

GIRLS EMPOWERED AT MOUNTAIN SHEPHERD (GEMS)



CONFIDENCE. COURAGE. COMPASSION.

GEMS are Girls Empowered through exploration of seven survival priorities: positive mental attitude, first aid, shelter, fire, signaling, water, and food. During a five-day overnight experience, GEMS will learn the practical skills associated with each priority. Girls will also discover the parallels between each survival priority and their lives in the "front country." GEMS will gain an appreciation for their natural and social surroundings through fun — and deceptively educational — activities such as night hikes, team-building games, and biodiversity studies. After five days, GEMS leave with confidence and compassion, knowing more about themselves and how they interpret and interact with their world. GEMS: Girls Empowered at Mountain Shepherd! A fun week full of developing courage, confidence, and compassion!

FREQUENTLY ASKED QUESTIONS

What experience do I need to attend GEMS camp? Outdoor experience levels do not matter. Campers with no experience, weekend day-hikers, and seasoned wilderness warriors are all welcome to partake in the Girls Empowered experience. No matter what experience you arrive with, we hope each girl leaves feeling empowered by the benefits of outdoor learning.

Is GEMS held outside? Mountain Shepherd is on a gorgeous 100 acre property bordering the Jefferson National Forest. Many activities will be set up under parachute canopies. Campers should plan to spend the majority of the day outside - rain or shine. We teach campers how to dress appropriately for the weather (see packing list for specifics).

What is the age requirement for camp? This program is designed for rising 6, 7, and 8th grade girls. Each session is open to all three age groups for a mixed peer-to-peer experience.

Do I need to bring a friend? Campers are sure to leave GEMS with new friends! Of course, if you have interested friends who are also rising 6, 7 and 8th graders, have them sign up, too!

Do I sleep under the stars? GEMS will be housed in Mountain Shepherd's bunk rooms. There will also be opportunities to camp together in tents on the property. We provide a "challenge by choice" atmosphere in which the choice is yours whether you get outside your comfort zone by sleeping outdoors.

Do I get to eat bugs? You will learn which bugs are edible and how to find them. Eating them is optional! Regarding meals during camp: Breakfast, lunch, dinner, and snacks will be provided daily. Girls will enjoy delicious, balanced home-cooked meals, and we can accommodate for allergies and dietary preferences or restrictions as needed.

What more can you tell me about my daughter's safety? The adult to camper ratio is 3:12 or better depending on enrollment. The campers and adults will move together between activities. There will be a female adult with your daughter throughout the day and quickly accessible at night. Moreover; Mountain Shepherd prohibits the possession and use of weapons, firearms, and drugs.

When does camp start and end? Each session begins on a Monday morning at 9:00am and wraps up on a Friday afternoon by 4:00pm. To accommodate for traveling and other schedule conflicts, campers are welcome to arrive at the Mountain Shepherd facilities on the Sunday afternoon or evening before their session begins, for an additional fee. Airport pick-up and drop-off from Roanoke-Blacksburg Regional Airport (ROA) is also available with prior notice.

What is the weather like? Local weather is so hard to predict. Best to watch the forecast for zip code 24070, and bring along clothing for hot, sunny afternoons, chilly evenings, and rainy days. Our packing list can help!

Do I need to buy a lot of gear? The only required items are weather-appropriate clothing and comfortable sneakers or walking/hiking shoes or boots (closed-toe shoes are required; no flip flops, sandals, or other open-toe shoes). Our packing list specifies required items and offers some suggestions for optional items. We provide basic toiletries, towels and linens, and all outdoor equipment.

What should I leave at home? We also recommend leaving all electronics at home to enhance the outdoor experience! Cell phones are allowed for contact with parents/guardians, but will be stored in safe place accessible by staff. Only Verizon-connected cell phones will operate at Mountain Shepherd. Campers will be given plenty of opportunities to call home via personal cell phone or landline. Camp counselors will update families with many pictures. Campers do not need to worry about missing photo ops!

MOUNTAIN SHEPHERD.COM

INFO@MOUNTAIN SHEPHERD.COM • 434-238-4094

PACKING LIST

What is provided by Mountain Shepherd?

- Shampoo & conditioner
- Body wash
- Towels
- Sheets, blankets, pillows
- Sunscreen
- Insect repellent
- Feminine hygiene products (limited supply for "just in case")
- Basic over-the-counter medications and first aid products
- Sleeping bags & pads
- Tents & hammocks
- Flashlights/headlamps
- Camp journals
- All equipment necessary for program
- Meals and snacks
- Educational fun and adventures!

Required Items to Bring

- 5 pairs of comfortable shorts
- 5 short-sleeved shirts
- 1 long-sleeved shirts
- 1 pair of jeans or long pants (not yoga or sweatpants, these are optional)
- 1 sweatshirt, light sweater or fleece jacket
- Undergarments and socks for 5 days + extras
- Pajamas - 1 light set and 1 warmer set
- Rain jacket with taped seams
- 1-2 pairs comfortable closed-toe shoes (sneakers, hiking boots) Np flip-flops or open-toe sandals
- Toothbrush and toothpaste
- Hairbrush and necessary accessories
- Feminine hygiene products, if necessary (We do have some on hand just in case!)
- Deodorant, if necessary
- Refillable water bottle (18-32 oz. is ideal)
- Any personal prescription medications in original container containing dosage information
- An open mind and positive attitude!

Optional/Suggested Items (Remember: You only need enough for 5 days!):

- Any personal toiletries, sunscreen, insect repellent (if you have preferred brands or sensitivities to consider)
- Sunglasses
- Sun hat or baseball cap
- Flip-flops for use as shower shoes only
- Extra pair of eyeglasses and/contacts
- Bag for dirty laundry
- Personal sleeping bag, pillow, light blanket
- Small daypack/backpack
- Flashlight/headlamp
- Disposable camera(s) or basic digital point-and-shoot camera
- Reading material, small crafts, other non-electronic entertainment (small instruments, coloring books, puzzles, etc.) - Bring things to share with the group!
- Stuffed animal(s) or other comfort items
- Cell phones - can be brought but will be kept in safe space by staff and campers will be given time to contact parents



GIRLS EMPOWERED AT MOUNTAIN SHEPHERD (GEMS)

DIRECTIONS

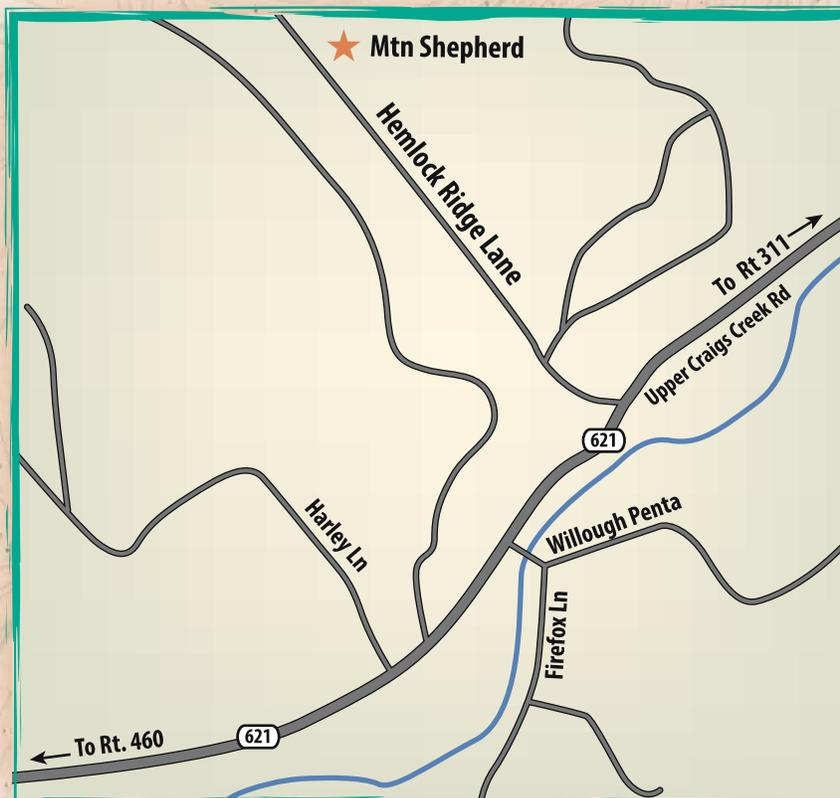
Please keep a copy of the directions with you when you travel. Technology does not serve our area well and often sends drivers the long way, the wrong way, or to a completely different location. If your schedule allows, travel during daylight hours. The views are spectacular!

From the North: Interstate 81 South towards Roanoke, Va. Take Exit 141. Take a left at the stop light. The second light is Route 311. You'll see the Orange Market on the left. A BP and Subway on the right. Take a right. Follow Route 311 for 12 miles to a left on Route 621/Upper Craigs Creek Road. Follow Route 621 for 9.3 miles. Set your odometer, as it is a long and winding 9.3 miles to our sign on the right. Our property is lined with a brown wooden fence. Take the right on Hemlock Ridge Lane and stay straight through the red gates. Get a bit of momentum heading up the hill. Parking area is at the bottom of the circle driveway.

From the South: Interstate 81 North towards Christiansburg/Blacksburg, Va. Take Exit 118B Us-11/US 460 towards Blacksburg. Follow US 460 approximately 15.8 miles to a right on Route 621/Craigs Creek Road. Watch for a brown Jefferson National Forest sign on the right. The right turn on Route 621 is just past that sign. Follow Rt. 621 for 11.9 miles to our sign on the left. Just before the turn on Hemlock Ridge Lane you will pass a white church on the left and a subdivision, Foxfire, on the right. Our sign is tilted a bit in the other direction. Our property is lined with a brown wooden fence. Take the left on Hemlock Ridge Lane and stay straight through the red gates. Get a bit of momentum heading up the hill. Parking area is at the bottom of the circle driveway.

From the West: Take 460 East to a left on Route 621. (If your GPS directs you to turn on Route 42, avoid it. You will end up on dirt road. Stay on 460 until you reach Route 621!) Watch for a brown Jefferson National Forest sign and a sign for Pandapas Pond on the right. The left turn on Route 621 is just past that sign. Follow Rt. 621 for 11.9 miles to our sign on the left. Just before the turn on Hemlock Ridge Lane you will pass a white church on the left and a subdivision, Foxfire, on the right. Our sign is tilted a bit in the other direction. Our property is lined with a brown wooden fence. Take the left on Hemlock Ridge Lane and stay straight through the red gates. Get a bit of momentum heading up the hill. Parking area is at the bottom of the circle driveway.

From the East: Travel to Interstate 81 and follow directions above from the north or south.



MOUNTAIN SHEPHERD.COM

INFO@MOUNTAIN SHEPHERD.COM • 434-238-4094