin Size Mattress Pad (optional, but recommended for comfort)
- \_\_\_\_\_ Waterproof Bed Covering (to go over bedding – approximately 9'x5')
- \_\_\_\_\_ Overnight Back – Prepacked with Sleeping Bag, Change of Clothes, Small Tarp, and Flashlight
- \_\_\_\_\_ Pillow with 2 Pillowcases
- \_\_\_\_\_ 2 Sets of Twin Sheets
- \_\_\_\_\_ 2-3 Blankets
- \_\_\_\_\_ 3-4 Showers Towels and Washcloths
- \_\_\_\_\_ 2 Pool Towers
- \_\_\_\_\_ Water Bottle
- \_\_\_\_\_ Lightweight Folding Chair
- \_\_\_\_\_ Letter Writing Material (in zippered bag)
- \_\_\_\_\_ 1-2 Flashlights with Fresh Batteries
- \_\_\_\_\_ Laundry Bag (breathable fabric)

## DESIRABLE/OPTIONAL EXTRAS:

- \_\_\_\_\_ Rain Shoes or Rain Boots
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- \_\_\_\_\_ Lightweight Backpack
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- \_\_\_\_\_ Extra Batteries
- \_\_\_\_\_ Small Bedside Rug
- \_\_\_\_\_ Small LED Lantern
- \_\_\_\_\_ Hat/Baseball Cap
- \_\_\_\_\_ Tray or Container to Organize Items on Shelf
- \_\_\_\_\_ Personal Hammock

# PACKING TIPS & IDEAS

Because campers live out of their trunks for the time that they are with us, packing well and being organized (or at least starting off that way!) really help to make a camper's stay more enjoyable.

1. **LABELS:** All items should be clearly marked with the camper's name.
2. **TRUNKS:** Pack your daughters' clothes in a footlocker/Rubbermaid trunk rather than a suitcase (if possible). We do not have facilities for storing clothing, and the girls live out of their trunks. Trunks help keep the campers from having to deal with an unwieldy suitcase several times a day. It is not necessary for your daughter's trunk to fit under her bed, but if you'd like it to, it should be less than 15" high.
3. **OLD CLOTHES:** Please do not send your daughter's best shorts, shirts or jeans—clothes may get dirty and worn. The same goes for towels and linens!
4. **ZIPPERED BAGS:** Use large 1 or 2 gallon zippered bags to pack an outfit for each day (1 bag = shirt, shorts, underwear and socks). This is a good idea particularly for the younger girls who seem to want to change clothes several times a day. **TIP:** Pack one zippered bag with 2 or 3 extra shirts and shorts, and one with some extra socks and underwear. Save the bags to reuse next year!
5. **SHOES:** Tennis shoes or other sturdy lace-up shoes with closed toes and closed backs are necessary to protect against twisted ankles and stumped toes. Campers are also required to wear socks to prevent blisters and any injury from sticks, etc. Flip-flops are only allowed for use in the showers; they are not suitable for wearing around camp. Boots for horseback riding should have a 1" heel and a smooth sole. The barn has about 20 pairs of riding boots that campers can borrow. **TIP:** Old, slip-on runners are great for wearing to the pool each afternoon.
6. **FLASHLIGHTS:** A good working flashlight with fresh batteries is an absolute necessity—and don't forget a supply of extra batteries! Many girls also bring small, battery-operated lanterns to light their tents at night. **TIP:** It never hurts to have a backup flashlight! Small, LED flashlights that can fit in your pocket are easy to carry around during evening activities. Flashlights often end up in the lost-and-found, so make sure they are labeled with your name!
7. **WATERPROOF BED COVER:** A piece of plastic or vinyl (approximately 9' x 5') will be used to cover a camper's bedding to protect the bed and blankets from moisture or rain. Campers coming for 2 weeks will need an additional piece of plastic or vinyl for the overnight (9'x5'). **TIP:** Fitted vinyl mattress protectors or vinyl, felt-backed, rectangular tablecloths are great for bed plastic because they are easy to tuck in. For the overnight, plastic drop cloths and tarps work best.
8. **SHOWER BUCKET:** A small plastic shower bucket will be helpful for carrying shampoo and other items back and forth to the shower. **TIP:** Make sure the bucket has holes in the bottom to let the water drain.
9. **LAUNDRY:** During 2-week sessions, campers can drop off clothing (including socks, jeans, sweatshirts, towels, etc—but not sheets) to be laundered for a flat fee. Please make sure these items are labeled with your camper's name.
10. **OVERNIGHT:** Two-week campers will go on an overnight with their unit, so bring a sleeping bag! Older units sometimes use camping hammocks (like "Enos") on the overnight, so if you already have one, you may bring it. If not, we have some to borrow.
11. **BACKPACK or TOTE:** These are helpful for taking water bottles, pool towels, or riding boots to morning classes, and for carrying personal items on the overnight.
12. **CHECK THE WEATHER and pack accordingly!** If the forecast calls for rain or cool weather, pack rain boots, extra socks, sweatshirts, towels, blankets, leggings, warm PJs, etc.

## Things to Leave at Home

**Animals, Weapons, Alcohol, and Drugs:** Campers are not allowed to have these items at camp. If any of these items are found, the camper's parents will be contacted, and the camper will be sent home immediately.

Camper cell phones are also not welcome at camp. Camper cell phones will be confiscated and placed in the camp safe until the end of the session. Campers are encouraged to leave other electronic devices (iPod, Kindle, video games) at home as they detract from the peace of the natural setting, there is no good way to charge them, and they are easily lost/damaged.

# OPENING DAY PROCEDURES

Check-in will be a drive-through process. There will be staggered arrival times to avoid backups. These will be 30-minute intervals from 9:30 a.m. – 12:00 p.m. Eastern Daylight Time. You will be notified of your assigned time by email one week prior to your camper's arrival.

**Pack carefully:** Campers should be able to hand carry anything that is not packed in a trunk or plastic bin.

Parents may stay in their cars while dropping off their camper, or they have the option of parking after check-in and walking with their camper and a counselor to the unit. There will also be tours of main camp for parents, conducted twice during the morning to accommodate different arrival times. If you want to take a tour, be sure to arrive early during your scheduled time frame. Wear walking shoes or tennis shoes (flip flops, high heels or sandals will be uncomfortable on rocky or muddy paths).

1. Enter the gate and drive to Stop #1 on the entrance road. A staff member will get the camper's name and confirm that necessary forms have been received.
2. At Stop #2, staff will ask health-related screening questions. If all is well, the camper will get out of the car for a head lice check. In addition, the horseback staff will ask the camper about her riding ability, using a series of questions to determine a suitable class level. If the camper has lice or discussion is needed, the parent will be directed to drive into a separate area so traffic flow is not interrupted.
3. With the camper back in the car, the parent will be directed to drive to Stop #3 at the Pavilion, where staff will unload luggage except for items that the camper will hand carry to the tent. Anyone who needs a restroom may use those behind the Staff House.
4. At Stop #4, the parent will drop off any medications, bagged with the Medication Instructions form, and have a chance to speak with the healthcare supervisor. At this stop parents will also have the option to leave letters and a package (limit one per camper) for later delivery.
5. The parent will then be directed to drive to the drop-off spot for the camper's unit. At the designated spot for her unit, the camper will leave the vehicle with items to be hand carried to the tent. The camper will be greeted by a counselor or CIT. Campers may wave good-bye at this point, or the parent may park and walk with the camper to the unit. Staff will show parents where to park. Parents are asked to keep visits in the unit to 30 minutes maximum.
6. If you wish to take a tour of main camp, meet in Bidwell Lodge at 10:00 a.m. or 11:30 a.m. Bidwell Lodge has a restroom if you need one.
7. Parents will leave via the exit road that goes past the barn. Trunks and bins will be delivered to the tents. Counselors or CITs can assist as needed with bed making for the younger campers. Beds will be made with pillows towards the outside of the tent; campers will sleep "toe-to-toe."

# CLOSING DAY PROCEDURES

Parents should arrive between 9:30 a.m. and 12:00 p.m. Eastern Daylight Time. Pick-up will be a drive-through process, and parents will stay in the car unless they need to use the restroom.

1. Enter the gate. At Stop #1 a staff member will greet the parent and identify the camper being picked up and her unit. The greeter will radio the unit to have the camper come to the designated spot to wait with a counselor or CIT until her car comes by.
2. The parent will drive the same loop as on Opening Day. At the next stop, the parent will get the camper's trunk from the Pavilion. Staff will load the trunk. Lost and Found items will be on a table at this stop. If parents need a restroom, they may use the restrooms across from the Pavilion.
3. At the next stop, the health supervisor will return any medications and may discuss any health concerns. Other staff will give the parent camp photos and any mail that came in that day. Parents will receive any communication needed in a closing day letter.
4. Parents will be directed to the designated pick-up point for their child's unit. Each unit will have a supervised waiting area. Parents will wait in cars to get their campers.
5. Leave by way of the barn exit road. Parents will receive a post-camp digital questionnaire about their camper's experience. Trading Post receipts will be available online showing the amount to be refunded or charged within three business days.

## ARRIVAL DATES

Session 1 - Sunday, June 7  
Session 2 - Sunday, June 21  
Session 3 - Monday, June 29  
Session 4 - Monday, July 13  
Session 5 - Tuesday, July 21  
Mini Camp 5A - Tuesday, July 21  
Mini Camp 5B - Tuesday, July 28

## DEPARTURE DATES

Session 1 - Friday, June 19  
Session 2 - Saturday, June 27  
Session 3 - Saturday, July 11  
Session 4 - Sunday, July 19  
Session 5 - Sunday, August 2  
Mini Camp 5A - Sunday, July 26  
Mini Camp 5B - Sunday, August 2

# CAMP FACILITIES

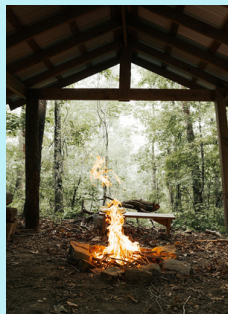
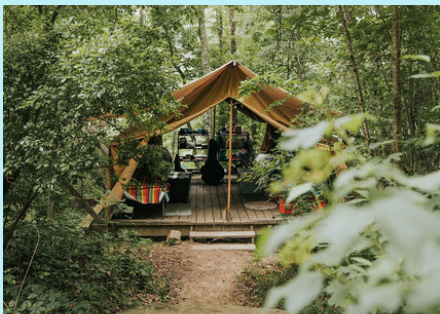
## FACILITIES

The total acreage of Camper Juliette Low is about 330 acres, filled with many different hiking trails. There is a lake for canoeing and sailing instruction, a chlorinated swimming pool for water fun and diving, and a natural swimming hole - many people's favorite place in camp. Our aim is always to ensure that the entire camp is able to play in the swimming hole, especially during two-week sessions, when the time is more available. However, if the weather has not cooperated and the water is either too low or too high for safety, we can not in good conscience take the camp down to enjoy one of our favorite places to swim.

## ABOUT TENT LIVING

Tent living is rustic camp living at its best! Your daughter will live in a four-person platform tent - in an unit of about 28 campers and 4-5 counselors. Each unit contains seven camper tents and a centrally located counselor's tent.

Our tents are nestled in the forest and scenery abounds! Instead of the usual loud city noises of TV, traffic, etc., the girls will fall asleep to the lullaby of the frogs and crickets in the fresh mountain air. Lifelong friendships form in all of the tents and units.



## ABOUT OUR RESTROOM FACILITIES

Shower and bathroom facilities are located in each unit. There are flush toilets in every unit, but in honor of the "old days," and for educational reasons, we have left a latrine in each unit for optional use.

Each unit has a scheduled "shower hour" in the afternoon. With 28 campers, everyone is asked to be efficient with their shower time as to allow enough time for all. We recommend that you practice efficient showering with your camper prior to their arrival at camp. Additionally, if your camper has thicker, curly or coily hair, we recommend that they come to camp in a protective hairstyle.

## WEATHER AT CAMP

On top of Lookout Mountain, the days are warm and sunny. Even on the hottest summer days, the mornings and evenings are often cooler. Blankets and warm pajamas feel great on most nights, especially early in the summer.

Tent flaps are rolled up each day. Girls place a sheet of plastic on their beds to protect them from an unexpected shower during the day. At night, or during a long rain, the tent flaps can be securely fastened, forming the side walls of the tent.

# HEALTH AND SAFETY

## CAMP HEALTH AND SAFETY

Camp Juliette Low has a modern, well-equipped Healthcare Center, staffed by a licensed registered nurse and assistant who live in the Infirmary and are on call 24 hours a day. The health and safety of each girl is the first concern of all of our staff. The campers' schedule or activities is a result of many years of experience and careful planning. We know that proper rest and nutrition are of utmost importance since our schedule is quite active. A daily rest hour following lunch gives the girls a chance to relax, write letters, and read mail before the afternoon activities begin.

Rules on safety are taught as an integral part of every skill. All counselors receive first aid training during pre-camp and are certified in Adult and Child CPR. Campers are asked to wear socks with sturdy closed-toe, lace-up shoes with closed backs (such as sneakers) at all times when they are out of their units. Sandals, flip-flops and clogs may be worn in the unit only.

All girls check in daily with the nurse, even if it's to tell her how great they feel. Our nurses are an integral part of camp in every way. Our nurses also inspect tents, restroom and facility areas daily - giving points and awards for clean areas - which encourages a cleaner camper.

Most of our Infirmary visits are for very minor conditions and are treated at camp. If the service of a local doctor is necessary, the parents concerned are responsible for medical expenses. You will be the first person contacted by the camp if outside medical attention is needed for your daughter.

We would appreciate having a good contact person other than the parents. If for some reason you cannot be reached, we will then try to reach the emergency contact listed on the application form. Any medical expenses will be filed with your insurance at the doctor's office or hospital if possible, but in the instance that this is not possible, or there are extra charges, they will go on your daughter's Trading Post account.

Upon arrival at camp, please give any medications needed by your daughter to the camp nurse in the original prescription packaging. She will be responsible for making sure your daughter receives her medication. If your daughter's medication dosages have changed within the two weeks before arriving at camp, please make certain the nurse is made aware of this. We are aware that older campers are capable of regulating their own medication, however, due to liability factors, medications are dispensed through our Infirmary.

There are six health-related forms that need to be completed and uploaded within the Companion App or your CampInTouch account as soon as able. We do ask that you complete and/or upload these forms at least one month prior to your arrival at camp. Any enrolled camper who has not completed their forms by the deadline will be charged a \$50 administration fee. The medical forms are especially important in case healthcare staff need to contact you to discuss medications or special needs prior to arrival.

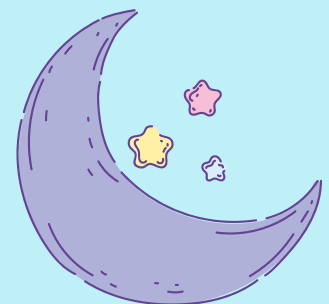
Each camper must have a completed Health Form signed by a medical professional within the current year. If a girl comes to camp and does not have a completed health form with immunization records and a medical professional's signature, then you will need to take her down to the Urgent Care in Summerville or to your own doctor to get the health form completed before she can stay the session with us.

# HEALTH AND SAFETY

## A HEALTHY CAMP BEGINS AND ENDS AT HOME

Here are some things you can do to help your child have a great camp experience.

1. If your child is showing signs of illness, such as running a temperature, throwing up, has diarrhea, nasal drainage and/or coughing/sneezing, keep your child home and contact camp's office. This greatly reduces the spread of illness at camp while also supporting your child's recovery. We will do our best to work with you to either have the camper arrive late to the session or find an open spot within a later session (dependent upon availability).
2. Teach your child to sneeze/cough into her sleeve and to wash her hands often while at camp, especially before eating and after using the restroom. If you really want to achieve impact, teach your child to accompany hand washing with another behavior: keeping their hands away from their face.
3. If your child has mental, emotional or social health challenges, talk with a camp representative before camp begins. There is also a required "Emotional, Mental and Emotional Health" form located within your CampInTouch account. Proactively discussing our ability to accommodate a child's specific needs can help minimize - if not eliminate - potential problems.
4. Should your child need a particular nutrition plan because of allergies, intolerance or a diagnosis, note these on their Health History form. Unfortunately, we do not have the ability to accommodate all special diets. We do not serve vegan or Paleo meals, and we are unable to ensure a dye-free diet or avoid cross contamination in the kitchen for those with very severe food allergies. If you have any questions on whether the camp can accommodate a specific nutrition plan, please contact the camp office. Discuss appropriate meals and snacks with your camper, so that they are comfortable with the meal plan before arriving at camp.
5. Fatigue plays a part in both injuries and illnesses - and camp is a very busy place! Please explain to your camper that camp is not like a sleepover; they need to sleep, not stay up all night.
6. Remember to send sunscreen that your child has tried at home. Teach your child how to apply sunscreen and how often to do so.
7. Send a reusable water bottle. Instruct your camper to use it and refill frequently during the day. Staying hydrated is important to a healthy camp experience. Our staff will also remind campers to refill their water bottles consistently throughout the day.
8. Talk with your child about telling their counselor, the nurse, or camp director about problems or things that are troublesome to them at camp. We are not able to help if we don't know about the problem.
9. Should something come up after camp - see an unusual rash on your child or hear an interesting story - please contact our camp's office and let them know. Open communication with parents is key to a successful camp experience for all.



# MAIL AND CARE PACKAGES

## MAIL AND CARE PACKAGES

Cheerful letters and care packages from home mean a lot to campers! Mail is distributed in the unit every day at rest hour except Sundays– it's an exciting time, and every camper loves to hear her name being called! Parents can stay connected to their campers by sending letters, care packages, and/or emails. Due to space limitations, we request that each camper receive no more than one care package per week.

Letters and Care Packages  
Our Summer Mailing Address:

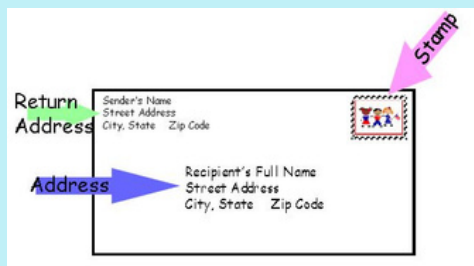
Camper's Name - Unit Name\*  
Camp Juliette Low  
321 Camp Juliette Low Road  
Cloudland, Georgia 30731

\* Please include unit name if you know it. Your camper will receive her mail even if it's not included.

## Letters

Because our mail is routed through Chattanooga, it is quite slow getting in and out of Cloudland. Therefore, if you'd like your daughter to receive mail early in her first week of camp, it's a good idea to mail at least one letter a few days before she arrives at camp. Please note that during a one-week session, mail may not actually reach you from camp before you come to pick up your daughter.

Campers can purchase stamps, CJL postcards and stationary at the trading post. Any letter-writing supplies brought to camp– stamps, envelopes, stationary– should be packed in a zippered plastic bag to protect against dampness. Pre-addressed, stamped envelopes are quite helpful, especially for the younger campers.



## Care Packages

When sending mail to your camper, we ask that you please **DO NOT** send food or candy. Not only would we like to ensure that our campers eat well-balanced meals each day, but food left in tents– even in foot-lockers and plastic containers– is very attractive to nature's "critters." Therefore, to maintain the safety and integrity of tent living, if food and/or candy are sent or brought to camp, it will be taken up by the counselors.

Not sure what to send? With a bit of creative imagination, an exciting care package could contain such items as books, magazines, games, stuffed animals, small toys, puzzles, bubbles, and similar "Dollar Store" treats. Due to space limitations, we request that each camper receive no more than one care package per week.

# COMMUNICATE WITH YOUR CAMPER

## CAMPER EMAILS

### Download the Companion App

Our goal is to bring parents closer to their camper's experience. Companion is a comprehensive app that is complementary with camper registration. Within the app, parents and families are able to complete all camper forms (no more scanning hard copies to your computer), view and download FREE photos of their campers (using facial recognition), purchase CampStamps, send emails, and receive daily updates.

To get started, follow these simple steps:

1. Download the Companion app
2. Use your CampInTouch Account email address and password to log in
3. Ensure you have push notification enabled within your phone settings so you can receive important updates from camp all year long!

### Email your Camper through Companion App or CampInTouch

Campers love hearing from home! Parents and other friends/family members are able to email campers while they are at CJL. Our Trading Post lady will print off the emails each morning (with the exception of Sundays) and then they will be distributed to the campers after lunch during mail call.

The Companion app makes sending emails easier than ever. Using the Letters feature in the app, you'll be able to write emails to your camper daily.

In order to send your camper an email using your computer, you must login to your CampInTouch account. Once logged in, scroll all the way to the bottom of your home dashboard and click on the "Debit/Credit Card for CampStamps & Photos" icon. You must input payment information that will be used to purchase CampStamps and photos. This is separate from the credit card information that you put on file to pay your camp tuition.

Once you have input your payment information, please return to the home dashboard and find the "CampStamps" icon. From here, you will be able to view your CampStamps balance and purchase additional CampStamps if needed.

Now that you have input your payment information and purchased CampStamps, you are ready to send your camper an email. Return to the home dashboard and scroll down until you see the "Email" icon. From here, you will be able to customize your email with text, fun designs and games.

Click send and wait for your camper's reply via snail mail.

## TELEPHONE

Our summer phone number is (706) 862-2169. Please feel free to call camp with your concerns and questions. Please understand that our phone is for camp business and emergency use and is not available to campers. We have answering machine to take messages when we are out of the office.

# CAMPER PHOTOS

## SEE PHOTOS OF YOUR CAMPER

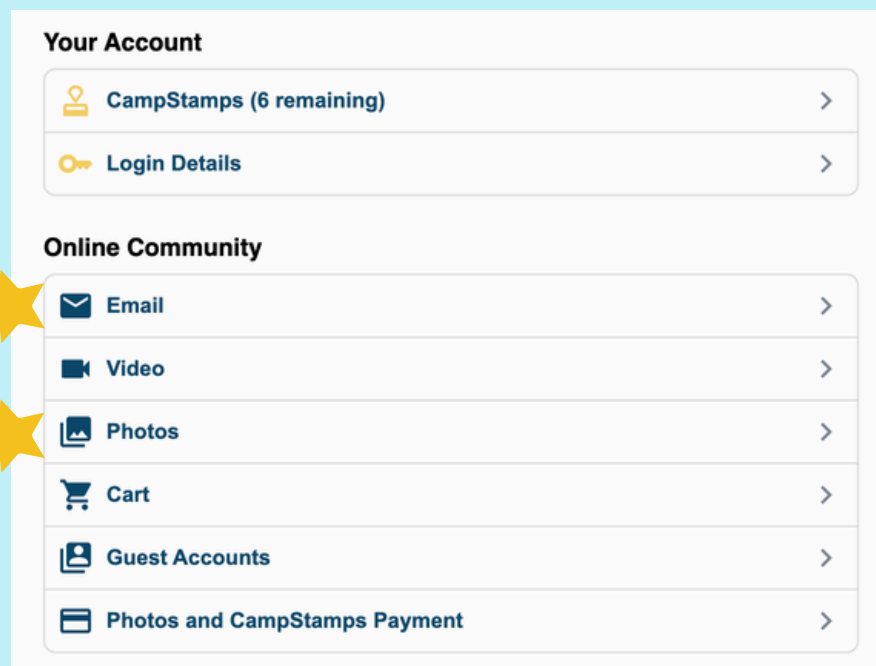
Each day CJL will be posting a series of photos that highlight all of the fun happening at camp. This is a great way for you to see what your camper is up to and then save those memories for when your camper returns home.

Once you've logged into the Companion app, you'll see an option to upload a training photo of your child. This enables the technology to identify your campers and receive notifications whenever they appear in camp photos. This saves you time sifting through hundreds of photos. **You are then able to easily download the photos for FREE.**

Don't want to download the app? In order to view the photo gallery on your computer, please login to your CampInTouch account using the same login information used when registering your camper, updating/uploading forms, and making payments. You will then see the "Photo" icon within your home dashboard. From there, you will select an album to browse through. There will be a separate album for each day of camp.

**Please note that photos are only free when downloaded within the Companion app and not when viewing on the computer within CampInTouch.** If you would like to purchase multiple downloads, prints and/or gifts, please click on the yellow button labeled "Select Multiple Photos." This will allow you to select all of your favorites at one time instead of adding them to your cart individually. If you would like to order just one photo download, then hover your mouse over that photo and click the download icon in the bottom left-hand corner. From there, it will prompt you about payment methods.

Once a photo download has been purchased, you will be able to re-download that photo to any and all of your devices by visiting your "Favorites" folder.



# PREPARING YOUR CAMPER

## PREPARE YOUR CAMPER FOR TIME AWAY FROM HOME

How do you know when your child is ready for overnight camp? Long before summer camp even starts, parents can start preparing their daughters for a successful camp experience.

### 7 Ways to Prepare Your Daughter for a Successful Camp Experience

1. Talk about camp—all the new friends and fun activities that she will enjoy. Let your daughter know why you're sending her to camp—to have fun, laugh, make new friends, practice independence, get dirty, try new things, etc.
2. Prepare your daughter for being away at camp by encouraging her to spend a night or weekend with friends or relatives prior to camp.
3. Reassure your daughter that you will write often—and keep that promise! Short and cheerful letters or cards are best. It's a real boost for a camper to have mail waiting for her arrival at camp.
4. The more children know about Camp Juliette Low, the more secure they feel. Attending a Parent-Daughter Weekend (held the first weekend in May every year), seeing pictures of CJL, or seeing a camp video helps her begin to become familiar with the camp surroundings.
5. Meeting other campers from your local area will also help. Call our Winter Office and we will help you find a friend.
6. Your daughter should know all about the plans of those at home. Parents who will be out of town should let their child know when and where they can be reached. Also, notifying the camp office of this information is very important.
7. Before camp, spend some extra time with young campers practicing life skills: organizing clothes (this is where zip lock bags come in handy for packing—see packing tips section), personal hygiene (particularly hair care—she should be able to shampoo, thoroughly rinse, and comb her own hair), making the bed, folding clothes, etc. These skills will be very helpful to her at camp. Long hair can be difficult for young girls to manage, so knowing how to put hair in a ponytail or braid is very helpful.

# MISSING HOME

CJL also provides support and guidance for campers who are anxious about missing home. Our counselors learn to recognize and help girls with anxious feelings. The combination of a warm, supportive environment and a busy schedule of activities will help most girls get over their anxieties very quickly—usually within a day or two. The Camp Director will contact you if your daughter is missing home after the first day or two of camp—together, we will work on a plan to help your daughter adjust to camp life.

## 7 Strategies for Helping Campers Cope with Missing Home

1. Let your daughter know that missing home is a normal feeling and that the best cure is to get busy enjoying the activities and people at camp. Be positive, and let her know that her homesick feelings will likely fade as she makes new friends and becomes more comfortable with the routines of camp.
2. Help your daughter pick out something special from home that she can hold or look at when she gets lonely—a book, a stuffed animal (pick one that can be washed), or a family photo. Here is 1 idea we love: Tape a family photo with a simple, paper frame to the inside of her trunk. On the frame, write the things you hope your daughter will do every day while she's at camp, for example: Smile, Laugh, Make a New Friend, Try Something New, Be Kind, Be Independent, Be Brave, Have Fun. The photo will feel like a hug and a pep-talk every time she opens her trunk!
3. Arm her with several different coping strategies to help her get through times when she is missing home: write in a letter or journal about a fun activity or a new friend; write down or name 3 things she enjoyed that day and 3 things she's looking forward to doing tomorrow; make plans with a new friend to be "buddies" for activities like rec swim; take deep breaths and focus on positive thoughts; talk to a counselor and ask for help.
4. Please do not tell your daughter that you will come pick her up if she doesn't like camp. If you do this, it undermines her ability to overcome this challenge, and we are defeated before we ever start. Instead, assure her that her counselors will help her. Let her know that facing and overcoming difficulties, in a safe and encouraging environment, builds resilience and gives campers confidence in themselves that they have the ability to recover from setbacks, face adversity, and adapt to change. Note that early departure due to homesickness is not considered a reason for refund of camp fees according to camp policy.
5. Write happy letters to your camper every day! Parents may also wish to place one or several "missing home" notes in the camper's trunk that she can open if she's missing home and needs a boost. They might include how proud you are that she is doing her best at camp, a list of the things she was looking forward to doing, and the things you are excited to learn about when she comes back.
6. Make your farewells brief and positive. Don't linger and/or say long and sad goodbyes. It's normal for parents to feel nervous or sad about a child going away to camp, but it's best not to share those feelings with her. Smile and be positive!
7. Please let the Camp Director know if you suspect that your daughter will be anxious due to missing home. Feel free to talk with the Camp Director in confidence about personal issues at home. The stress that your child may be experiencing can be greatly minimized by an informed staff.