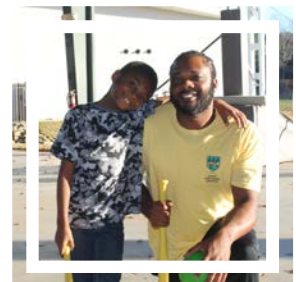
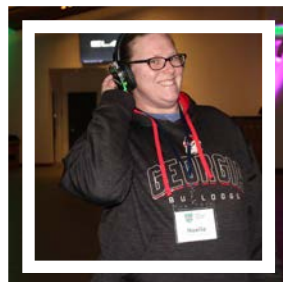
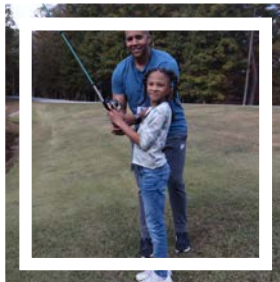
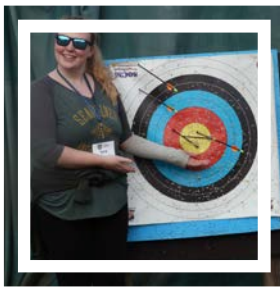




CAMP  
SOUTHERN  
GROUND

# 2026 HANDBOOK

## WARRIOR FAMILY CAMP



100 Southern Ground Parkway | Fayetteville, GA 30215  
[www.campsouthernground.org](http://www.campsouthernground.org) | (678)561-9600

# A Letter From our Chief Program Officer

Dear Friends,

Welcome to Camp Southern Ground's "Warrior Family Camp" Weekend! As you can see from the program described in the pages above, we are going to pack a lot into a short time. Our staff is planning the fun and games, the songs and stories, and plenty of hooplah and shenanigans! On top of that, our Culinary Team is hard at work planning a menu that will leave you wondering how this 5-star, farm-to-table restaurant magically appeared in the middle of an amazingly welcoming and fun summer camp.

We want you to know that we've been waiting, planning, and practicing for this weekend program all summer long, really all year long! Our Warrior Family Camp weekends last spring were the last in a series of test programs, pilot programs, if you will. We held these weekends to figure out how best to serve our military connected families (Veteran & Active Duty) and what would offer the greatest benefit and the most positive impact. I'll let one of our Veteran/Dads explain what he found special about the weekend:

*"We came out to Veteran's Family Weekend last October and I have never seen two young girls light up as much as Rebecca and Amy did in just that short time."*

*"There is something special about the grounds and when you are there all your worries and troubles seem to go away."*

*"Please keep doing what y'all are doing as it definitely has an impact. From my family thank you again as we are so grateful for the love you and the camp have shed on all of us."*

The opportunity to step out of your normal day-to-day and week-to-week routine and find yourselves sharing amazing meals and talking about the highs and lows of your day is a precious gift. To leave your home turf behind for 411 acres of possibility is exciting and a healthy change of pace for everyone. To find a place full of fun and engaging games, and a place of exploration is a rare treat. But, most of all, to share all of this with your family, and to exist in a place where everyone "just gets it", where all of you "truly belong" is pretty potent stuff.

We look forward to seeing you at CSG, and until then...if any questions or needs arise please don't hesitate to reach out to our Admissions Manager, Melissa Zehe, or myself. Get ready for an amazing and uplifting weekend where "Love is the Remedy"! (It's a Zac Brown Band song ;)

Yours in Camp Spirit,

Matthew "Matty" Cook,  
Chief Program Officer  
Camp Southern Ground



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# The Basics



## Our Staff

Family Camp is run by a combination of our full-time Veteran and Summer Camp teams. In addition, we invite back some of our previous summer camp staff to be on-site for the weekend to ensure that support and attention is available for all families. The staff meet a high standard of passion and experience for both Veterans and children.

Our staff are here to help the weekend and activities run smoothly. Because of this, each family is responsible for the supervision of their group. Our staff is a strong committed team with a single focus: a safe experience filled with fun, learning, and growth opportunities for all.

## Lodging

Each family will have their own private room in our state of the art residential lodge with a private restroom and plenty of space to relax and decompress at the end of each day. Within each lodge room, there are bunks for both children and adults and each room is configured to meet the needs of your family. Each room is completely private from other families; however, sleeping areas are shared within your family like in a hotel. Living in close quarters at camp allows for an experience of family bonding, which promotes life skills in sharing, cooperation, and closeness.

In our lodge, we also have a kitchenette area that will be stocked with drinks and small snacks for the weekend. Please be mindful of our other families so we have enough for all families to enjoy.





## **Electronics Policy**

Camp Southern Ground is a place to celebrate and enjoy the great outdoors--to take a break from everyday life and electronics. For this reason, we ask family members to limit their use of electronics. Our schedule is jammed packed with lots great activities so there will not be much time for playing on the iPad. We encourage you to leave any recreational electronic devices at home so you are able to focus on spending time with your family.

We know that your family will want to document this experience and take photos, but for privacy risk, we ask that you do not bring any personal cameras with you to camp. Our wonderful staff will have cameras with them and will make sure that we are taking plenty of photos for you to remember your time here. After the weekend, all photos will be made available to all families.



## **Food & Beverage Policy**

All meals are served in the Dining Hall, and we make sure families are well fed with plenty of options—plus snacks between meals and even a few surprise sweet treats! To be respectful of allergies, we ask that families not bring outside food or drinks. However, if you know your family prefers a specific type of snack or beverage, you're welcome to discreetly bring those items with you to keep in your individual rooms. In the event more severe food allergies, we may restrict outside food for the safety of others.

If a member of your family has a special diet or specific food considerations, we will happily accommodate those needs on a case-by-case basis. Please make sure you let us know about any dietary restrictions ahead of time so we can make plans to accommodate those.

# Medical

All staff at camp are trained in First Aid and CPR. General care and first aid is always provided in our reserved medical area. As a parent/guardian, you are responsible for the care of your child. In the event of an emergency, please call 911 first before alerting a staff member.



## Medication Management

All medication brought to camp will be in the family's care for the duration of Warrior Family Camp weekend. Camp Southern Ground will not be administering or handling medication for any participants. Camp Southern Ground has a supply of over-the-counter (OTC) medications and can provide those to your family upon request.

## Medical Costs

In some emergency situations, there may be costs incurred for the proper care of your family. Emergency transportation, medical care, hospitalization fees, and other related expenses are the responsibility of each family attending the Warrior Family Camp Program.

## Public Health Safety Practices

At check in and throughout the weekend we will ask all parents and guardians to conduct symptom checks with their families to make sure no one is experiencing symptoms of a communicable illness that could spread through airborne particles or easily through casual contact. Anyone who does exhibit or develops symptoms will be asked to isolate.





# Arrival & Departure from Camp

## Friday Check-In:

Families are invited to arrive between 4:00 and 6:00 PM on Friday of their scheduled weekend. A staff member will meet you at the gate to check you in. There will be signs along the way to direct you to the lodge and where you will park your car for the weekend.

If you arrive early at camp, please wait on the paved road outside the gate. Please do not block access to the gate entrance and do not follow authorized vehicles through the gate. Our security staff will open the gate when it is time for check-in to begin.

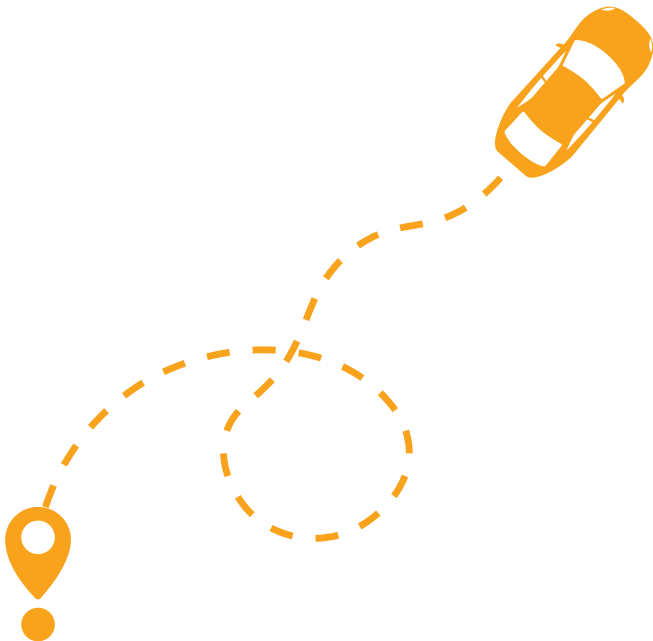
## Gun Policy

If you arrive with weapons, you will check them in with our security guard. They will be secured for the duration of the program and they will be returned to you at checkout.



## Sunday Check-Out

Check-out will be on Sunday following the end of our program. We ask families to be moved out of their individual rooms prior to breakfast. We will wrap our program with lunch on Sunday and families can expect to depart camp by 1:30 PM at the latest.



# What to Bring to Family Camp

Just like summer camp, we recommend that families pack clothing that they can move around and have fun in! Many camp programs are quite active and require hands-on participation, so pack accordingly. We plan for almost all activities to take place outside, so packing weather appropriate clothing is important!

## Clothing

- Shirts or Tops (3)
- Shorts or Pants (3)
- Underwear (5)
- Socks (5)
- Jacket or sweatshirt (1)
- Pajamas
- Shoes (Must be closed toe, no crocs)
- Attire to match the weekend theme (will be shared closer to your date)

\*Please check the weather prior to packing to ensure you have weather appropriate attire.\*

## Toiletries

- Comb or Hairbrush
- Toothbrush/Toothpaste
- Shampoo/Conditioner
- Deodorant
- Soap
- Lotion

## Other Adventure Gear

- Flashlight or headlamp (optional)
- Sunscreen
- Insect Repellent
- Water Bottle (one per family member)
- Blanket (recommended)
- Notebook and pen (for parents)
- Small Backpack (optional)



## A Few Packing Reminders:

- CSG will provide all sheets, pillows, and towels for each lodge room.
- CSG will also provide coverings for the beds, but we recommend bringing an extra blanket from home just in case.
- Most activities will take place outdoors, please pack appropriate clothing for the weather.
- ALL participants MUST have close-toed shoes to participate in our activity areas; no crocs.
- Any changes to the schedule or packing list will be communicated at least a week in advance.



# What Not to Bring to Camp

## 1 Food

There is no need to bring any snacks for the weekend, we will have a variety of options and plenty of snacks available for your family. However, if there are snacks that you know your family prefers, you are welcome to discreetly keep them in your individual room. At CSG we do have a strict policy as a "nut-free" campus. No peanut or tree nut products are allowed on camp at CSG.

## 2 Money and Valuables

As with all our other programs, we do recommend leaving valuables at home. Families will each be in their own lockable lodge room, but to reduce risk, we suggest leaving cash valuables at home.



### A Few Important Points:

You know these things already, but our standards require that we openly state the following:

- 1) Participants are NOT allowed to use illicit drugs or alcohol for the duration of Warrior Family Camp and Camp Southern Ground prohibits any illicit drug or alcohol be brought on site.
- 2) Use of vehicles at camp is restricted to roads and parking areas-- Please drive slow and follow all posted speed limits. No one is allowed to ride in the back of a truck, or without a designated seat in any vehicle, and everyone must wear a seatbelt.
- 3.) Sports equipment is provided for all of the sanctioned games and activities at CSG. Families do not need to bring any personal equipment that could get damaged or lost. CSG is not responsible for lost or damaged items.
- 4.) Family pets are not allowed at camp; however certified service animals are always welcome.

# Daily Schedule

## ***Friday:***

4:00pm Arrival/ Check in  
6:15pm Orientation  
6:30pm Dinner  
7:30pm Evening Program  
8:15pm Evening Embers  
9:30 pm Quiet Hours

## ***Saturday:***

8:00am Breakfast  
9:00am Activities!  
12:30pm Lunch & Break  
2:30pm Activities!  
4:30pm Family Electives!  
6:30pm Dinner  
7:45pm Family Dance-Party!  
8:30pm Evening Embers  
9:30pm Quiet Hours

## ***Sunday:***

8:00am Packing and Clean Up  
9:00am Breakfast  
10:00am Family Electives  
12:15pm Whole Group Wrap Up  
12:30pm Final Family Lunch  
1:00pm Departures





## How You Contact Us:

**Camp Office:** (678) 561-9600

### **Chief Program Officer:**

Matthew "Matty" Cook

matty@campsouthernground

(678) 561-9605

### **Admissions & Inclusion Manager:**

Melissa Zehe

melissa@campsouthernground.org

(404) 946-8151 (call or text)



## Directions to Camp



### Address:

Camp Southern Ground  
100 Southern Ground Parkway  
Fayetteville, GA 30215

All major GPS Apps will work!

If you are lost, please give us a call  
on our main phone number  
(678) 561-9600.

If you have arrived at our back gate on Arnold Road, please follow the road back out to Ebenezer Church Road, make a right hand turn and our driveway is the next right turn.