



TALKING WATER NATURE RETREAT · CHATTANOOGA, TENNESSEE

2025 Badass Mom Camp

Badass Mom Camp. For badass moms.

FROM OUR ARCHIVE

Originally published February 27, 2025. These camps have already taken place. The details below are preserved as they were first published.

General Overview

What is BAM Camp?

Badass Mom Camp. For badass moms.

Is this a camp or a retreat?

BAM Camp is a retreat with a fun, laid-back twist. That's why we call it "camp." We are all busy moms who want to unwind, have fun, and recharge!

WINGS

MAY 30 TO JUNE 1

Think old-school summer camp but for moms. We're talking classic games, playful activities, and lots of socializing. It's all about letting loose and reconnecting with your inner kid.

ROOTS

JUNE 2 TO JUNE 4

A more reflective, slower-paced experience focused on self-care, emotional wellness, and body care. You'll still have social time, but expect massages, yoga, and more mindful moments.

Both camps are all about confidence, positivity, and celebrating how amazing you are.

What kinds of activities are included?

Both camps feature shared meals, artmaking, self-care activities, downtime, skill-building, games, inspiring (and humorous) conversations, campfires, yoga, mindfulness, and chances to hike or swim in the creek.

- **WINGS:** More traditional camp-style games and activities.
- **ROOTS:** More opportunities for relaxation and body-care, including up to 75 minutes of massage/facials.

Logistics & Accommodations

What are the sleeping arrangements?

- **Cabins:** Talking Water includes four cabins with beds, sleeper sofas, and hammocks. We will do our best to match together 3–4 likeminded women in the same cabin.
- **Tents:** Tents will be set up prior to guests arrival and will be 1 guest per tent unless otherwise requested – we can partner 2–3 women in a tent together. Guests should bring their own sleeping bags. Padded twin cots are available for rent.
- **Kitchens, Bathrooms, & Showers:** Each cabin includes a kitchen and full indoor bathroom as well as an outdoor shower. Outdoor showers will be shared with tent camping guests.

Are meals included? Are dietary restrictions accommodated?

All meals and drinks are included. We happily accommodate allergies, vegetarian/vegan, and gluten-free diets—just let us know!

What should I pack?

We suggest you bring along a yoga mat if desired as well as personal toiletries (razors, deodorants, perfumes), comfy clothes, jackets, closed-toed athletic shoes or boots, phone charging cords, and medications.

Towels, shampoos, conditioners, soaps, and toilet paper are all provided to guests.

What is included?

Camp costs are all-inclusive! Accommodations, meals, drinks, activities, and some swag are all covered. We just ask that campers bring their lovely selves ☺

ROOTS Camp includes 75 minutes of massage/facials, with the option to book additional time.

Experience & Environment

What's the vibe?

Positive, fun, supportive. This includes no sh*t talking people, no talk of politics, cheer each other on, make friends, and feel good about yourself. Most importantly, come ready to Assume the Best Intent and look for the positive.

Do I need to be experienced in wellness activities, such as meditation, yoga, or mindfulness?

Nah. That wouldn't be any fun. Just come and do whatever feels good to you. There's no pressure & no judgment here.

May I attend while pregnant?

We trust you! If you want to attend while pregnant, we would love to have you. Just note that we will be hiking up and down trails and engaging in physical activities throughout camp.

So, does that mean I need to be physically fit to attend?

If you can hike 10–15 minutes at a time and enjoy outdoor activities, you should be fine!

Is BAM Camp religious-based?

Nope! We welcome all backgrounds and beliefs. No religious programming, just a space to be yourself.

What about WiFi & cell phone use?

Wifi is available, but we suggest limiting social media use and disconnecting as much as reasonable for your lifestyle.

Policies & Expectations

Are men involved?

We love and appreciate the guys in our lives, but this camp is just for the ladies. Expect an uplifting, supportive environment focused on women. That said, 1–2 chill guys might be around to help with one programmed group activity – and they will give you some commiserating “Attagirls!”

May I bring my baby along?

We all adore babies and are all super attached moms. But we are doing our best to prioritize ourselves during camps. We ask that all children stay at home and encourage any mom to bring along breast pumps as needed.

May I have visitors during camp?

We all miss our families – and think that is a healthy, good thing! We suggest that people refrain from having visitors during camp and instead rush home afterwards to tell them all the silly and exciting things that they did while separated.

May I bring my car to camp?

Yes, but we encourage carpooling or getting “dropped off”—just like the old camp days! Let your family handle drop-off duty and enjoy prioritizing you for a change.

Do you have to be a mom to attend?

No, but we’ll be chatting about motherhood a lot!

What age do you need to be to attend?

Be over 21 and you’re good. We love a mix of ages!

Will alcohol be served?

Yes, drinks are on us! We will provide alcohol during camp, but guests are encouraged to be responsible, remember the evening, and set yourself up for success the next morning. Drinking is totally optional.

Will we be taking photos?

We’d love to capture the magic, but you decide what’s shared. You can opt in or out of camp photos. We encourage you to be present in the moment—share your experience after camp!

Leadership

Who is running this thing?

Badass women of Chattanooga, plus a couple of cool dudes. Bobbie Such and Jemmie Godwin-Smith are the main service providers, but over 20 other “guiding lights” (women) are involved in leading activities during camp.

Massage Therapists and Estheticians are licensed professionals.

Sample Schedules

We don’t want to give away all of our plans, but a brief summary of each camp is as follows:

WINGS BAM Camp · May 30 – June 1

FRIDAY

- Arrival 3:00–5:00pm
- Orientation, artmaking, socializing
- Group introductions & rules
- Dinner & drinks
- Games

SATURDAY

- Breakfast in Bed
- Traditional Camp Games
- Lunches
- Programmed Mindfulness Activities & Free Time
- Artmaking
- Dinner & Discussions
- Humor & Connection
- Ceremony

SUNDAY

- Meditation & Relaxation
- Breakfast
- Brunch, Closing & Connection
- Departure 11:00–11:30am

ROOTS BAM Camp · June 2 – 4

MONDAY

- Arrival 3:00–5:00pm
- Orientation, artmaking, socializing
- Group introductions & rules
- Provider-Led Group Mindfulness
- Dinner & drinks
- Special Activity

TUESDAY

- Breakfast in Bed
- Yoga
- Lunches
- Solo Wellness Activity Sessions, up to 75 minutes included
- Artmaking & Additional Informal Self-Care Activities
- Dinner & Discussions
- Humor & Connection
- Ceremony

WEDNESDAY

- Meditation & Relaxation
- Brunch
- Ceremony
- Closing & Connection
- Departure 11:00–11:30am

**All activities are optional and some activities may change depending on guest preferences.*